

EXHALE

SATURDAY

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

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

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

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

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

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

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

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

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

14.00 to 15.00
Energy Healing Meditation (SERENITY SPACE)

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

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

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

12.30 to 13.30
Escaping 'Dopamine Land' with Tj Power

15.30 to 16.30
Wind-down breathwork (SERENITY SPACE)

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

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

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

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

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

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

15.30 to 17.00
How to Manage Your Anxiety Spirals



ONLINE EVENTS

SUNDAY

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

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

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

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

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

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

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

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

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

13.00 to 14.00
Introduction to Sophrology (SERENITY SPACE)

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

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

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

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

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

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

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

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

17.00 to 18.30
Sound Healing Experience

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

The Serenity Space

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

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