

SATURDAY 15TH OCTOBER

TIME	FITNESS FACTORY	YOGA SESSIONS	THEATRE 1	THEATRE 2	THEATRE 3 / WORKSHOPS	WORKSHOPS
09.00						
10.00	TAI CHI session with Taoist Tai Chi Society of Great Britain	Intro / Beginner Session with Yoga Teacher Mel Davitt	Rashid Oganlaru - An inspiring talk from one of the UK 's leading speakers and specialists on inner fulfilment.	Alicia Eaton – The Hypno Gastric Band	Neil Shah – Stress Management Society	Caroline Arewa - Spiritual Coaching – Embrace Your Higher Potential
10.45	Samsara The Bellydancer	BREAK	David Smith – World Champion Mixed 4 Crew Member – An Amazing Story	Hans De Bruijn from Acti-Tape – Tape It, Heal It. A new system.	Better You – The benefits of Vitamin D and Magnesium by Andrew Thomas	Alexandra Werner & Gemma Birss - How to read auras
11.30	Bounce With Mr Motivator	Kundalini Yoga with Gemma Birss	Sarah Donohue – Powerboat Champion, Journalist and TV Presenter – After this You'll Never Say 'Can't' Again	Peter Cohen – Life Coach and Weight Loss Guru	Martin Haines – Back Pain Workshop	Alexandra Werner & Gemma Birss - Working with the Chakras
12.15	MARTIN HAINES – practical demos from the workshop session on Back Pain	BREAK	Dr Robert Kissner – Stress Management	Fiona Kirk – Fat loss Workshop with author of So What the F*** Do I Eat	Caroline Arewa - Health is Wealth – Investing in Your Wellbeing..	Alexandra Werner & Gemma Birss - Psychic Protection
13.00	ZUMBA – bags of fun and a great way to 'dance yourself fit'.	Energy 4 Life Yoga Session	Dr Marilyn Glenville – Fat around The Middle and How To Get Rid Of It	Cain Leathem – GB Fitness – Fats and Sugars – The Truth that the 'Healthy Options' Suppliers Don't Tell You	Herbs For Health with Hannah Charman of Nature's Sunshine	Alexandra Werner & Gemma Birss - We're all psychic – how to do empathic readings
14.00	Cain Leathem – GB Fitness – Exercise at Home and on the Road – You Don't Need a Gym Full of Toys	BREAK	Louise Presley –Turner – Leading life coach and author	Allergy & Intolerance – Allergy UK. Hosted by Lindsey McManus	EFT & Matrix Reimprinting – Caroline Rolling & Derborah Shakespeare	Fernando Cabo - SOTAL Workshop
15.00	Body in Balance TV – TBC Thump Boxing	Body In Balance Yoga Session with Stretching The City's Sally Lovett	Ursula James – The Power of the Mind- How to Make Your Health Resolutions Stick – Permanently!	Caroline Pearce – The Weight Loss Code	Ashok Kumar – Ayurveda Practitioners Association - How An Ayurvedic Lifestyle Can Improve Your Life	Alexandra Werner & Gemma Birss - Crystals and crystal energy healing
16.00	Bounce With Mr Motivator		Healthy Weight Loss - the Alkaline Way with John Jezewskii			Alexnadrea Werner & Gemma Birss - Angel healing and how to get your angel wings

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10.00	TAI CHI with Taoist Tai Chi Society of Great Britain	Intro / Beginner Session with Yoga Teacher Mel Davitt	Ursula James – The Power of the Mind- How to Make Your Health Resolutions Stick – Permanently!	Cain Leatham – GB Fitness – Prescription of Profit?	Presentation by Kelly Aldershaw – The Chrysalis Effect – Get Your Life Back From ME	Caroline Arewa - Spiritual Coaching – Embrace Your Higher Potential
10.45	Bounce With Mr Motivator	BREAK	Eileen McCotter 4 The Love of Chocolate... (The Phatt Facts to Keep you Healthy)	Sarah Donohue – Powerboat Champion, Journalist and TV Presenter – After this You'll Never Say 'Can't' Again	Caroline Arewa - Health is Wealth – Investing in Your Wellbeing.	Alexandra Werner & Gemma Birss - How To Read Auras
11.30	Samsara The Bellydancer	Kundalini Yoga with Gemma Birss	Caroline Lane - British Acupuncture Council	Peter Cohen – Life Coach and Weight Loss Guru	Herbs For Health with Hannah Charman of Nature's Sunshine	Alexandra Werner & Gemma Birss - Working With The Chakras
12.15	Delvin Clarke – Latino Aerobics	BREAK	Dr Robert Kissner – Stress Management	Energy4Life – Caroline Arewa	Hans De Bruijn from Acti-Tape – Tape It, Heal It. A new system.	Alexandra Werner & Gemma Birss - Psychic Protection
13.00	ZUMBA – bags of fun and a great way to 'dance yourself fit'.	Energy 4 Life Yoga Session	Dr Marilyn Glenville – Fat around The Middle and How To Get Rid Of It	Fiona Kirk – Fat loss workshop	Better You - The benefits of Vitamin D and Magnesium by Andrew Thomas	Alexandra Werner & Gemma Birss - We're All Psychic – how to do empathic readings
14.00	Cain Leatham – GB Fitness – If You Are Not Assessing You Are Guessing.	BREAK	Louise Presley – Turner – Leading life coach and author	Allergy & Intolerance – Allergy UK. Hosted by Lindsey McManus	Healthy Weight Loss - the Alkaline Way with John Jezewskii	Alexandra Werner & Gemma Birss - Crystals and Crystal Energy Healing
15.00	Fran Checkley – Pilates Session	Body In Balance Yoga Session with Stretching The City's Sally Lovett	Alex Brougner – EQ Retreats	Charlotte Dean – CEO Careers In Fitness - TBC	Judith Thurston - The Benefits To Health of an Ayurvedic Lifestyle	Alexandra Werner & Gemma Birss - Angel healing and how to get your angel wings
16.00	CLOSE	CLOSE	CLOSE	CLOSE	CLOSE	CLOSE