Yorkshire's Leading
Health Healing & Wellbeing Festivals

Harrogate

Health Healing & Wellbeing Festival

Saturday 12 & Sunday 13 September 2026

10.00am to 5.00pm each day

The Pavilions of Harrogate,

Great Yorkshire Showground, Harrogate HG2 8NZ

Wonderful Retail stands, Amazing Psychics, Gifted Therapists

FREE talks, demonstrations & workshops

& Entry into Prize Draws FREE for every Visitor

WOODLAND TRUST

Free Parking • Disabled Access • Refreshments

Adults £6.00 Concessions £5.00 Accompanied under 15's Free
(Weekend Pass Adults £11.00 Concessions £9.00)
Please note - Only Assist Dogs Allowed

mind

COME AND JOIN US FOR A GREAT DAY OUT

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

Talks | Workshops | Demonstrations

Saturday 12 September 2026

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 Folk Book: A look into some folk tales that shape our modern magic. – Aimee Gillian, Callisto Holistics

Are we all practising magic already without even knowing it? Aimee will explore stories and tradition in ways that bridge modern magic with ancient narrative. Take a wander through our wild edges with Aimee and trace the origins of tales that have shaped modern magic.

1.00 – 1.45 Finding your purpose with Astrology & Self-Healing – Chris Marsh, DevelopLink

Chris will guide you through the intersection between astrology & life purpose, how to find fulfilment and how to get into your life purpose through self-healing. Chris will provide a light language healing demonstration to clear your energy and get you motivated.

2.00 – 2.45 Earth Healing Utilising Water as the target – Kirk Mottershead, Seeker of Light

This fascinating demonstration of Earth Healing: Kirk will use a group ceremony sending healing energy into a glass of water and will verify the success with a pendulum – there will be an introduction to pendulums as part of the talk

3.00 – 3.45 Aromatic Alignment: Harnessing the Power of Essential Oils for Seasonal Wellbeing – Jo Delaforce, Ease-A-Way

Join Jo to explore how pure, therapeutic-grade essential oils can support emotional balance, boost immunity, and bring harmony to your body and mind, especially as we move through the Autumn season

4.00 – 4.45 A practical demonstration of Acupressure for Common health & lifestyle issues. – Patti Hemmings, Acupuncturist & Acupressure Therapist

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 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

Talks | Workshops | Demonstrations

Saturday 12 September 2026

ROOM 2

11.00 – 11.45 Meeting your guides and getting messages from your chakras – Jann DeHavilland

Jann will demonstrate how to bring your guides to you, including your Doorkeeper and show you how to connect with them. There will be a chakra meditation at the end of the talk to ask your chakras what you need to heal them - the results will be surprising!

12.00 – 12.45 How do you know that the health supplements you are taking are working? - Mark Costar, The Ki Clinic

Live Blood Analysis & Dark Field Microscopy give us the opportunity to observe the blood live on screen with nothing added & see what is happening in the body at all levels and if the supplements that you may be taking are having any effect

1.00 – 1.45 What is Bioresonance, & how can it help you? Oana Parker, Restorative Wellbeing

Oana will enlighten you about the concept of Bioresonance therapy, how frequencies & electromagnetic signals are believed to interact with the body, and, how it can support health

2.00 – 2.45 How To Improve Your Sleep – Guy Stephenson, Gently Stirred

All of us have suffered from poor sleep, at one time or another. For some falling asleep, for others staying asleep. Guy will discuss how traditional herbal teas can help towards a fulfilling night's rest, and help you wake feeling refreshed

3.00 – 3.45 Bringing Crystal Energy into Your Everyday Life – Paul Priestley, Ethereal Emporium

Join Paul to explore how crystals can support your everyday wellbeing. Discover how they may be used for healing, balance, protection and clarity, and learn simple ways to connect with their energy and bring their power into your daily life.

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Some of the Exhibitors at the Harrogate Festival 2026

Amrutham Gamaya – Cacao Ceremony & Sales – Paul Makinson

Bright Moon Crystals – Crystals, Candles, Inscense, Holistics Items Gifts – Katie Norris

Callisto Holistics – Pagan & Folklore items – Aimee Gillian

Claire – York's very own Clairvoyant, Medium & Teacher – Claire Nicholls

Connor Boyd – Spiritual Readings & Mediumship

Crystal Suncatchers by Sunita – Crystal suncatchers & gifts – Sharon Fountain

DevelopLink – Shamanic Healing, Light Language, Hypnotherapy – Chris Marsh

Dr Nairs Herbal Solutions – Ayurvedic Products - Dr Sreenath Nair

Ease-a-Way – Essential Oils – Jo Delaforce

Essences of Nature – Flower & Vibrational Essences - Sally Plank

Ethereal Emporium – Crystals Holistic Items Dreamcatchers Spiritual Gifts – Paul Priestley

Feel Better Fast– Hypnotherapy & Spiritual Readings – John Richardson

Gently Stirred – Speciality Teas & accessories - Guy Sue & Helen

Guide Dogs – Sponsor a Puppy - Pete Sawyer

Jann DeHavilland - Spiritual Healing & Guidance

Lynne Redvers – Spiritual Readings

Magical Folk – Ceramic Jewellery & Gifts – Craige Martin

Patti Hemmings – Acupuncture & Acupressure Therapies

Peppercorn Crystals – Crystals, Minerals, Geodes – Ruth Huddlestone

Restorative Wellbeing – Bioresonace Therapy – Oana Parker

Rick Paul – Spiritual Readings & Mediumship

Sanctuary Reflexology - Chandu Solanki

Seeker of Light – Pendulums, sage holistic items – Kirk Mottershead

Serenquility Holistics Healing – Energy Healing – Kathryn Bailey

Soul Flames Holistics – Energy Healing – Sharon O'Brien

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PRIZE DRAWS 2026

The Ki Clinic – Blood Analysis – Mark Costar

The Orthotic Works – Feet & Gait analysis & sales – Carolyn Hodgson

The Rock & Salt Shop – Crystals, gemstones, Holistic Items - Gary & Steven

Tropic by Charlotte – Skin & Body Personal Products – Charlotte Wilson

Woodland Trust – James Kazer

WOWVita – Wellness & Personal Products – Sarah Rock

..... and lots more

Prize Draws

Selenite Crystal Tower

(Representation)

Crystal Geode

(Representation)

Surprise gift

Don't Forget to enter our PRIZE DRAWS for FREE

The draw will be made on Sunday at about 4.00pm

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Talks | Workshops | Demonstrations

Sunday 13 September 2026

ROOM 1

11.00 – 11.45 Demonstration of Mediumship - Connor Boyd

Join Connor, a gifted spiritual medium for a demonstration of mediumship. With a direct honest and compassionate approach, heartfelt messages from spirit bring comfort, clarity & reassurances to support you on your journey

12.00 – 12.45 Cacao Ceremony – Paul Makinson, Amrutham Gamaya

Connecting with the energy of Cacao, through song, mantra and meditation. You will need to buy a cup of cacao to enjoy the full ceremonial experience. The group connects with the cacao and becomes as present with the experience as possible noticing the effects as they merge with the cacao energy through techniques such as chanting mantra, meditation and also singing. Result - helping you to feel peaceful, connected and uplifted.

1.00 – 1.45 High Cortisol, The Symptoms, And How To Use Herbal Infusions To Help Control Your Levels – Guy Stephenson, Gently Stirred

If you suffer from weight gain, difficulty sleeping, fatigue, mood changes, anxiety, irritability, high blood pressure, weakened immune system, brain fog, & low sex drive, this could be the talk for you. Guy will discuss, what is Cortisol, & why is it important for the body at the correct levels, the dangers of it being out of balance, & how herbal teas can help to control your levels.

2.00 – 2.45 Crystals and Chakras: Bringing Your Energy into Balance – Paul Priestley, Ethereal Emporium

Paul will highlight the seven main chakras and enlighten you on how crystals can be used to support and balance each energy centre. He will introduce you to the crystals connected with each chakra and share simple, practical ways to use them to clear blockages, restore balance and support your overall wellbeing

3.00 – 3.45 An Introduction to the benefits of Labyrinths - Kirk Mottershead, Seeker of Light

In this talk Kirk will show you how you can build your own Labyrinth and enlighten you on the benefits it can bring to you

4.00 – 4.45 Palmistry – Claire Nicholls, Medium, Teacher, Palmist

This is your chance to explore your own palm under the guidance of Claire – see what the map of your life reveals

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Talks | Workshops | Demonstrations
Sunday 13 September 2026

ROOM 2

11.00 – 11.45 What is coaching? & what is the difference between Coaching & Counselling? - Sarah Chilvers

When we think of coaches & coaching, we often think of sport coaches who are there to make the athletes be the best they can be. What's clear from the offset is the aim, the goal...to improve performance. But what about your life? Do you ever sit down and really thinking about what you want your life to look like in the future? & what is holding you back?

12.00 – 12.45 Meeting your guides and getting messages from your chakras – Jann DeHavilland

Jann will demonstrate how to bring your guides to you, including your Doorkeeper and show you how to connect with them. There will be a chakra meditation at the end of the talk to ask your chakras what you need to heal them - the results will be surprising!

1.00 – 1.45 Shadow Work 101: An introduction into shadow work and what it's all about. – Aimee Gillian, Callisto Holistics

Aimee will discuss where the concept originated & the health benefits of integrating your shadows & stepping into a more authentic version of yourself. Aimee will tell you about shadow archetypes & how they're all on a spectrum of both light & shadow. This will include tips on how to get started identifying shadows, how you can bring pleasure & joy into shadow work with a focus on how shadow does not mean bad & how to actually start integrating them

2.00 – 2.45 Ayurveda for Healthy Living - Dr Sreenath Nair

Ayurveda is one of the ancient medical systems in the world originated 5000 years ago in India and have proven to be of value in managing mental and physical wellbeing and maintaining a healthy lifestyle.

3.00 – 3.45 Self-love Meditation - John Richardson, Feel Better Fast

Sometimes we forget the most important person... we give to others and forget ourselves! Our thoughts are very powerful and in this meditation we learn to be kind to ourselves and give ourselves the love we need & deserve

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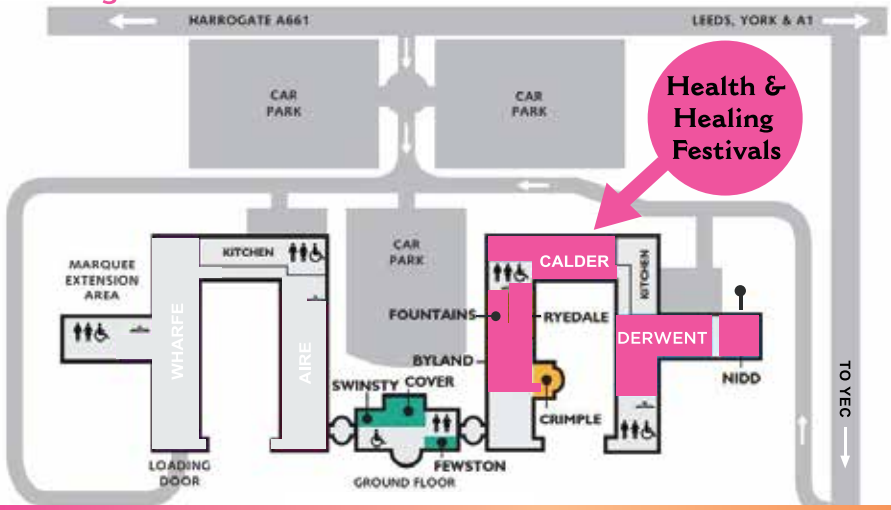
How to find -

The Pavilions of Harrogate, Great Yorkshire Showground, Harrogate HG2 8NZ



Car Parking is Free - There is a car park at the front & side of the Pavilions of Harrogate

The main entrance gate is located on the A661 Wetherby Road.

By Car SAT NAV HG2 8NZ

By Bus

7 - Harrogate & Wetherby to Leeds | Transdev (transdevbus.co.uk) – timetable

From Harrogate to Wetherby on A661 No: 7 (every hour) get off at stop after Sainsbury

COME & JOIN US FOR A GREAT DAY OUT -

Dates for the Diary 2027

PUDSEY/LEEDS HEALTH & HEALING FESTIVAL 20 & 21 February 2027

Pudsey Civic Hall, Dawson's Corner, Pudsey, West Yorkshire LS28 5TA

YORK HEALTH & HEALING FESTIVAL 17 & 18 April 2027

Knavesmire Stand, York Racecourse YO23 1EX

LEEDS – PUDSEY HEALTH & HEALING FESTIVAL 17 & 18 July 2027

Pudsey Civic Hall, Dawson's Corner, Pudsey, West Yorkshire LS28 5TA

HARROGATE HEALTH & HEALING FESTIVAL 11 & 12 September 2027

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

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