



# WellFest South East Cornwall 2025

## Saturday 13<sup>th</sup> September Programme

### DOWNDERRY AND SEATON VILLAGE HALL

- 10.00-11.30 [Vinyasa Flow Yoga](#) with Lowenna
- 12.00-1.00 [Talk — A Multidimensional Approach to Healing Chronic Illness](#) with Dr Lucie
- 1.30-3.00 [Soundbath](#) with Tracey
- 7.00 Doors open for refreshments
- 7.30-9.30 [Premanjali Kirtan](#) concert

### HAZELS WOOD, DOWNDERRY

- 10.00-5.00 Enjoy quiet time in Hazel's beautiful woodland

### ST NICHOLAS CHURCH, DOWNDERRY

- 10.00-11.00 [Quantum Healing Meditation](#) with Sarah
- 11.30-12.30 [Somatics](#) with Kath
- 12.45-1.45 [Qigong](#) with Kath
- 2.15-3.30 [Himalayan Kundalini and Breathwork Journey](#) with Charlotte
- 4.00-5.30 [Zen-Based Yoga, Meditation and Mindfulness](#) with Craig
- 6.00-7.00 [Introduction to Ashtanga Yoga](#) with Clio

### DOWNDERRY MAIN BEACH (in front of the Inn on the Shore)

- 9.30-10.00 Opening Ceremony Led by Meghan
- 11.00 — 12.00 [Singing](#) with Meghan
- 2.30-3.30 [Beach Yoga](#) with Clio
- 5.30-7.00 [Story Slam around firepit to share stories, poems and songs](#) with Andy

### INN ON THE SHORE, DOWNDERRY

- All Day [Motts Sauna](#) (in the car park) with Jess
- 2.00-3.30 [Coaching the Creative Mind](#) with Olivia
- 4.00-5.30 [Death Café](#) with Moya

### LOOE MAIN BEACH

- 3.30-5.00 [Rock Pool Ramble](#) with Matt

### THE MILLPOOL CENTRE, LOOE (Upstairs room)

- 9.45-11.15 [Master Your Mind, Master Your Life](#) with April
- 11.45-12.45 [Mat Pilates](#) with Gocha
- 1.15-2.45 [Soundbath](#) with Jo
- 3.15-4.15 [Talk on a Multidimensional Approach to Healing](#) with Dr Lucie
- 4.30-6.00 [Yin Yoga](#) with Donna

### THE MILLPOOL CENTRE, LOOE (Downstairs room)

- 10.00-11.00 [Pilates for Midlife](#) with Jennie
- 11.30-12.45 [Coaching the Creative Mind](#) with Olivia
- 1.15-2.30 [Scaravelli-Inspired Yoga](#) with Hannah
- 3.00-4.00 [Talk on Homeopathy](#) with Wendy
- 4.15-5.15 [Human Design Workshop](#) with Dr Jo
- 5.30-6.30 [Menopause Redefined Workshop](#) with Dr Jo

🌿 WellFest: Gathering for Good 🌿 Rooted in our shared values of connection, community & collaboration 🌿

Brought to you by the WellFest Leadership Team: Moya from MoyaBodyWork, Faye Channing, Meghan from Sacred Kernow, Anna Fisher, Caroline Atkinson. With special thanks to Olivia Croce for the artwork & MB-C for IT Services.

With heartfelt gratitude to our amazing practitioners, teachers & guides for their presence and offerings.

With thanks to: Downderry & Seaton Village Hall, The Millpool Centre, Looe Town Council, Cornwall Council, Hazel of Hazel's Wood, St Nicholas School, St Nicholas Church Downderry, Inn on the Shore, Summink Different

Download the Schedule and Book  
Tickets here:

