



# WellFest South East Cornwall 2025

## Sunday 14<sup>th</sup> September Programme

### DOWNDERRY AND SEATON VILLAGE HALL

- 10.00-11.00 [Heart Meditation Practice](#) with Caroline
- 11.30-12.30 [Sacred Kernow Circle](#) with Meghan
- 1.00-2.00 [Qoya Inspired Movement](#) with Meghan
- 2.30-3.30 [Cellular Health and Lifestyle Medicine](#) with Kelly
- 4.00-5.00 [Soundbath](#) with Jo
- 6.30-8.00 [Elevate and Dance](#) with Faye and Matt

### ST NICHOLAS CHURCH, DOWNDERRY

- 10.00-11.15 [Power Vinyasa Yoga](#) with Gocha
- 11.30-12.30 [Introduction to Storytelling Masterclass](#) with Andy
- 1.00-2.30 [Human Design Workshop](#) with Dr Jo
- 2.45-3.45 [Menopause Redefined Workshop](#) with Dr Jo
- 4.15-5.15 [Scaravelli-Inspired Yoga](#) with Hannah
- 6.00-7.30 [Group Soundbath](#) with Teresa

### HAZELS WOOD, DOWNDERRY

- 10.00-5.00 Enjoy quiet time in Hazel's beautiful woodland
- 2.00-3.00 [Story Hunt](#) with Andy

### INN ON THE SHORE, DOWNDERRY

- All Day [Motts Saunas & Rituals](#) (in the car park) with Jess
- 2.00-4.00 [Compassionate Café](#) with Jackie & Chris

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

- 10.00-11.30 [Being Mindful in Nature](#) with Jackie
- 2.30-4.00 [Foraging Wild Walk and Talk](#) with Vix
- 8.10-8.40 Closing Ceremony led by Meghan

### SEATON BEACH

- 2.00-4.00 [Sea Swim and Talk](#) with Tricia

### LOOE MAIN BEACH

- 2.00-3.00 [Somatics](#) with Kath
- 3.15-4.15 [Qigong](#) with Kath

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

- 10.00-11.30 [Vinyasa Flow Yoga](#) with Lowenna
- 12.00-1.30 [Zen-Based Yoga, Meditation and Mindfulness](#) with Craig
- 1.45-3.15 [Death Cafe - Talking About Life & Death](#) with Moya
- 3.30-4.45 [Himalayan Kundalini and Breathwork](#) with Charlotte

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

- 11.30-1.00 [Refocus, Rebalance and Reignite workshop](#) with Emma
- 1.30-3.00 [Sunflower Lifecoaching Workshop](#) with Melissa
- 3.15-4.15 [Meditation](#) with Mel
- 4.45-6.15 [Soundbath](#) with Tracey

🌿 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:

