

mindset unlimited

SCHEDULE

| | unfiltered talks - free | unbound prices vary - book now | unwind prices vary - book now | untamed kids • teens - free - book now | core connexion reformer pilates - book now |
|-------|---|--|---|--|--|
| 09:00 | 9:00 Mayor's Welcome | | 9:10 Morning Meditation | | 9:00 Dynamic |
| 10:00 | 9:30 Manifestation, Tapping & EFT | 9:30 Wake Up & Yoga | | 9:30 Dinky Meditation | |
| 11:00 | 10:05 Nutrition, Lifestyle Medicine & Mindset | | 10:00 Restorative & Yin Yoga | 10:00 Family Yoga | 10:00 Stretch |
| | 10:45 Perimenopause & Menopause | 10:30 Yoga Flow & Breathwork | | | |
| | 11:10 Plugging in to Presence | | 11:00 De-vine Spirit Healing Gong Bath | 11:00 Harmonious Sound Healing Age 6+ | 11:00 Taster Reformer |
| 12:00 | 11:45 Mental Health | 11:30 Hip & Back Gentle Yoga | | | 11:30 Dynamic |
| | 12:20 Resilience workshop | | 12:15 Kirtan | | |
| 13:00 | | 12:30 Chinese 5 Element Yin Yang Flow | | 12:30 Teen Meditation | 12:30 Taster Reformer |
| | 13:05 Neurodiversity Uncovered Panel Discussion | | | 13:00 Magical Storytelling | 13:00 Dynamic |
| 14:00 | | 13:30 TRE Workshop | 13:30 Didgeridreams Healing Soundscape | 13:30 Yoga Bears | |
| | 14:05 Pranic Healing for Stress | | | 14:00 Conscious Parenting Talk | 14:00 Dynamic |
| 15:00 | 14:50 Purpose, Meaning & Fulfilment | 14:30 Handstand Workshop | 14:40 Face Yoga | | 15:00 Taster Reformer |
| | | | | 15:00 Meditation Age 4+ | |
| 16:00 | 15:30 Reframe Stress, Fear & Insecurities | 15:40 Animal Flow® | 15:45 De-vine Spirit Healing Gong Bath | 15:30 Meditation Age 11+ | 15:30 Dynamic |
| | 16:20 Spiritual NLP Workshop | | | 16:00 A Little Boost of Happiness | |
| 17:00 | | 16:30 Yoga Flow & Nidra | | | 16:30 Taster |
| | | | 17:00 Didgeridreams Healing Soundscape | | 17:00 Dynamic |
| 18:00 | | | | | |

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Schedule is subject to change

