

EXHALE

IN-PERSON EVENTS - BRIGHTON

SATURDAY

| PROJECTS - THE GLOBE | PAVILION (KING WILLIAM IV ROOM) | PROJECTS - WORKSHOP SPACE | PROJECTS CAFÉ |
|--|--|--|---|
| <div>09.00 to 10.30</div> <div>A Bold New Chapter: Create a New Vision for Your Life</div> | <div>09.15 to 10.45</div> <div>No Bad Parts: How to map your inner characters with Internal Family Systems</div> | <div>09.30 to 11.00</div> <div>Unmasking You: How to stop performing and discover who you really are</div> | <div>09.30 to 10.30</div> <div>Meeting Your Shadow</div> |
| <div>11.00 to 12.30</div> <div>Death to the Good Girl: Stop pleasing everyone and start living for YOU!</div> | <div>11.15 to 12.45</div> <div>Foods for Moods: How to create balance and harmony by nourishing your cycle</div> | <div>11.30 to 12.45</div> <div>The Self Image Makeover: How to change how you think about yourself</div> | <div>10.30 to 12.00</div> <div>Flow Journaling Masterclass to Channel Your Hopes & Dreams</div> |
| <div>13.00 to 14.00</div> <div>The Neuroscience of Your Moods & How You Can Shift Them</div> | <div>13.15 to 14.45</div> <div>Hidden Gold: How to unncover and own your unique gifts</div> | <div>13.15 to 14.30</div> <div>The Overthinking Brain: How to Escape Your Mindtraps</div> | <div>12.30 to 18.00</div> <div>Make Your Own Vision Board</div> |
| <div>14.30 to 16.00</div> <div>How to Become Your Own Soulmate: Seeding Self Love and Harvesting Healthy Relationships</div> | <div>15.15 to 16.45</div> <div>How to Break Your Stress Loops: Uncover the patterns that drive you to exhaustion</div> | <div>15.00 to 16.45</div> <div>No Bad Parts: How to Map Your Inner Characters with Internal Family Systems</div> | <div></div> <div>Silent Disco Sound Healing & Art Therapy Space</div> |
| <div>16.30 to 17.45</div> <div>The Rest Rebellion: Your guilt-free guide to slowing down in a relentless world</div> | | <div>17.30 to 19.00</div> <div>Healing Your Second Brain: Gut health Workshop & Tasting Experience</div> | |
| <div>18.00 to 19.00</div> <div>How to Supercharge Your Sleep: New Tools for Rest & Recovery</div> | | | |

BRIGHTON BEACH

1400 to 14.30

Shake it Out

SUNDAY

| PROJECTS - THE GLOBE | PAVILION (KING WILLIAM IV ROOM) | PROJECTS - WORKSHOP SPACE | PROJECTS CAFÉ | WORKSHOP SPACE |
|---|--|--|--|--|
| <div>09.00 to 10.45</div> <div>Hidden Shame: How to uncover the old stories that feed your inner critic</div> | <div>09.15 to 10.45</div> <div>Becoming a Force of Nature: How to align your energy with the flow of the seasons</div> | <div>09.30 to 11.00</div> <div>Getting Unstuck: Breaking Old Patterns & Forging New Paths</div> | <div>09.45 to 11.15</div> <div>Befriending Your 'Worst' Parts with Internal Family Systems</div> | <div>09.00 to 11.30</div> <div>Finding Community at the End of the World: A Zombie Apocalypse Playshop</div> |
| <div>11.15 to 12.45</div> <div>How to Grieve for Living Losses: Healing Heartbreak & Disappointment</div> | <div>11.30 to 13.00</div> <div>The Neuroscience of Zen: How to Train Your Brain to be More Buddha</div> | <div>11.30 - 13.00</div> <div>Wintering: How to Find Your Deepest Wisdom in theDarkness of Winter</div> | <div>11.45 to 12.45</div> <div>Manifesting Your Fearless Future: Vision Boarding Workshop with Annalie Howling</div> | <div>15.00 to 15.45</div> <div>Joy in Motion: Silent Disco Workout on the Beach</div> |
| <div>13.15 to 14.30</div> <div>How to Grow Your Capacity for Happiness with David Larbi</div> | <div>13.30 to 15.00</div> <div>In The Flow: A Powerful Practice to Welcome Abundance in Your Life</div> | <div>13.30 to 15.00</div> <div>Reframe Your Story, Reclaim Your Life: Free Yourself from High Expectations & Perfectionism</div> | <div>13.30 to 17.30</div> <div>Make Your Own Vision Board</div> | |
| <div>15.00 to 16.30</div> <div>How to Become the Loving Parent Your Inner Child Needs</div> | <div>15.30 to 17.00</div> <div>Waxing & Waning: How to Attune Your Life to the Cycles of the Moon</div> | <div>16.45 to 18.30</div> <div>Letting Go: A Ceremony to Release Old Stories</div> | <div></div> <div>Silent Disco Sound Healing & Art Therapy Space</div> | |
| <div>17.00 to 18.30</div> <div>Homecoming: A Guided Journey toLimitless Self-Love and Expansive Potential</div> | | | | |