

# 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 10.30**  
**Mind Over Machine:**  
How to reclaim the power of your attention

**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

**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**

**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

**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**

**12.00 to 13.30**  
**How to Befriend Your 'Worst' Parts**



# 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**  
**How to Befriend Your Beautiful Body**

**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 14.30**  
**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

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

**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

**17.00 to 18.30**  
**Rewrite Your Story, Reclaim Your Life:**  
Free Yourself from High Expectations & Perfectionism

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

**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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