

# South East Cornwall Wellbeing Festival 2024 September 14<sup>th</sup> & 15<sup>th</sup>

## SATURDAY 14 SEPTEMBER

### DOWNDERRY VILLAGE HALL

10.00 - 11.30 [STRENGTH & CONDITIONING — PILATES FOR MEN](#) with Mike  
[www.mikeredshaw.com](http://www.mikeredshaw.com)

12.00 - 12.45 [PILATES FOR WELLNESS](#) with Jennie from Cove Mind & Body  
[www.covecornwall.co.uk](http://www.covecornwall.co.uk)

13.00 - 13.45 [FOLLOW YOUR FLOW QOYA](#) with Meghan from Cove Mind & Body  
[www.covecornwall.co.uk](http://www.covecornwall.co.uk)

14.00 - 15.30 [CONNECT TO YOUR SOMATIC SOUND](#) with Faye  
[www.sensorythespace.com](http://www.sensorythespace.com)

16.00 - 17.30 [YIN YOGA](#) with Donna from Keyvora Yoga  
[www.keyvoryoga.com](http://www.keyvoryoga.com)

19.30 - 21.30 [KIRTAN CONCERT](#) with Elise and Charlie, Premanjali Music  
[www.premanjali.co.uk](http://www.premanjali.co.uk)

### THE ZONE DOWNDERRY (MAIN HALL)

9.30 - 11.00 [YOGA](#) with Sally  
[sallyrobbins@live.co.uk](mailto:sallyrobbins@live.co.uk)

11.30 - 12.30 [QIGONG](#) with Kath from Ninja Granny  
[www.ninjagranny.org](http://www.ninjagranny.org)

12.45 - 13.45 [SOMATICS](#) with Kath from Ninja Granny  
[www.ninjagranny.org](http://www.ninjagranny.org)

14.00 - 15.30 [STORYTELLING](#) with Andy  
[www.andycopps.com](http://www.andycopps.com)

16.00 - 17.30 [YOGA NIDRA](#) with Jackie from Rame Yoga  
[www.rameyoga.co.uk](http://www.rameyoga.co.uk)

### THE ZONE DOWNDERRY (BACK ROOM)

10.00 - 17.00 [UPLEDGER CRANIO-SACRAL TASTER SESSIONS](#) with Sonya  
<https://sonyahirst.wixsite.com/craniosacraltherapy>

10.00 - 16.00 [BIODYNAMIC CRANIO-SACRAL TASTER SESSION](#) with Moya  
[www.moyabodywork.com](http://www.moyabodywork.com)

14.00 - 16.00 [REFLEXOLOGY TASTER SESSION](#) with Alison from Bare Sole  
[www.baresole.co.uk](http://www.baresole.co.uk)

### THE BEACH SEATON

14.30 - 15.30 [YIN YOGA AND YOGA NIDRA](#) with Donna from Keyvora Yoga  
[www.keyvoryoga.com](http://www.keyvoryoga.com)

### THE BEACH DOWNDERRY

08.00 - 9.30 [RAMBLE ON THE ROCKS](#) with Matt from Looe Marine Conservation Group  
[www.looemarineconservation.org](http://www.looemarineconservation.org)

### HAZEL'S WOOD DOWNDERRY

11.00 - 12.30 [STORYTELLING](#) with Andy  
[www.andycopps.com](http://www.andycopps.com)

### BEWSHEA'S TAPAS BAR & RESTAURANT DOWNDERRY

10.00 — 19.00 [SPECIAL WELL-BEING FESTIVAL MENU](#) hosted by Bewshea's  
[www.bewsheas.co.uk](http://www.bewsheas.co.uk)

11.00 — 12.30 [ESSENTIAL OIL ROLLER BLEND AND HAND MASSAGE WORKSHOP](#)  
with Sarah  
[Sarahhaigh7705@outlook.com](mailto:Sarahhaigh7705@outlook.com)

14.30 — 16.00 [SKINCARE WELLBEING WORKSHOP](#) with Caroline from Tropic Skincare  
[www.tropicskincare.com/carolineatkinson](http://www.tropicskincare.com/carolineatkinson)

### INN ON THE SHORE CAR PARK

**WOOD FIRED SAUNA** for 5-6 people hosted by Lit Sauna and Space  
offering [30 minute](#), [1 Hour](#) & [Private Group Bookings](#)  
[www.litsaunaandspace.com](http://www.litsaunaandspace.com)

Book Tickets via The Festival Booking Page:



# SUNDAY 15 SEPTEMBER

## DOWNDERRY VILLAGE HALL

10.00 - 11.30 [ZEN YOGA with Craig from Zen Yoga](#)  
[craig@z-e-n.co.uk](mailto:craig@z-e-n.co.uk)

11.45 - 13.15 [MEDITATION AND MINDFULNESS with Craig from Zen Yoga](#)  
[craig@z-e-n.co.uk](mailto:craig@z-e-n.co.uk)

13.30 - 15.30 [TRAUMA RELEASE EXERCISES \(TRE\) WORKSHOP 2 with Giorgia](#)  
[www.giorgiatorre.com](http://www.giorgiatorre.com)

16.00 - 17.30 [GROUP SOUNDBATH with Teresa](#)  
[www.teresawicksteed.co.uk](http://www.teresawicksteed.co.uk)

## THE ZONE DOWNDERRY (MAIN HALL)

10.00 - 11.30 [SCARAVELLI AND HATHA INSPIRED YOGA AND BREATHWORK with Hannah from Tamar Yoga](#)  
[www.tamaryoga.com](http://www.tamaryoga.com)

12.00 - 13.30 [REDEFINE YOUR HEALTH; INTEGRATING BODY, MIND AND SOUL with Dr Johanneke Kodde](#)  
[www.bodymindsouldoctor.com](http://www.bodymindsouldoctor.com)

14.00 - 15.30 [MONOPRINTING FOR BEGINNERS with Ellie](#)  
[www.eleanorrussellsieh.com](http://www.eleanorrussellsieh.com)

16.00 - 17.30 [SEA DANCE with Lois](#)  
[www.dancecentred.co.uk](http://www.dancecentred.co.uk)

## THE ZONE DOWNDERRY (BACK ROOM)

11.00-13.00 [REFLEXOLOGY TASTER SESSION with Alison from Bare Sole Reflexology](#)  
[www.baresole.co.uk](http://www.baresole.co.uk)

## THE BEACH SEATON

14.00-15.30 [SWIM with Tricia meet at the Lifeguard Station. Tricia will give a talk beginning at 14.00.](#)

## HAZELS WOOD DOWNDERRY

10.00 - 13.00 [DARE TO BE WILD - FAMILY WELLBEING ADVENTURE with Suzie](#)  
[suziehartshorn@googlemail.com](mailto:suziehartshorn@googlemail.com)

## BEWSHEA'S TAPAS BAR & RESTAURANT DOWNDERRY

10.00 - 19.00 [SPECIAL WELL-BEING FESTIVAL MENU](#) hosted by Bewshea's  
Contact Bewshea's directly to discuss reservations.

14.30 - 15.30 [HOW HUMAN DESIGN CAN HELP YOU RE-DISCOVER YOUR TRUE ESSENCE with Johanneke](#)  
[www.bodymindsouldoctor.com](http://www.bodymindsouldoctor.com)

## INN ON THE SHORE CAR PARK

WOODFIRED SAUNA for 5-6 people hosted by Mott's Sauna offering [30 minute, 1 Hour & Private Group Bookings](#)  
[www.motts-sauna.com](http://www.motts-sauna.com)

Book Tickets via The Festival Booking Page:



Organised by Moya from MoyaBodyWorks in collaboration with Tamar Yoga and Sally Phillips.  
With thanks for the support and efforts of all our practitioners, teachers and guides.  
Additional thanks to the Donderry Village Hall, The Zone, Deviock Activities Group, the Bewshea's team, The Beach House, Hazel (of Hazel's Wood!), St Nicholas School, Inn On The Shore, and Jane Wilson (for the wonderful artwork!).