



SCHEDULE

2026 ZENFEST

WELLBEING FESTIVAL

9.30am	Arrive and Get Ready
10:00am	Welcome to Zenfest
10.05am	The Difference Between Yoga & Pilates - Talk - Lisa Sylvester
10:15am	Entwine Yoga & Pilates with Lisa Sylvester
10.45am	Pilates with Sarah Myland
11.15am	Hypnotherapy Talk -James Sharpe
11.30pm	Meditation with Emma Smith
12-1.15pm	Lunchtime

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1:15pm	Living & Foraging Seasonally Talk - Nic - Wildfen
1.30pm	Hatha Yoga with Alison Smith
2:00pm	The Zen Space Team Jules-Alison-Lisa
2:30pm	Yin Yoga with Warrior Jules
3:00pm	Sound Bath with Tracey Richer
3.30pm	Raffle Draw-Last Minute Shopping-Goodbyes

We are all looking forward to
sharing the day with you!