

GIVE HOLISTIC WORKSHOP LEADERS AND THEIR WORK

Mell Lowe Shakti Dance. The Yoga of Dance – The Path to Enlightenment through Dance. Mell is from South Africa. 14 years of teaching under her wing, Mell has trained in Hatha Yoga 2006, Bikram in 2011, Forest Yoga in 2013 and Shakti Dance in 2019. She has also trained in injury modification. In her class, you'll experience a sense of freedom and spiritual connection.

Emmet Colville Mindfulness-based Acceptance & Commitment Therapy (ACT) helps people build mental strength skills so they can respond more flexibly to their life experiences and difficulties - how they think and feel about them.

This workshop will teach you a mix of practical skills designed to get you out of your head and into your life! Whether you're in emotional or physical pain in dealing with life's challenges, when it comes to the human condition and suffering, we all have so much in common in terms of where we hurt emotionally and our general experiences.

Flo Lam-Clark I am a yoga and meditation teacher, sound healer and practitioner in the healing arts, based in London. I have been practising healing bodywork modalities for over 20 years and I absolutely love it! My passion is deep and my mission is to spread peace and calm. I teach Vinyasa Flow, Hot Tapasya Yoga, Restorative Yoga, Pranayama and Meditation classes and regular Meditation & Sound Healing Workshops in London

Antonia Maguire Naturopathic Nutritional Therapist and Health Coach. In 2003, I was lucky enough to be able to switch careers and follow my heart into the world of Natural Health - Iridology, Acupressure Massage, Reflexology, Thai Yoga Massage and then finally Nutritional Therapy, in which I finally qualified in 2011. It's my mission in life to keep up to date, stay healthy myself and help others find the best ways for themselves too.

Karen Savva Sound energy healing . Musical therapy. Meditation . Reiki... energy healing. Ground and connect with the Ancients and a tree 🌲 of your choice. Receive and learn sound energy healing. We will synchronise sound and movement together tuning in to our harmonic frequency. We will ignite our inner flower and flame of fire. We will heal and release and feel lighter

Sally Williams Sally has over 20 years of teaching experience and is currently training to be a Yoga Therapist. She teaches Scaravelli inspired Yoga that is gentle, calming and grounding and suitable for complete beginners.

Ling Mann A Chinese-born Glaswegian brought up in the Republic of Ireland's beautiful SW coast. She found her calling as a healer and yoga teacher/trainer 15yrs ago. Trained in yoga, breath, meditation, and various Eastern Therapeutic modalities that support both students and clients in finding harmonious balance in their bodies and calm in their minds. She offers and tailors Eastern healing wisdom to western bodies whether its over-work, injury, sedentary living, or trauma healing. Ling lives in London and loves to travel in her vintage campervan.