

The Ultimate

Meditation and Mindfulness Day Agenda

9.30am- Arrive / Network opportunity

10.00 – 10.30am Aromatic Meditation Activity Group Session
Clare Evans

10.30-12.30pm Workshops / Talks

- 10-30-11.00am Salted Lifestyle Workshop
Angela Scott
- 11.00-11.30am Naturopath/Gut Health Talk
Emma Backshall
- 11.30-12.00am The Oil Connection Demonstration
Steve Varney
- 12.00-12.30am Doterra Oils Workshop
Jenifer Varney

12.30pm - 1.45pm Break for lunch and an optional walk in
the stunning meadow

*Lunch includes a delicious two course plant based meal
including dessert and Coffee/Tea*

1.45pm Healing The Mind Group Session Talk

Jonathan Hall / Stephen Jakes

3.00pm Sound Therapy/ Singing Bowls Group Session
Colin Wyatt

3.30pm Raffle

4.00pm Close - We hope you have a fabulous day and leave
feeling refreshed

Thank you for supporting Essex Wildlife Trust