

# EXHALE

## OCTOBER 5TH

09.00 to 09.45	Burnout Recovery: Understand + Reset your Stress Cycle	09.00 to 9.45	Harmony Within: Women's Hormones and Mental Health	09.00 to 09.45	Getting Unstuck: Breaking Old Patterns + Forging New Paths	09.00 to 09.45	Design a Blueprint for the Life You Want to Live
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! (Men)	10.30 to 11.30	Wild Women: Reclaiming Your Relationship with Pleasure
11.30 to 12.15	Unapologetic: Beyond the Tyranny of People Pleasing	12.00 to 13.00	A Mother's Wisdom: Trusting Your Own Path in Motherhood	11.45 to 12.45	The Lost Tribe: Finding Meaningful Connection in an Age of Loneliness	12.45 to 13.45	Planet Overwhelm
12.30 to 13.15	Optimise Your Brain Chemicals for a Happier, Healthier Life	13.15 to 14.00	Turning Your Anger into a Superpower	13.15 to 14.15	Trusting Your Gold: Mastering the Power of Intuition	14.15 to 15.15	The Many Faces of You: Getting to Know Your Subpersonalities
13.45 to 14.30	Wise Women: Reimagining The Second Half of Your Life	14.30 to 15.15	Befriending Your Shadow	14.45 to 15.30	In the Flow: Journaling Your Inner Wisdom	15.45 to 16.45	Decoding The Wisdom of Your Dreams
15.00 to 15.45	The Emotion Change Lab	15.30 to 16.15	Emotional Freedom Techniques	16.15 to 17.15	Men's Circle: A Space to Talk, Hear Others + Get Feedback		
16.00 to 16.45	Boundary Bootcamp	16.30 to 17.15	The Art of Listening	17.30 to 18.15	Will You Read This Please?		
17.30 to 18.30	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	Exploring Shame through Expressive & Creative Writing	09.00 to 10.30	Breathwork with Josh Connolly: Unveiling You		
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	Sofa Singers: Singing to Release Emotions + Elevate Your Mood		
12.30 to 13.15	Good Relations: Four Essential Skills for Deeper Relationships	13.00 to 14.00	The ADHD Advantage	13.00 to 14.00	On Purpose: Discover the Meaning of Your Life		
13.45 to 14.30	Break the Cycle A Guide to Healing Intergenerational Trauma	14.30 to 15.15	Tools + Strategies for Calming Your Nervous System	14.30 to 15.45	In Their Shoes: A Collective Diary	15.00 to 16.00	Redefining Masculinity + Fatherhood Through Emotional Presence
15.00 to 15.45	Good Job: From Inner Critic to Inner Cheerleader	15.30 to 16.45	Becoming Your Own Hero: 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	17.15 to 18.15	Vision Boarding	17.15 to 18.15	Blown Off Course		
17.30 to 18.15	Finding Hope + Inspiration on Dark Days	18.30 to 19.30	Journey into Serenity: Sound Healing Experience				