

Time	Session in THE RIVER ROOM	Speaker
10am - 10.30am	Talk: Probiotics – Health Benefits Beyond Digestion	Sam Andrews
10.45am - 11.15am	Keynote Seminar: Dale Pinnock, ITV's Medicinal Chef	Dale Pinnock
11.30am - 12.00pm	Talk: Law of Attraction	Rose Todd
12.15pm - 12.45pm	Talk: "I'll be Happy When I?"	Therese Marais
1pm - 1.30pm	Talk: Inflammation	Phil Beard
1.45pm - 2.30pm	Demonstration: Mediumship	Louisa Sullivan & Paul Brereton
2.45pm - 3.15pm	Talk: Wiley's Finest Fish Oil – Time for an Oil Change?	Babi Chana
3.30pm - 4pm	Talk: The Link Between Brain and Gut Health	Isabelle Nunn

Time	Session in THE SIDE ROOM THEATRE	Speaker
10am - 10.30am	Talk: More Happiness – Less Stress in Six Steps for Children and Families	Felicity Evans
10.45am - 11.30am	Workshop: The Psychic Awakening	Louisa Sullivan & Paul Brereton
11.45am - 12.15pm	Talk: Natural Remedies for an Easy Menopause	Amy de la Cour
12.30pm - 1.00pm	Talk: What is Counselling? Debunking the Myths	Emily Sugarman & Julia Lake
1.15pm - 1.45pm	Workshop: Bach Flowers – Balancing Your Emotions	Rose Todd
2.00pm - 2.30pm	Talk: Ayurveda and Women's Health	Katie Pande
2.45pm - 3.15pm	Talk: The Importance of Wholefood Nutrition	Olivia Hemingway & Martina Della Vedova
3.30pm - 4.00pm	Talk: Stress Management	Orley Mayal

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20TH ANNIVERSARY HEALTH FESTIVAL 25TH FEBRUARY 2018

Time	Session in THE STUDIO	Speaker
9.45am – 10.45am	Class: Sunpower Yoga, Dynamic Vinyasa Flow	Colin Davis
11.00am – 11.30am	Workshop: An Introduction to Transcendental Meditation	Martin Greig
11.45am – 12.15pm	Talk: An Introduction to Homeopathy	Aila Baron
12.30pm – 1.00pm	Workshop: Come and Experience having Fun with Sound	Ann Finch
1.15pm – 1.45pm	Talk: Medicinal Mushrooms – Traditional Remedies for the Modern World	Martin Powell
2.00pm – 2.30pm	Talk: Do You Really Need a Multi-Vitamin & Mineral Supplement?	Hayat El Hamri
2.45pm – 3.15pm	Workshop: Eat Raw, Live Longer, Power Up on Vegan Snacks	Egzona Makolli
3.30pm – 4.30pm	Workshop: Meditation and Crystal Bowls	Melanie Pitman

Time	Session in THE FOYER	Speaker
11.30am – 12.30pm	Cookery Demonstration	Dale Pinnock
1.00pm – 1.45pm	Cookery Demonstration	Lucy Bee