

Yorkshire's Leading
Health & Wellbeing Festivals



Health & Healing Festival at PUDSEY

Saturday 15 & Sunday 16 February 2025

10.00am to 5.00pm each day

Pudsey Civic Hall

Dawsons Corner, Pudsey, West Yorkshire LS28 5TA



Explore & Enjoy the Wonderful Exhibition Stands ~
The FREE Inspirational talks, workshops & demonstrations
(Talks are ticketed)

& FREE entry into the PRIZE DRAWS for every visitor

Light Refreshments • Disabled Access • Free Parking

Entrance Fee -

Adults £6.00 Concessions £5.00

(2 - day pass • Adults £11 • Concessions £9)

• Accompanied under 15s free

COME ALONG FOR A GREAT DAY OUT



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



Talks | Workshops | Demonstrations

Saturday 15 February 2025

ROOM 1

- 11.00 – 11.45** **A Stage Demonstration of Mediumship – Claire Nicholls, Medium & Teacher**
Claire is an amazing medium connecting loved ones from Spirit World & passing on meaningful messages to you; her stage demonstrations are not to be missed, so join her to see if there is someone waiting to connect with you
- 12.00 – 12.45** **Natures Medicine – Returning to Mother Gaia – Matty & Kate Schenk**
Our talks evolve & change at every event; we incorporate plant medicine, the story of Mamas Cottage Mushrooms creation, our journey, ceremonies, sourcing mushrooms & herbs, working with animals & children, how to make your own medicine, & much more
- 1.00 – 1.45** **What is the difference between Tarot & Oracle Cards?- Louise Bloomer The Wiccan Lady**
Why do some have 78 cards & others have no particular number? Is it myth or fact that we shouldn't buy our own cards & that we shouldn't use second-hand packs? There is a specific way to read the tarot & it differs greatly from reading the Oracle. Come & find out why we use them, how we use them & what they do to help us in daily life.
- 2.00 – 2.45** **How to manage over-thinking & negative self-talk - Tasha Ponton & Chris Marsh, Developlink**
Chris & Tasha give you the real insight into what causes over-thinking and negative self-talk & they give you strategies on how to manage the inner critic. Chris & Tasha will also perform a group healing demonstration, sound healing & meditation.
- 3.00 – 3.45** **Lets talk Hypnosis, Past Life & Spiritual Connections - John Richardson, Feel Better Fast**
Johns fascinating talk shows why Hypnosis is nothing to fear, & you can see how hypnotherapy can help you; his talk is packed with information & fun...!!

ROOM 2

- 11.00 – 11.45** **Mindfulness & Meditation – Anna Haines, Amazonite Griffin**
Cultivating a mindfulness practice can be a struggle but help is at hand from Anna. Everything you need is within you & through guided meditation with a heart activation & other tips you can put into practice, it can be incorporated into your life
- 12.00 – 12.45** **Breath of Transformation – Darren Ibbetson**
Breathwork has been practised worldwide for thousands of years. It combats low-mood, anxiety & many other negative symptoms & brings with it a great sense of well-being & tranquillity. It will leave you feeling rejuvenated & connected on a profound level, that extends way beyond the session & into your everyday life. A truly transformational experience.
- 1.00 – 1.45** **Crystal Connection for boosting your confidence – Julia Cornelius Anchorhaven**
Discover how the power of crystals can elevate your confidence & empower your life by enhancing your self-esteem, dissolving self-doubt & strengthening inner resilience. Whether you're navigating a new challenge, or wanting to step up your power this workshop with guided meditation will leave you feeling grounded radiant & ready to shine
- 2.00 – 2.45** **The Concept of Doshas in Ayurveda – Dr Sreethnath Nair (PhD, MCMA, IPHM)**
Doshas (Vata, Pitta, Kapha), the foundational bio-energies of the body, & Ama, the toxins are two interconnected properties in Ayurveda. Dasha imbalance will produce toxins (Ama). This talk will offer practical methods to understand them for better health & wellbeing.
- 3.00 – 3.45** **Reflexology & the menopause – Tracey Hale, Sunshine HolisticTherapy**
Oh the joys of being a woman!! Tracey will outline the benefits of reflexology on the menopause, & what the treatment impacts on to make women feel better

Talks | Workshops | Demonstrations

Sunday 16 February 2025

ROOM 1

11.00 – 11.45 Healing & the spiritual awakening with Light Language demonstration – Chris & Tasha

Chris & Tasha will talk about the real secret to a spiritual awakening through personal healing & “shadow work” & how going into our past is crucial for our future spiritual growth. Chris & Tasha will collaborate on healing demonstration with light language to bring deep personal transformation.

12.00 – 12.45 Witchy by Seasons - Louise Bloomer The Wiccan Lady

What does Spring mean to Pagans and Witches? How can you celebrate the season, Ostara and Beltane, which gods and goddesses are connected to them and what easy rituals or crafts can we incorporate into our lives at this time of year?

1.00 – 1.45 Transform your life with the Violet Flame – Julia Cornelius, Anchorhaven

Join us for this inspiring workshop where you can unlock the power of the Violet Flame & practical ways to heal, clear negativity & transform your life. Learn practical tools including a guided meditation to bring balance clarity & light into your daily Life

2.00 – 2.45 Breath of Transformation – Darren Ibbetson

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3.00 – 3.45 Natures Medicine – Returning to Mother Gaia – Matty & Kate Schenk

In this talk we incorporate plant medicine, the story of Mamas Cottage Mushrooms creation, our journey, ceremonies, sourcing mushrooms & herbs, working with animals & children, how to make your own medicine, & much more

ROOM 2

11.00 – 11.45 MAP Therapy – Kinga Kreffta

Kinga will enlighten you to unlocking inner wisdom & discovering the power of the Heart & Brain in Harmony so that you can connect with your higher self. Tap into a deeper level of spiritual awareness & personal transformation

12.00 – 12.45 The Hidden Spiritual Vibration of Plants (Essential Oils)– Mel Foot, Oilfaction

Yes there is more to plants than just their chemistry; I have chosen some of the most common Essential Oils to inform you of the hidden Spiritual aspects of Natures Natural Healers plus we will discuss the ways of using Essential Oils which will help you in your day to day life

1.00 – 1.45 Spring Herbs – Stephaney Allinson

Stephaney will talk about the earliest herbs available in the year, foraging for them & their use for health, & how to make things with them

2.00 – 2.45 Self love & heart guided meditation – Anna Haines Amazonite Griffin

This talk is to help overcome the negative feelings that can overwhelm us sometimes, making us feel like we are losing touch with the joy of connecting with others but more importantly the connection we have with ourselves. Learn ways to be more mindful & reconnect to you, ending with a heart activation meditation.

3.00 – 3.45 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

Pudsey Health & Healing Festival, 15 & 16 February 2025

How to find Pudsey Civic Hall



Pudsey Civic Hall is perfectly situated between Leeds and Bradford.

- SAT NAV - LS28 5TA
- Located just off the Leeds ring road (A6120)
- Less than a five minute's walk from Pudsey train station and
- Served by a regular bus service from Leeds & Bradford
- Free on-site parking for Saturday & Sunday

DATES FOR THE DIARY 2025

YORK Health & Healing Festival – 26 & 27 April 2025

York Racecourse, Knavesmire Stand, York YO23 1EX

LEEDS Health & Healing Festival – 19 & 20 July 2025

Pudsey Civic Hall, Dawsons Corner, Pudsey LS28 5TA

HARROGATE Health & Healing Festival - 13 & 14 September 2025

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

BEVERLEY Health & Healing Festival – 4 & 5 Oct 2025

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

Come along & be part of these Festivals Celebrating the Mind Body & Spirit

For further information see us on Facebook & our website

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