



# Free Activities – Marquee / Outside



Time	Saturday 13 <sup>th</sup> June	Time	Sunday 14 <sup>th</sup> June
10.45-11.05am	Primal Breath - Breathwork for calm, energy and connection <i>with Graham Carter</i>	11.00-11.20am	Primal Breath - Breathwork for calm, energy and connection <i>with Graham Carter</i>
11.20-11.40am	Pilates <i>with Helen Westwood</i>	11.40am-12.00pm	Pilates <i>with Helen Westwood</i>
11.55am-12.15pm	Tai Chi <i>with Aaron Davis</i>	12.20-12.40pm	Tai Chi <i>with Aaron Davis</i>
12.30-12.50pm	Primal Flow - movement for strength, mobility and vitality <i>with Graham Carter</i>	1.00-1.20pm	Primal Flow - movement for strength, mobility and vitality <i>with Graham Carter</i>
1.05-1.45pm	Yoga <i>with Hayley Loader</i>	1.40-2.20pm	Sound Therapy <i>with Estelle Carey</i>
2.00-2.40pm	Sound Therapy <i>with Estelle Carey</i>	2.40-3.00pm	Pilates <i>with Helen Westwood</i>
2.55-3.15pm	Pilates <i>with Helen Westwood</i>	3.20-3.40pm	Primal Flow - movement for strength, mobility and vitality <i>with Graham Carter</i>
3.30-3.50pm	Primal Flow - movement for strength, mobility and vitality <i>with Graham Carter</i>	4.00-4.20pm	Tai Chi <i>with Aaron Davis</i>
4.05-4.25pm	Tai Chi <i>with Aaron Davis</i>	4.40-5.00pm	Primal Breath - Breathwork for calm, energy and connection <i>with Graham Carter</i>
4.40-5.00pm	Primal Breath - Breathwork for calm, energy and connection <i>with Graham Carter</i>		

# Additional Free Activities:

Both Days	Wellness Trail (Free Trail in The Park)
Saturday 13 <sup>th</sup> June	Print Making Workshops with Cowprint Artists (Free drop-in sessions all day)
Saturday 13 <sup>th</sup> June	Rooted - Forest Bathing & Medicine Bag Workshop* (in Gardens nearby) with Graham Carter & Tracey Lee Glasspool <small>*Donation towards materials gratefully received.</small>
Sunday 14 <sup>th</sup> June	Botanical Printing with Cowprint Artists (Free drop-in sessions all day)

# Paid Sessions Available:

Both Days	Solace Sauna x PortaSauna
Both Days	Rahanni Healing with Sarah Wardle & Tanya
Both Days	1:1 Guided Relaxation and Sound Sessions with Estelle Carey
Both Days	Kokedama Workshops with Exbury Gardens (10.45am-12.30pm & 2.45-4.30pm)
Both Days	Intuitive Fusion Massage with Thymeless Beauty
Saturday 13 <sup>th</sup>	Thai Chair Massage with Hayley Loader

# Plus:

Both Days	New Forest Apothecary - New Forest folklore art, oils, tinctures, teas and beauty products
Both Days	The Noble Bee - Honey, candles and other other bee-derived products
Both Days	Little Kitchen Company - Salad Bar