

SATURDAY 11 <sup>th</sup> Nov `17			
10:15	Diane Mitchell	Opening Speech	Founder WWoW
Introduction to the festival November 2017			
20min			
10.45am	Engineer Your Future” – If Life is a Struggle, then It’s Time for Mindset Upgrade	Desi Stephanova	Desi Stephanova
55min			
Desi Stephanova: Author, Mother, Teacher, Master In Education, & Mindset Specialist will be talking to you on how you can change subconscious beliefs using PSYCH-K®. This talk will be educational in nature so you will learn a lot about the subconscious mind and yourself. At the end of the talk Desi will be presenting an exceptional offer for you. There will be time for Q&A too. <b>Book signing</b> will be available after her talk at her exhibition stand in the main wellbeing arena on the ground floor.			
Noon	Aura-Soma & The world of Colour	Aura-Soma	Julie Smith
Let colour improve your life Have you ever wondered how Colour can improve your life? This is it! Discover what an Aura-Soma consultation can offer you. This is an opportunity to look at how it can reveal your gifts & talents and how this amazing insight can show you the possibilities your future can offer – <i>YOU WILL THANK YOURSELF FOR ATTENDING THIS WORKSHOP</i>			
55min			
1.30pm	Reclaiming Yourself	Kalyani Ma Mukti	
<b>Sponsor of ‘Speakers Corner’</b> <i>“Kalyani’s abilities are rare on the planet. I have witnessed her masterfully traverse the material that arises when people bring their intimate and outer realities to her. She navigates with skill that comes from a deep understanding of human nature, and a life that is lived with commitment to clarity and compassion.”Dr Shakti Malan</i>			
During this special presentation, Kalyani takes you on a journey of Understanding how your body, your emotions, your mind and soul interact. Realise the impact of living from one specific part only and what happens when you pave the way to integrate those parts into one whole - getting rid of blocks and reclaiming yourself. A MUST attend for people who crave change in their lives.			
55min			
2.45	Anna-Louise Haigh	Awaken your WOW	Unstoppable Confident me
Unstoppable Confident YOU! – As the New Year approaches, the sense of a new beginning naturally arises. Whatever you hope to achieve or create, generating greater confidence will help ensure success. Learn 5 keys to kick start your confidence that you can use as the launch pad for making your dreams a reality.			
50min			
4.00pm	Hypnotherapy Demo & Practise Session	Think Healing	Lorna Harvey
Would you like to learn how to provide yourself with hypnosis? How to use it as a therapy. You will experience a live demonstration of hypnotic state. Learn how to self-hypnosis during this interactive, very informative workshop			
50min			
5.15pm	The Human Pin Code	AnsaWell	Martine Pascal

Human Pin-Code to cover to cover the importance of our date of birth, an explanation of how our habitual traits are formed and impact our life and the synergies between people in all relationships. How the body reacts to energy and information, why we have symptoms that cannot always be explained how 3 systems work and help correct what is going on in our minds, body's, spirit in ourselves and other

60 min

### Speakers Corner

SUNDAY 12 <sup>th</sup> Nov `17			
10.45am	Human Pin-Code – AnsaWell total wellness system	AnsaWell	Martine Pascal
Human Pin-Code to cover to cover the importance of our date of birth, an explanation of how our habitual traits are formed and impact our life and the synergies between people in all relationships. How the body reacts to energy and information, why we have symptoms that cannot always be explained how 3 systems work and help correct what is going on in our minds, body's, spirit in ourselves and other			
55min			
Noon		TBC	
1.15pm	The Need for Rituals In Society	The Leeds Celebrant	Deirdre Lambert
Discussion on the need for ceremony & rituals in society, community, family, historical context. Less desire for religious ceremonies in general in the world.			
50min			
2.30pm	Be Happy- Be Inspired & Live the Life You Really Want To Live	Steve Twynham Ltd	Steve Twynham
How to overcome life changes. It will include a mixture of music and inspirational stories from the people I have interviewed on Be Happy Be Inspired as well as my own life story			
50min			
3.45pm	Embracing your Shadows to meet your Light	Kalyani Ma Mukti	Kalyani Ma Mukti
A fascinating exploration of shadow work... Discover how those uncomfortable places within carry the key to your subconscious, and ultimately to your full radiance. Running away from them only cement their impact on your life! Come and explore how ready you are to delving into this side of yourself, held by a skilled "Shadow Whisperer"...			
"Kalyani's abilities are rare on the planet. I have witnessed her masterfully traverse the material that arises when people bring their intimate and outer realities to her. She navigates with skill that comes from a deep understanding of human nature and a life that is lived with commitment to clarity and compassion."Dr Shakti Malan			
55 min			

**MINDFULNESS SUITE**

<b>SATURDAY 11<sup>th</sup> Nov `17</b>			
<b>10:00am</b>	<b>Silent Ritual Space</b>	<b>Silent Space Gardens</b>	
Sit, relax silently or take in the mindful gardens to evoke the senses with imagery you may choose to bring into your life. Each of the garden spaces has its own ritual you can participate in.			
<b>40min</b>			
<b>10.45am</b>	<b>Doterra Essential Oils. Back to Basics &amp; the how to. Interactive workshop</b>	<b>Sarah Byrne</b>	<b>Sarah Byrne</b>
Comprehensive explanation of what Essential Oils are, how & why we use doTERRA oils. Come and discover the top 10 oils we recommend starting your journey with and why – ideal for introducing essential oils into your life			
<b>50min</b>			
<b>11.45</b>	<b>Intro to Mindfulness – A secular and spiritual overview.</b>	<b>Leeds Mindfulness &amp; Positive Emotion Enhancement Centre</b>	<b>Steve Hart</b>
This talk gives an overview of the history of mindfulness, its contemporary psychological re-definitions and relevant applications for our lives - as we approach mindfulness interiority as a way into wholeness, tranquillity, peaceful states and alive presence. We will also look at self compassion and positive emotion enhancement loving kindness engagement. See which is right for you.			
<b>50min</b>			
<b>1pm – 2pm</b>	<b>Sound Bath</b>	<b>Christian Jensen</b>	
Sound for the Soul. Come and experience a mystical journey through sound, using a range of instruments, including Didgeridoo and the Kosmosky tank drum. I'll take you on a journey, to relax and nourish your soul. This magical performance will leave you totally zoned out.			
<b>500min</b>			
<b>2.15pm</b>	<b>Meditation and maps of higher states of consciousness.</b>	<b>Leeds Mindfulness &amp; Positive Emotion Enhancement Centre</b>	<b>Steve Hart</b>
Meditation has probably been around since the Neolithic period, respected and accessed by virtually every spiritual tradition on the planet to non dual traditions of the East. Here, Steve looks at what ancient and contemporary teachers are saying about higher states of consciousness, how to access them as rewarding, beautiful and fulfilling states. We will compare "maps" - looking at the objectives of these traditions and the points of contact between them. And we'll look at how we can "taste" these experiences galvanising the heart's aspirations and release.			
<b>50 min</b>			
<b>15.30</b>	<b>Silent Ritual Space</b>	<b>Silent Ritual Space</b>	
Sit, relax silently or take in the mindful space to evoke the senses with imagery you may choose to bring into your life. Each of the garden spaces has its own ritual you can participate in.			
<b>16.10</b>	<b>Mindfulness Space – closed</b>		
Private Booking			

**Mindfulness Suite**

SUNDAY 12 <sup>th</sup> Nov `17			
10.30am	Guided Meditation for Busy People	Awaken your wow	Anna-Louise Haigh
Guided Meditation for busy people – As we approach the inevitably busy Christmas season, attending this talk will equip you with ways to instantly diffuse stress, tiredness and overwhelm. Experience the benefits of a guided meditation specifically created to infuse you with serenity, clarity and stamina. Take away, tips and tools to help you use guide meditation on demand in future.			
50			
11.35am	Silent Ritual Space	Silent Space	
Sit, relax silently or take in the mindful gardens to evoke the senses with imagery you may choose to bring into your life. Each of the four gardens has its own ritual you can participate in.			
30 min			
12.15pm	Sound Bath	Christian Jensen	
Sound for the Soul. Come and experience a mystical journey through sound, using a range of instruments, including Didgeridoo and the Kosmosky tank drum. I'll take you on a journey, to relax and nourish your soul. This magical performance will leave you totally zoned out.			
50 min			
1.30pm	Parenting – How to Become A Super Parent	Author; Desi Stephanova	Desi Stephanova
Parenting – How To Become A Super Parent – FREE TICKETS Desi Stephanova: Author, Mother, Teacher, Master In Education, & Mindset Specialist will be talking to you on how you can change subconscious beliefs using PSYCH-K®. This talk will be educational in nature so you will learn a lot about the subconscious mind and yourself. At the end of the talk Desi will be presenting an exceptional offer for you. There will be time for Q&A too. <b>Book signing</b> will be available after her talk at her exhibition stand in the main wellbeing arena on the ground floor. If you want to change your mind – this is a must attend workshop			
50 min			
2.45pm	Doterra Essential Oils. Back to Basics & the how to. Interactive workshop	Sarah Byrne	Sarah Byrne
Comprehensive explanation of what Essential Oils are, how & why we use doTERRA oils. Come and discover the top 10 oils we recommend starting your journey with and why – ideal for introducing essential oils into your life			
50 min			
4pm	Mindfulness Silent Space		
Quiet time for self reflection			
30 min			

Alive &amp; kicking

SATURDAY 11 <sup>th</sup> Nov `17			
10:15	<b>Live Workshop: Balance Procedure</b>	<b>The Balance Procedure</b>	<b>Adrienne Green</b>
A brief outline of what The Balance Procedure is all about, the fact that our thoughts can and will create our reality and how we can use TBP to fine tune it. Come discover our life path numbers and see if you are in alignment with those gifts and talents			
50min			
11.30	<b>Learn how to look gorgeous &amp; flawless with a personal make-up lesson</b>	<b>Make Up By: Lisa Hammond</b>	<b>Lisa Hammond</b>
Learn How To Look Gorgeous & Flawless, Personal Make Up Demonstration - FREE TICKETS Gifting: The first ten people to enter the room (reserve your ticket NOW) will receive FREE samples! Discover how to create a flawless look, enhance your face shape and features quickly and confidently. Learn how to create an easy, flawless look by watching Lisa Demonstrate this and by talking through each step of the application and technique with you. Lisa only uses CRUELTY FREE beauty products with the majority of her lit also being VEGAN CERTIFIED. Book onto this informal & fun workshop			
50min			
12.45	<b>Introduction to Crystal Energy</b>	<b>Penny King Crystals</b>	<b>Penny King</b>
Did you know... You can relieve pain by using crystals? Come find out how. This informative and exciting presentation will allow you to learn how crystals work to help physical, emotional, mental and spiritual dis-ease. Discover how to relieve pain simply and without side-effects. Gain a greater understanding of what can be achieved when working with a crystal pendulum.			
50min			
14.15	<b>Aura-Soma and the world of colour</b>	<b>Aura Soma</b>	<b>Debbie Gardner</b>
Let colour improve your life Have you ever wondered how Colour can improve your life? This is it! Discover what an Aura-Soma consultation can offer you. This is an opportunity to look at how it can reveal your gifts & talents and how this amazing insight can show you the possibilities your future can offer – <i>YOU WILL THANK YOURSELF FOR ATTENDING THIS WORKSHOP</i>			
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15.30	<b>Myofascial Self help techniques to release Chronic Pain</b>	<b>The Pain Clinic</b>	<b>Amanda Oswald</b>
Interactive, educative & Live class. What is Chronic Pain? Why it happens & how Fascia is involved. Discover the main connective tissue in the body. Experience live Myofascial stretches & exercises to help alleviate chronic pain.			
50			

**Alive & Kicking**

<b>SUNDAY 12<sup>th</sup> Nov `17</b>			
<b>10:05</b>	<b>Journey Through the Chakras</b>	<b>Penny King Crystals</b>	<b>Penny King</b>
Working with crystals and colour vibrations to focus and enhance your personal understanding of the Chakra System and your own healing. We will investigate the health of each of your chakras and discover how to balance each chakra for a healthy life.			
50min			
<b>11.15</b>	<b>Discover what an Aura-Soma consultation can offer you</b>	<b>Aura Soma</b>	<b>Julie Smith</b>
Come discover what an Aura-Soma consultation can offer you, and how it reveals your gifts & talents. Find out how it shows you the possibilities your future can offer.			
50 min			
<b>12.30</b>	<b>Base Acro Yoga</b>	<b>Base Acro</b>	<b>Gemma Crickmore &amp; Jake</b>
An introduction to acrobatic yoga for beginners. Gemma & Jake enjoy helping to get people moving in unusual and interesting ways. We are super excited they are at the WWoW festival ready to share these passions with you through the medium of acroyoga. Acrobatic yoga is a great way to get fit and healthy, make new friends and challenge yourself mentally and physically. Come learn how to base, fly and spot for simple moves. Suitable for ages 10+. Under 16s must be accompanied by an adult. This is aimed at an adult workshop			
50 min			
<b>13.45</b>	<b>Devaiya Oils. The Power of Essential Oils &amp; Live Interaction Workshop</b>	<b>Devaiya Oils</b>	<b>Ruby Sagu</b>
This workshop was booked out on our last festival! A MUST ATTEND. Come listen & learn from the talented Ruby Sagu, she will share insight to the Devaiya Oil story. Her very own brand designed with mother nature at the helm and the inclusion and power of essential oils and healing in her products. Ruby leads an informative, interesting yet fun massage interaction whilst explaining the benefits. She will demonstrate a hand and arm massage and teach you to do the same with her beautiful products			
50min			
<b>14.55</b>	<b>How to become the best possible version of you</b>	<b>Intro to hypnotherapy</b>	<b>Sara Pugh</b>
Dynamic Workshop – NOT TO BE MISSED. Become the best possible version of you? Sara will safely lead you into a brief introduction of the what, why, how & when of hypnosis followed by a group hypnosis session on ‘Becoming the best possible version of you’.			
50min			
<b>16.10</b>	<b>Learn how to look gorgeous &amp; flawless with a personal make-up lesson</b>	<b>Make Up – Lisa Hammond</b>	<b>Lisa Hammond</b>
Learn How To Look Gorgeous & Flawless, Personal Make Up Demonstration - FREE TICKETS Gifting: The first ten people to enter the room (reserve your ticket NOW) will receive FREE samples!! Discover how to create a flawless look, enhance your face shape and features quickly and confidently. Learn how to create an easy, flawless look by watching Lisa Demonstrate this and by talking through each step of the application and technique with you. Lisa only uses CRUELTY FREE beauty products with the majority of her lit also being VEGAN CERTIFIED. Book onto this informal & fun workshop			
50 min			

