

<b>SUNDAY 11<sup>th</sup> Nov `17</b>			
<b>10:30 AM</b>	<b>Chemical Free Skincare &amp; Its Benefits for Children &amp; Adults</b>	<b>Skincare For Children</b>	<b>Helen Cooper &amp; Louise</b>
Exploring the benefits of chemical free skincare for children & all the family. This informative discussion based on natural & purest skincare FREE from all the nasty chemicals such as parabens & SLS will leave you making clearer informed choices for you & your children's skincare. Q&A time			
45min			
<b>11.30 am</b>	<b>Mindfulness &amp; Meditation workshop for children</b>	<b>The Mindfulspace Wellbeing Company</b>	<b>Gail Donnan</b>
Featured on BBC Look North: Mindfulness & Meditation workshop for children, effectively known as Superhero Academy which is also presented in Schools. Making brains out of playdoh, explaining about the amygdala (Amy – the jumpy superhero and Nora the calm superhero). Your beautiful little ones will be decorating Amy & Nora to take home A MUST experience for young children (accompanied by adults)			
50 min			
<b>12.30 pm</b>	<b>Let`s Talk About Emotions – FREE TICKETS</b>	<b>Emoji Coach</b>	<b>Libby Steggles Ginn</b>
Let`s talk about emotions Libby Steggles-Ginn Is an International Transformational Coach and is also qualified as an NLP Practitioner, Advanced PSYCH-K and Mindfulness Facilitator and teaches Meditation. Libby works with children parents and teachers who have emotional blocks preventing them from moving forward, helping them to look after their well-being by connecting to and regulating their emotions Suitable for parents & your beautiful little ones			
50min			
<b>1.45pm</b>	<b>How to overcome difficulties pre teens &amp; beyond</b>	<b>Steve Twynham</b>	
Steve Twynham, Coach, Hypnotherapist and radio presenter presents a compelling array of stories from life experiences, he shares interviews from others life stories. He will be detailing at age 11, the challenges life presented, how he dealt with them which resulted in the outcome of a professional football career & the onward journey. A collection of music and talk integrated into fine stories			
60min			
<b>2.45 pm</b>	<b>Crystals For Children</b>	<b>NRG Healing</b>	<b>Lindsay Coldrick</b>
Come...discover why children actually like crystals? Explanation of the benefits & how too of letting let children choose their own. This interactive talk will introduce a crystal exercise for your children which they will find utterly lovely. A Short meditation with their new crystal. Suitable for 5 years upward How does that sound? X			
30min			

**WWoW4kids**

**Alive & Kicking**

<b>SUNDAY 26<sup>th</sup> Nov `17</b>			
<b>10.00 am</b>	<b>Sound Scapes – Story Telling Through</b>	<b>Transformation through sound</b>	<b>Cathy Edgar</b>
This beautiful sound bath which supports story telling based on the use of instruments. Fantastic ways of encouraging children to work together. This fun thought provoking yet educative interactive workshop is aimed at primary school children (open to all ages). The use of gong, crystal bowls, Tibetan bowls, hand drums, rattles & shakers will be enjoyed by all. All children should be accompanied by an adult.			
55min			
<b>11.15 am</b>	<b>Sing it Out – for Tots</b>	<b>Cossins Music School</b>	<b>Melanie Cossins</b>
A fabulous singing lesson incorporating fun games. This workshop will include vocal warm ups, breathing exercises, mind and body warm ups, singing games with the use of puppets, clapping, using balls, sticks and more. It will also include the introduction of singing in harmony, working together. Children to be accompanied by an adult. Suitable for age 3 to 11 years. Open to everyone			
50 min			
<b>12.30 pm</b>	<b>Sound Scapes – Story Telling Through Sound</b>	<b>Transformation through sound</b>	<b>Cathy Edgar</b>
Evoking story telling based on the use of instruments. Fantastic ways of encouraging children to work together. This fun, thought provoking yet educative interactive workshop is aimed at primary school children (open to all ages). All children should be accompanied by an adult. The use of gong, crystal bowls, Tibetan bowls, hand drums, rattles & shakers will be enjoyed by all.			
50min			
<b>1.45pm</b>	<b>Sing it Out – for Teens</b>	<b>Cossins Music School</b>	<b>Melanie Cossins</b>
A relaxed, fun & very inspiring singing lesson. This amazing singing lesson will include vocal warm ups, breathing exercises, mind and body warm ups. Participants will leave knowing how to sing in harmony and all with the introduction of a parachute no less, and why wouldn't you! Children to be accompanied by an adult. Suitable for 11 years and upwards. Open to everyone			
60 min			
<b>3 pm</b>	<b>Relax Kids: Sound Activity &amp; Relaxation class for Adults &amp; Kids</b>	<b>Relax Kids</b>	<b>Justine Merton-Scott</b>
This workshop will be guiding you through the Relax Kids 7 Steps, starting with movement, followed by games, basic stretches, massage (parent to child/ child to parent), affirmations and ending with guided visualizations. This is such an inspiring, relaxing and peaceful session including music. Suitable for 4 – 8 year olds.			
50 min			