

EXHALE

IN-PERSON EVENTS

BRIGHTON

SATURDAY

09.00 to 10.30
A Bold New Chapter:
Create a New Vision
for Your Life

11.00 to 12.30
Death to the Good Girl:
Stop pleasing everyone
and start living for YOU!

13.00 to 14.00
**The Neuroscience of
Your Moods & How
You Can Shift Them**

14.30 to 16.00
**How to Become Your
Own Soulmate:**
Seeding Self Love and
Harvesting Healthy
Relationships

16.30 to 17.45
The Rest Rebellion:
Your guilt-free guide
to slowing down in a
relentless world

18.00 to 19.00
**How to Supercharge
Your Sleep:**
New Tools for Rest
& Recovery

09.15 to 10.45
No Bad Parts:
How to map your
inner characters with
Internal Family Systems

11.15 to 12.45
Foods for Moods:
How to create balance
and harmony by
nourishing your cycle

13.15 to 14.45
Hidden Gold:
How to uncover
and own your
unique gifts

15.15 to 16.45
**How to Break Your
Stress Loops:**
Uncover the patterns that
drive you to exhaustion

09.30 to 11.00
Unmasking You:
How to stop
performing and
discover who you
really are

11.30 to 12.45
**The Overthinking
Brain:** How to Escape Your
Mindtraps

13.15 to 14.15
**How to Befriend
Your Beautiful Body**

15.00 to 16.45
No Bad Parts: How to Map Your
Inner Characters
with Internal Family
Systems

17.30 to 19.00
**Healing Your Second
Brain:** Gut health
Workshop & Tasting
Experience

09.30 to 10.00
**7 Steps to
Self Love**

10.30 to 12.00
**Writing a love
letter to yourself**

12.30 to 18.00
**Make Your Own
Vision Board**

Silent Disco
Sound Healing
& Art Therapy
Space

11.00 to 12.00
**Dance
Your
Troubles
Away**

13.00 to 14.30
**How to Grow
Your Capacity for
Happiness with
David Larbi**

15.00 to 16.30
**How to Become the
Loving Parent Your
Inner Child Needs**

17.00 to 18.30
Homecoming: A Guided Journey
to Limitless Self-Love
and Expansive
Potential

09.00 to 10.45
Hidden Shame:
How to uncover the
old stories that feed
your inner critic

11.15 to 12.45
**How to Grieve for
Living Losses:**
Healing Heartbreak
& Disappointment

13.00 to 14.30
**How to Grow
Your Capacity for
Happiness with
David Larbi**

15.00 to 16.30
**How to Become the
Loving Parent Your
Inner Child Needs**

17.00 to 18.30
Homecoming: A Guided Journey
to Limitless Self-Love
and Expansive
Potential

09.15 to 10.45
**Becoming a Force
of Nature:**
How to align your
energy with
the flow of the seasons

11.30 to 13.00
**The Neuroscience of
Zen:** How to Train Your
Brain to be More Buddha

13.30 to 15.00
In The Flow:
A Powerful Practice
to Welcome
Abundance in Your Life

15.30 to 17.00
Waxing & Waning:
How to Attune Your Life
to the Cycles of the Moon

09.30 to 11.00
Getting Unstuck:
Breaking Old Patterns
& Forging New Paths

11.30 - 13.00
Wintering: How to Find
Your Deepest Wisdom
in the Darkness of
Winter

13.30 to 15.00
**Rewrite Your Story,
Reclaim Your Life:** Free
Yourself from High
Expectations &
Perfectionism

16.45 to 18.30
Letting Go:
A Ceremony
to Release Old Stories

09.45 to 11.15
**How to
Befriend
Your 'Worst'
Parts.**

11.45 to 12.30
**Manifestation
workshop**

11.00 to 12.00
**Dance Your
Troubles Away**

13.30 to 17.30
**Make Your Own
Vision Board**

Silent Disco
Sound Healing
& Art Therapy
Space

09.00 to 11.30
**Finding
Community
at the End of
the World:**
A Zombie
Apocalypse
Playshop