

EXHALE

ONLINE EVENTS

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

09.00 - 10.30 **How to Turn Your Self-Doubt into a Superpower**

11.00 to 12.00 **Wild & Wise:** Reimagining the Power of Menopause

13.30 to 15.00 **Finding Your Emotional Flow:** Unblock Your Feelings to Live Life in Full

15.30 to 16.30 **Creating Pockets of Joy in an Overwhelming World with Gaby Roslin**

09.30 to 11.00 **Mind Over Machine:** How to reclaim the power of your attention

11.00 to 12.00 **The Age of Anxiety:** Navigating fear and panic in a world on the edge

12.30 to 13.30 **Escaping 'Dopamine Land' with Tj Power**

14.00 to 15.00 **The Polyvagal Miracle:** Powerful Tools to Anchor Your Anxious Mind

15.30 to 17.00 **How to Manage Your Anxiety Spirals**

12.00 to 13.30 **How to Befriend Your 'Worst' Parts with Internal Family Systems**

14.00 to 15.00 **Energy Healing Meditation (SERENITY SPACE)**

15.30 to 16.30 **Wind-down breathwork (SERENITY SPACE)**

17.00 to 18.00 **Yoga Nidra Journey to Inner Ease (SERENITY SPACE)**

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

15.00 to 16.30 **How to Unleash the Power of Your Intuition**

09.00 to 10.30 **Unmasking You:** How to stop performing and discover who you really are

11.00 to 12.30 **The Overthinking Brain:** How to Escape Your Mindtraps

11.15 to 12.45 **Reframe Your Story, Reclaim Your Life:** Free Yourself from High Expectations & Perfectionism

15.00 to 16.30 **How to Navigate Change and Uncertainty with Wisdom**

09.30 to 11.00 **No Mud, No Lotus:** How to Rewrite Your Story When it Falls Apart

11.30 to 13.00 **What About Me?** How to express your unmet needs with clarity and confidence

14.00 to 15.30 **Hyper-Independence:** Exploring self-reliance as a trauma response

16.00 to 17.15 **Uncharted Waters:** How to Navigate Change and Uncertainty with Wisdom

11.00 to 12.30 **The Self Image Makeover:** How to change how you think about yourself

13.00 to 14.00 **Introduction to Sophrology (SERENITY SPACE)**

15.00 to 16.30 **Roots Before Branches:** Cultivating Resilience in an Overwhelming World

17.00 to 18.30 **Sound Healing Experience**

The Serenity Space

09.00 - 16.00 Drop-in yoga, breathwork, meditation and sound healing sessions.

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