

EXHALE

OCTOBER 5TH

09.00 to 09.45	Understanding + Resetting Your Stress Cycle	09.00 to 9.45	Women's Hormones and Mental Health	09.00 to 10.00	Breaking Old Patterns + Forging New Paths
10.15 to 11.00	Family Dynamics (And How to Survive Them!)	10.00 to 11.30	Reframe Your Story, Reclaim Your Life	10.15 to 11.15	How to be an Amazing Lover!
11.30 to 12.15	Beyond the Tyranny of People Pleasing	12.00 to 13.00	The Mother Load: Freeing Yourself From Expectation + Comparison	11.45 to 12.45	Finding Meaningful Connection in an Age of Loneliness
12.30 to 13.15	The Dose Effect: Optimising Your Brain Chemicals	13.15 to 14.00	Responding (Not Reacting!) to Anger	13.15 to 14.14	Mastering the Power of Intuition
13.45 to 14.30	Wise Women: Reimagining The Second Half of Your Life	14.40 to 15.15	From Inner Critic to Inner Cheerleader	13.45 to 14.30	Journaling Your Inner Wisdom
15.00 to 15.45	The Emotion Change Lab	15.30 to 16.15	Emotional Freedom Techniques	16.15 to 17.30	Men's Circle: A Space to Talk, Hear Others + Get Feedback
16.00 to 17.00	Boundary Bootcamp	16.30 to 17.15	The Art of Listening	17.30 to 18.15	Will You Read This Please?
17.30 to 18.45	The Wild Cure: Mama Nature's Recipe for Mental Wellbeing	17.30 to 18.45	Breathwork with Rob Rea	18.30 to 19.15	The Sleep Reset: New Tools for Rest + Recovery

TALKS + WORKSHOPS

OCTOBER 6TH

09.00 to 09.45	Gut Harmony: The Microbiome's Role in Mental Wellbeing	09.00 to 10.00	A Creative Approach to Healing Shame	09.00 to 10.30	Breathwork with Josh Connolly
10.15 to 11.00	Tools + Strategies for Edging Out of Your Comfort Zone	10.15 to 11.00	The Transformational Power of Grief & Sadness	10.00 to 11.00	Shodō: Japanese Calligraphy
11.30 to 12.15	Overcoming Choice Paralysis to Make Decisions That Matter	11.30 to 12.15	The Alchemy of Gratitude	11.30 to 12.30	Singing to Release Emotions + Elevate Your Mood
12.30 to 13.15	Four Essential Skills for Deeper Relationships	13.00 to 14.00	The ADHD Advantage	12.30 to 13.15	Discover the Meaning of Your Life
13.45 to 14.30	A Guide to Healing Intergenerational Trauma	14.30 to 15.15	A Therapy Toolkit for Life's Twists + Turns	14.30 to 15.45	In Their Shoes: A Collective Diary
15.00 to 15.45	Befriending Your Shadow	15.30 to 16.45	A Beginner's Guide to Inner Child Healing	16.00 to 17.00	Beyond The Fairytale: Finding + Co-Creating Love That Lasts
16.00 to 17.00	Embracing the Cycles + Seasons of Your Life			17.30 to 18.30	Vision Boarding
17.30 to 18.45	The Power of Words: Finding Hope + Inspiration on Dark Days			18.30 to 19.15	Harmonic Resonance Sound Healing

10.00 to 11.30
Wild Women: Reclaiming Your Relationship with Pleasure

12.45 to 13.45
Planet Overwhelm

15.15 to 16.15
Getting to Know Your Subpersonalities

15.45 to 16.45
Decoding The Wisdom of Your Dreams

15.00 - 16.00
Redefining Masculinity + Fatherhood Through Emotional Presence