

# **OCTOBER 2019 Show Workshops – Saturday & Sunday**

**10.30 am**

## ***“Because Numbers Count” – With Psio***

An interactive talk on practical numerology Psio reveals and resolves using just numbers. Not just any numbers – Your numbers

**11.30 am**

## ***“Be The Butterfly” -With Angela Medway-Smith***

Angela will be leading a discussion and meditation on The Violet Flame and its role as a tool of alchemical transmutation to support your development and transformation.

**12.30 am**

## ***An Introduction to dowsing your Chakras with Pendulums and Bobbers - With Keith Bartlett***

An interactive workshop to see how your chakra system is looking and if you have any blockages, if you have, how you can help yourself to clear them

**1.00 pm**

## ***Ho’ono pono -With Willow Jordon***

Let Willow share with you the powerful Hawaiian healing prayer technique Ho’ono pono. It is very simple but very powerful. Even if you are familiar with the technique, please do come and share some still time as Willow guides you through this beautiful gentle healing practice.

**2.00 pm**

## ***Wellbeing for life – W8nomore -With Suzanne Burnell-Watts***

Does weight and the thoughts that surround it rule your life? If the answer is YES come along to my workshop where we will bring enlightenment to the subject. You will also take away with you a hypnosis for either general weight loss or balancing your chakras in your body(your choice), as a free MP3 download recorded by myself

**3.00 pm**

## ***Yoga Sound Meditation – With Prem and Rishi***

Prem is an international, kirtan leader and singer/songwriter and together with Rishi, they perform their beautiful, soulful tapestry of guitar, keyboard and harmonies to bring you a soothing, uplifting and heartfelt transcendental experience.

Join us for an hour-long, informative workshop to learn some different techniques of Yoga Sound Meditation, part of which involves an easy de-stressing, breathing technique.

**4.00 pm**

## ***An Introduction to Shamanic Drumming - With Croweye Ferguson***

*In this workshop you will have a chance to find out how the practice of drumming can connect us to our ancestors and bring about transformation in our lives. No experience necessary, all equipment provided, but if you have your own drum then please bring it with you*