

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**

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

SUNDAY

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**

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

11.00 to 12.00

**Dance Your
Troubles Away**