



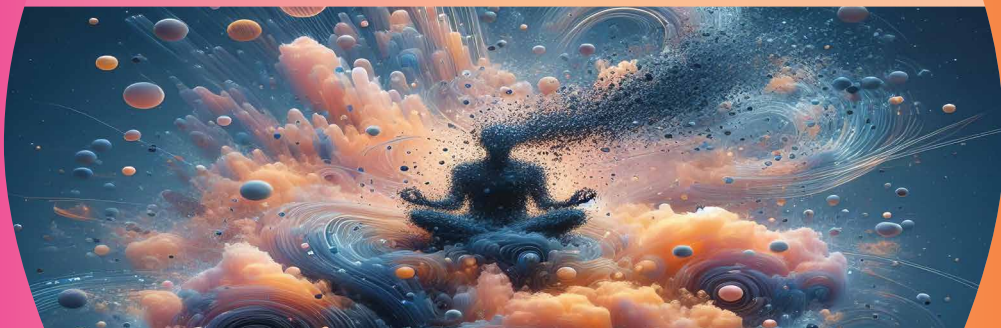
# York

## Health Healing & Wellbeing Festival

Saturday 20 & Sunday 21 April 2024

10.00am to 5.00pm each day

**York Racecourse**  
Knavesmire Stand YO23 1EX



**An Amazing Display of Exhibition Stands**

**With Uplifting Live Music from  
Yorkshire Voices (Saturday) & the Rock Choir (Sunday)  
Free talks, workshops & demonstrations (Talks are ticketed)**

**& Free entry into Prize Draws for every Visitor**

**Refreshments • Disabled Access • Free Parking**

**Entrance Fee:**

**Adults £6.00 Concessions £5.00  
(2-day pass Adults £11.00 Concessions £9.00)  
Accompanied under 15s free**



**COME EARLY TO BOOK TALKS,  
THERAPIES & READINGS**

[www.healthhealingfestivals.co.uk](http://www.healthhealingfestivals.co.uk)

[pat@healthhealingfestivals.co.uk](mailto:pat@healthhealingfestivals.co.uk)

**Tel: 01423 873259 | 07973 501361**

Health & Healing Festivals, P O Box 707, Harrogate HG1 9GU



# Saturday 20 April 2024

## Talks | Workshops | Demonstrations

### ROOM 1

#### **11.00 – 11.45 Nothing is too hard for you to handle! – Stephanie King – Soulpreneur, Author**

Much of what occurs is the symptom rather than the cause of what is happening. Right now the Universe is on point like never before, especially as we are in a place of awakening and ascension. How you approach your life & it's ups and downs is everything. Nothing will set the road straight without higher recognition – and that starts here with you. Join Stephanie for further insights in this powerful workshop.

#### **12.00 – 12.45 Healing the body & mind with Shamanic Healing & Light Language – Chris Marsh, DevelopLink**

Chris will talk you through the concepts of Shamanic Healing & explain what Light Language Is, its origins & how it's used to heal, bring understanding, knowledge & activate spiritual connections. He will provide light language demonstrations to bring healing & knowledge to the group.

#### **1.00 – 1.45 Yorkshire Voices with Steve Brown Choir Leader**

A blue speech bubble containing the text "Yorkshire Voices".

#### **2.00 – 2.45 Nature's Natural Healers – Essential Oils – Mel Foot, OilFaction**

Essential Oils have been around for thousands of years so in Mel's fascinating talk he will explain the uses of Essential Oils, the Dos and Don'ts & how they are helping many people young & old with many health issues such as Anxiety, sleep, ADHD, Autism, Menopause, different types of Pain, inflammation and which Oils will make you feel good.

#### **3.00 – 3.45 Soothing Sounds - Why certain sounds relax you? – Dave Mitchell, Avajar**

Dave will introduce you to the concept of Sound Relaxation - Vibration for the Body : Sound for the Mind. He will discuss the historical context of Singing Bowls, their effect on Brain Waves and the body's natural restoration process of sleep whilst also showing techniques for certain relaxation methods and their connection with breathing

#### **4.00 – 4.45 The importance of physical & spiritual healing - a holistic approach – Tariq Nizami, Svahj Healing**

Living in a world of unprecedented conflict, people are in a state of distress both within & from the outer world. They are waking up to the realisation that there is very little lasting comfort from their external environment & are turning within to look for peace & contentment. There is an awakening & acceptance of ancient knowledge & spiritual powers.

**Saturday 20 April 2024**

**Talks | Workshops | Demonstrations**

## **ROOM 2**

**11.00 – 11.45 A Stage Demonstration of Mediumship – Claire Nicholls, Medium & Teacher**

Claire, Yorks very own renown medium will give a remarkable stage demonstration of mediumship connecting with Loved ones from the Spirit World and passing on meaningful messages to you

**12.00 – 12.45 Empower yourself with Crystals – Nicola Swinson, Magikal Echoes**

Do you feel you are living a life which is not yours? Maybe you are keeping yourself small & you're fed up with your mindset. Come & join Niki as she talks about crystals to help empower you, protect your energy, that you can then use to live the life you know you truly deserve *(Contains some swearing)*

**1.00 – 1.45 The Mind – The Human Computer – John Richardson, Feel Better Fast**

In this fun-filled talk, John will show you how Hypnosis is nothing to fear! The Mind is the Human Computer – John will explain how you can delete faulty programming & install new updates that are more beneficial for your health & wellbeing, growth & development both physically & spiritually

**2.00 – 2.45 What is a Sabbat and “Turning the Wheel”? – Louise Bloomer, The Wiccan Lady**

What did our ancestors do before we had clocks, watches & calendars? How can & why should you live by the seasons and why were the Pagan festivals so important? Find out what the 4 fire festivals, 2 Equinox and 2 Solstices are, and what they mean to the people who still celebrate them now.

**3.00 – 3.45 Do You Believe in Angels? – Anne Woodcock, Angelic Wings Therapies**

Anne will talk about Guardian Angels, The Archangels & Angel signs & how they help us in our daily lives

**4.00 – 4.45 Dr I Han Tea ceremony and Pai Da Gong Workshop -  
Charlotte Palmer, Busting Food & Diet Myths**

The Tea Ceremony - learn the ancient art of brewing and drinking high quality Oolong, Jade and Mountain teas, learn how to make the perfect brew and all the different types of premium teas available to increase energy, vitality & health

# Some of the Exhibitors at the York Festival 2024

Absolute Balance Holistic – Healy Products - Jayne Williams  
Amazonite Griffin – Holistic Emporium – Anna Haines  
Amethyst Moons - Crystals, Gemstones, Holistic items - Sue & Ian Cloke  
Angelic Wings Therapies – Angels products, oracle cards, aura sprays, orbs, gifts – Anne Lomax  
Art to Inspire – Original Angelic Artwork – Debbie Webster  
Avaja – Singing Bowls – David Mitchell  
Be Natural Yorkshire – Spiritual Readings – Tanith Wilson  
BinkyBoo Macrame – Ness Burrows  
Blossom Tree Social – Positive Stationary Gifts, Hearts, Orbs, Planners – Sarah Hartley  
Caeyarons Global Love Waves - Marija Laurineniene  
Claire – York's very own Clairvoyant, Medium & Teacher – Claire Nicholls  
DevelopLink – Shamanic Healing, Light Language, Hypnotherapy – Chris Marsh  
Elemental Balance - Bioresonance Taster Sessions – Rachel Bavin  
Emma the Cunning Woman – Pre-loved Oracle & Tarot Cards – Emma Theobald  
Feel Better Fast- Hypnotherapy & Past Life Regression – John Richardson  
Formoson Farms – Selected Teas & Kombucha – Charlotte Palmer  
Francesca King Ceramics - Feet in Clay, ceramic items, cards, gifts  
Handmade by Gemstone – Jewellery – Kate Bolton  
The Holistic Hub - Holistic products - Debbie Young  
The Jasper Cacao – Cacao Products – Leanne & Shane  
Joyous Living – Access Consciousness Bars Therapy - Maureen Wycherley  
Lynne Redvers – Spiritual Readings  
Magikal Echoes – Crystal Pictures, bracelets, swearsy crystal sets, wish jars – Nicola Swinson  
Mamas Cottage Mushrooms – Herbs, medicines, balms, elixirs, tonics. cacaos - Kate & Matty  
Marta Uicz – Spiritual Readings  
Mel-Jay - Crystal & Semi Precious Stones Jewellery – Melanie, Michael & Patrick  
Mystic Mike James – Spiritual Readings  
North Yorkshire Rock Choir – Choir Leader Kate Peters  
Oilfaction - Essential Oils & Gifts - Mel Foot  
Oraphim – Shungite Products – Cassie Limb & Richard Sharp  
Peppercorn Crystals – Crystals, Minerals, Geodes – Ruth Huddleston  
Rick Paul – Spiritual Readings & Mediumship  
Sai Sensei – Acupuncture & Acupressure tasters– Sai Kit (Danny) Kwan  
Salt & Rock Shop – Crystals, Gemstones, Holistic Items - Steve Rowlands  
Sanctuary Reflexology - Chandu Solanki  
Soul Flames Holistics – Energy Healing – Sharon O'Brien

Health & Healing Festivals and the Organisers wish it to be known that the views of the speakers and the exhibitors are not necessarily those of the Organisers and that no responsibility can be taken for the contents of any readings, workshops, talks, products or services – anyone having a reading, taking a therapy or attending the talks, demonstrations or workshops do so of their own free will. The programme was accurate at the time of going to print – the Organisers reserve the right to make changes

# More Exhibitors York 2024



**Stephanie J King - Author & Soulpreneur™**

**Stone Circle – Jewellery & Therapies – Carl & Sarah Gathern**

**SuperNature – Vibrational Essences – Helen Scott**

**Susan Wood – Spiritual Readings**

**Svahj Healing – Spiritual Healing – Tariq Nizami**

**Tropic Beauty – Debbie Roberts**

**Urban Warrior Healing – Spiritual Readings – Richards Odams**

**Utility Warehouse – Joe Bloomer**

**The Wiccan Lady – Witchy & Pagan items – Louise Bloomer**

**Wild as the Moon – Holistic Moon Cycle products – Gina King**

**Woodland Trust – James Kazer**

**Yore Therapy – Solution Focused Hypnotherapy – Brenna Wright**

**York Aura Post – Aura Photography – Saba Suleiman**

**York Reiki Plus – Irene Forsyth**

**Yorkshire Voices – Leader Steve Brown**

**Yoshua Oda – Japanese Astrology**

**Zoe Cooper Photography & Cards**

..... and lots more

**Yorkshire Voices – Leader Steve Brown (Saturday)**

**Yorkshire  
Voices**



**North Yorkshire Rock Choir – Leader Kate Peters (Sunday)**

## PRIZE DRAWS



**Crystal Geode**  
(Representation)



**Pamper Box**



**Mystery Gift**

**Don't forget to enter our PRIZE DRAWS for Free**

The draw will be made on Sunday at about 4pm

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Sunday 21 April 2024

Talks | Workshops | Demonstrations

ROOM 1

**11.00 – 11.45 Do you feel that life is hard or fighting against you? –  
Stephanie King, Soulpreneur, Author**

Many awakened souls travel a harder path than those around them. Indeed they feel they get away with almost nothing – without being caught. Why is that? If a good person keeps doing good deeds, why do they often feel they're picking up the pieces left by others? How to remain the light that leads the way when all is going crazy is an art of recognition & understanding. Join Stephanie for further insights in this powerful workshop.

**12.00 – 12.45 "Nature's Medicine" – Matty, Mamas Cottage Mushrooms**

Transform, heal, and remember the power of plants and fungi. Matty is taking you on a journey through the medicines gifted to us by Mother Gaia.

**1.00 – 1.45 North Yorkshire Rock Choir with Kate Peters**



**2.00 – 2.45 Get Happy & Stay There with Access Consciousness Therapies & Tools –  
Maureen Wycherley, Joyous Living**

Life is full of possibilities, what are you choosing? Access Consciousness pragmatic tools & therapies offer a simple way of finding your identity without getting lost in the fog of others' points of view about you as well as giving you the opportunity to change things in your life that you haven't been able to change, until now. Maureen explores the power of Access Bars including the Energetic Facelift & the fun & dynamic tools you can use daily.

**3.00 – 3.45 Shungite – the hero of our times – Cassie Limb, Oraphim**

Hear the best ways to protect yourself from cellular damaging Wi-Fi & 5G, and the best ways to enhance your bio-field with Shungite Pyramids & Jewellery for healing, detoxing & energy boosting, Shungite is hailed the hero of our times & in this talk you will learn just why.

**4.00 – 4.45 Feet in Clay – Francesca King Ceramics**

Francesca will demonstrate the Feet in Clay process (needing a willing volunteer) Making a meditation space and 30 minutes of supported meditation music by Deva Premal and Mitten & Deuter (with kind permission granted)

**Sunday 21 April 2024**

**Talks | Workshops | Demonstrations**

## **ROOM 2**

### **11.00 – 11.45 Are you a Medium? Of Course you are - John Richardson, Feel Better Fast**

In John's magnificent talk he asks the audience to contemplate ways to connect to the spirit world. He relates how his spiritual journey evolved with the help of his grandfather & great aunt Ida reconnecting to the spirit world to receive wisdom & guidance from spirit family & ancient ancestors & how he met his spirit guides Amber & Cyrus. He will start you on your spiritual path to the great awakening!

### **12.00 - 12.45 "Angelic connection" with Deborah Webster - Art To Inspire**

Discover Deborah's story of how she connects with the angels & celestial energies & transports them into art and how the angels help Deborah to see people's auras. (There will be a positive angelic affirmation for each member of the audience for them to take away)

### **1.00 – 1.45 Divine Feminine Energy and Crystals - Anna Haines, Amazonite Griffin**

We all have masculine & feminine aspects, but these two energies can become imbalanced. This workshop is to remember all the wonderful aspects of yourself that reflect the divine feminine through crystals, giving you the opportunity to balance that energy by allowing your true feminine side to be expressed.

### **2.00 – 2.45 Herbalism for Magic - Louise Bloomer, The Wiccan Lady**

Louise will take you through how to harvest, dry & store your herbs. What to do with them after that & which plants to pick for what type of magic. She will discuss how to make herbal charms, loose incense, witches' bottle & balls & even why hanging a simple bunch of flowers around the house can make a difference to what manifests in your life. Do you need help banishing unwanted energy, drawing abundance, increasing better health, finding the love of life or more or less anything else you can think of – Louise can help

### **3.00 – 3.45 Heart-centred Living is the New Paradigm – Sharon O'Brien, Soul Flames**

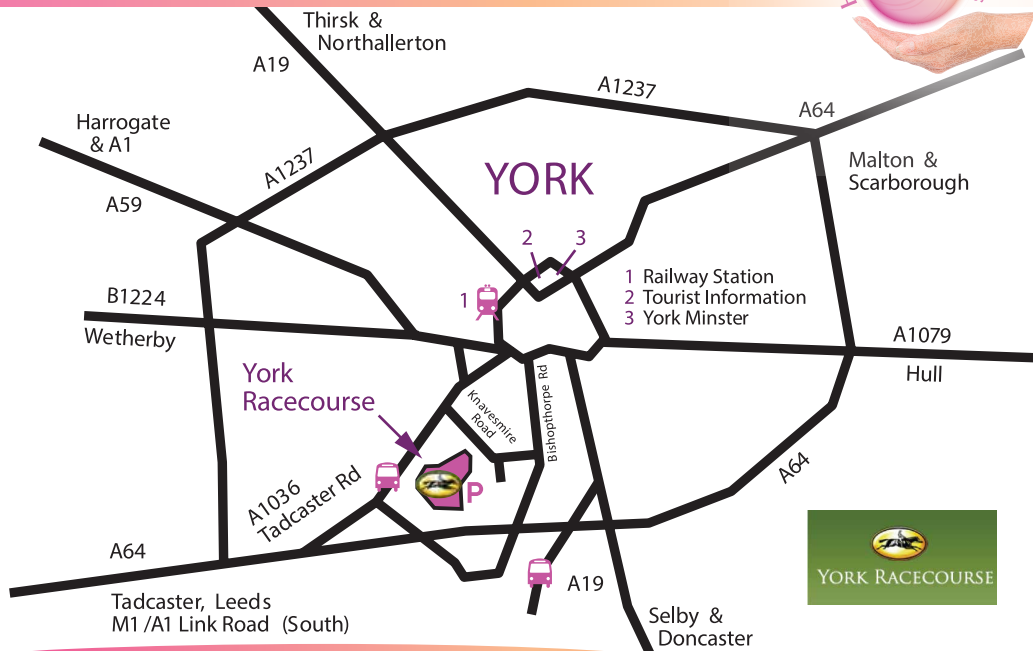
Sharon will outline how life becomes more balanced, focused, & simple through living from the heart. Included is a guided heart centred meditation for you to enjoy

### **4.00 – 4.45 Palmistry – The Map of your Life – Claire Nicholls, Medium, Palmist, Teacher**

Here Claire will highlight the main features of reading palms & show how, with a professional reading, your palm can give you a map of your life

# York Health Healing & Wellbeing Festival 20 & 21 April 2024

## How to find York Racecourse YO23 1EX



## Dates for the Diary 2024...

**LEEDS Health & Healing Festival – 20 & 21 April 2024**

Pudsey Civic Hall, Dawsons Corner, Pudsey, Leeds LS28 5TA

**HARROGATE Health & Healing Festival - 14 & 15 September 2024**

The Pavilions, Yorkshire Event Centre, Great Yorkshire Showground, Harrogate HG2 8NZ

**BEVERLEY Health & Healing Festival - 5 & 6 October 2024**

Beverley Racecourse, York Road, Beverley, East Yorkshire HU17 8QZ

## 2025

**PUDSEY Health & Healing Festival – TBC 2025**

Pudsey Civic Hall, Dawsons Corner, Pudsey, Leeds LS28 5TA

**Entry into the PRIZE DRAWS FREE at each Festival**

Free Parking • Refreshments at most • Disabled Access

Admission £6.00 • Concessions £5.00 Accompanied Under 15s Free

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