Hayle Health and Wellbeing Festival 2024

Activity Timetable

Time	What	Who	Duration	What you need
2pm	Talk – Thyroid Support over our lifecycle	Ruby Lynch Rooted Nutrition	30 mins	
2pm	Yoga	Jennie Atkinson Yoga at Sandy Acres	45 mins	Bring a yoga mat if you have one
2.15pm	Chair Zumba	Catherine Campbell	30 mins	
2.30pm	Talk More Choir	Saskia Dady Talk More	45 – 60 mins	
2.30pm	Firelighting	Paul Cox Survive and Revive	45 – 60 mins	
2.45pm	Breathwork	Jennie Atkinson Yoga at Sandy Acres	30 mins	Bring a yoga mat if you have one
3pm	Chair Yoga	Tracey Opie Root Yoga and Wellbeing by Tracey/Root Training CIC	60 mins	
3pm	Talk – Hayle Community Farm serving a taste of the farm cooked by Cath's Cornish Kitchen	Cath Hayes and Lo Eddy Hayle Community Farm Cath's Cornish Kitchen	45 mins	
3.15pm	Boogie Bounce	Nikki White and Tom Boogie Bounce Xtreme Hayle	30 – 45 mins	
3.30pm	Tai Chi	Liz Thomas Holistic Healing Cornwall	45 mins	
3.45pm				
4pm	Zumba	Catherine Campbell	30 mins	
4pm	Firelighting	Paul Cox Survive and Revive	45 – 60 mins	
4.15pm	Sound Bath	Liz Thomas Holistic Healing Cornwall	45 mins	Bring a yoga mat if you have one
4.30pm	Kangoo Jumps	Nikki White and Tom Kangoo Club Cornwall	30 mins	Long socks
4.45pm				
5pm	EVENT ENDS			