SOTOGRANDE TIME-TABLE
PROGRAMME AT:

Marina Plaza Terrace

Terrace between Fresco GastroBar and Mytilus
Av. Ribera del Marlin 20, Sotogrande, 11310
Contact: Christine Widdowson
+34 634 358 522 OR +44 787 553 2404 (WhatsApp)

SATURDAY / SÁBADO
17 SEPTEMBER / SEPTIEMBRE
10 am to 5pm

Thank you to all of the Collaborators
THERE ARE STALLS OF NATURAL PRODUCTS AND INTEREST FOR YOU TO TASTE AND ENJOY AND LEARN ON THE DAY

PLEASE BOOK YOUR CLASS TO AVOID DISAPPOINTMENT - THEY WILL BE REPEATED THROUGH OUT THE DAY. COME ALONG AND CONNECT WITH THE TEACHERS.

<table>
<thead>
<tr>
<th>TIME</th>
<th>NAME</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>10.00</td>
<td>Christine</td>
<td>Welcome Opening</td>
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<tr>
<td>10.30</td>
<td>Hayley &amp; Antonia</td>
<td>Child &amp; Parent Swap</td>
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<tr>
<td>10.30</td>
<td>Liza</td>
<td>Zumba</td>
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<tr>
<td>11.00</td>
<td>Tanya</td>
<td>Hatha Yoga</td>
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<td>11.30</td>
<td>Christine</td>
<td>Breathing into Success</td>
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<tr>
<td>11.30</td>
<td>Antonia &amp; Hayley</td>
<td>Sotolife Coffee Morning</td>
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<tr>
<td>12.00</td>
<td>Nanalie</td>
<td>Inspirational talk Mastering the Mind</td>
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<tr>
<td>12.00</td>
<td>Christine</td>
<td>Reiki Healing</td>
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<tr>
<td>12.00</td>
<td>Shanti &amp; Daya</td>
<td>Mantra Singing</td>
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<tr>
<td>12.30</td>
<td>Nicole</td>
<td>Tantra &amp; Relaxation Yoga</td>
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<tr>
<td>12.30</td>
<td>Joseph</td>
<td>Sound Healing</td>
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<tr>
<td>14.00 - 14.30</td>
<td>Christine</td>
<td>Confidence &amp; Relax Group with Clinical Hypnotherapy</td>
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<tr>
<td>15.00 to 16.00</td>
<td>Zara</td>
<td>Breath-work &amp; energiser</td>
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<tr>
<td>15.00</td>
<td>Rene</td>
<td>Soul Channel Meditation Tarot Card Reader</td>
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<tr>
<td>16.00 to 16.30</td>
<td>Tanya</td>
<td>Yin Yoga Deep Relaicer</td>
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<tr>
<td>16.30 to 17.00</td>
<td>Christine</td>
<td>Learn Meditation Life Style Experience the benefits</td>
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**TEACHERS, PRACTITIONERS, DEMONSTRATIONS AND PRODUCT INFORMATION**

**KICK OFF WITH TALK FROM CHRISTINE WIDDOWSON ON WORLD WELLNESS ORGANISATION**

Christine Widdowson  Collaborator with World Wellness Organisation
Clinical Hypnotherapist  and Psychology
Mind and Body Energy Practitioner
Living in Sotogrande
20 Years UK Family Practitioner In a large London challenging borough.  Dedicated to helping people to heal. My own difficulties lead me into alternative health care.

It is my honor in helping to organise this wonderful free event, globally happening on the same day. 139 countries at the same time. The aim is to allow people to experience different practices and carry forward new easy and enjoyable practices and information on how to maintain a healthy lifestyle.

**My offerings**
Reiki Healing
OUTSIDE on a chair
Reiki is super healing descended from ancient masters
The Practitioners are specially trained to channel healing energy into our bodies. Going where the body needs to be healed. It harmonises, relaxes and clear blockages. Leaving a wonderful feeling of peace and tranquility. Reiki healing is referred to by many names, life force energy, universe, divine power, higher self. God.

Meditation lifestyle
INSIDE FRESCO DOWNSTAIR
Is an opportunity to learn, experience mediations and the benefits for our body, Have you ever wanted to meditate. Do you get a foggy head, stress and anxious, a melancholy feeling. With my Meditation and Breath-work you will take away easy tools to use anywhere any immediate change.

Confidence and Relax Group session with Clinical Hypnosis and Psychology
Group Session .
INSIDE DOWNSTAIRS IN FRESCO
Clinical Hypnotherapy is now medically proven and used in medical settings across the world.
You are in control always. It is similar to trance and meditation. Suggestions are provide to subconscious, this is where changes happen, which include your own personal benefits. It helps people to heal, stress anxiety, boost confidence, stop smoking,
reduced alcohol, pain, phobias, weight loss, hormone balance. A truly transformational experience, easy and with rapid results.

Nalanie Harilela Chellaram  
Talk Mastering your Mind  
OUTSIDE WITH SEATING

A modern spiritual teacher, a true Soul Doctor dedicated to selfless service. She travels the world to spread a message of wisdom, compassion, and love, based on the philosophy of Yoga. A teacher of Hatha and Raj Yoga training courses. Based in Sotogrande and Gibraltar

Gives selfless regularly talks on spirituality and the science of the mind both locally and internationally. She is also the founder of “Service in Satchidananda” (SIS) initiative, a non-profit international collective of charities.

Nalanie Chellaram  
STALL  
Book signing

Buddy author. Her book “Loss Life Love”. The book intended solely as a practical guide to help people with traumas of grief. Her husband’s death was not futile

Reflexology  
OUTSIDE

Sally Greensitt

A massage that involves applying different amounts of pressure to the feet, hands, and ears. Feet are the key connect to other parts of the body. Improvement to your never functions, boost immunity. Brain power increases and blood circulation. Eliminating your body’s toxins.

STALL

Works with oils and shungite stones and will be displayed and available to use. Shungite is an ancient rock formation that’s about 2 billion years old. Removes impurities and other organic substances from water. The stone can protect and release and clear energies around us.

Essential Oils

Can decrease in physical aches and pains and improved mood. Enhance well being

Mantra chanting.
Daya and Shanti Alma  
OUTSIDE
Beautiful soothing practice. Mantras may stimulate changes, that help to synchronise the left and right sides of the brain and promote relaxing (alpha) brain waves. Improves cognitive ability and slows cognitive decline. Enhances your spiritual connection. Can be used as a meditation

**Numerology talk**
*Shanti Alma.*
**OUTSIDE AND INSIDE IN FRESCO DOWNSTAIRS**
Numerology is that aspect of Astrology which deals with self-discovery and predictions. It helps you to find the concealed meaning of the world. It can act as your individualised guide to life, your probability of becoming something, your strengths and weaknesses

**Drink & Think Talk**
*Scot Gemmal*
**OUTSIDE**
Drink yourself into good health. Shake and Make your own very nutritious kids cocktails and adults nonalcoholic. The importance of water in our body and the benefits to our life force

**Kids Hey Boot Camp**
*Scot Gemmal*
**OUTSIDE AND INSIDE**
Local community kids club challenge. Learn skills with HBC mental and physical challenges. Super charge your normal developmental skills with fun and connection

**Child & Parent Swap**
*Hayley Francis & Anton Benhan*
**Sotolife**
Learn through play with activities in Bring a toy to share and meet other parents and children. Building a community of connection and sharing of information supporting parent and childhood developmental growth.
Hayley also runs a local Spanish and English singing bilingual group.

**Coffee Morning**
*Antonia Behan*
**SotoLife**
Opportunity for people to connect. Share ideas and build a community of support

**Joseph Fiannaca**
**Oneness-healing**
After a career of teaching, now dedicated to wellness through sacred science of sound healing His concept, healing is about bring back the unity and harmony between Earth, Animals and Humans. The practice of using different sounds to improve your physical health and emotional wellbeing.

STALL
Eco friendly skin care and aromatherapy products

Gua Sha Massage.
Sabi Thai Medical – Tum
Natural Chinese alternative massage. Applies healing oil to your skin and uses a natural jade and other natural tools to scrap the skin, all over your body, face too. Improves circulation, heals injuries. Helps to relieve pain. Increases blood flow. Clears stagnant energy and heal inflammation which is the cause of many underlying conditions.

Natascha Nielsen
Detox Specialist & Health Coach.
Good health starts inside. Learn what suits your body. What works for you. One fits all is not the solution to your success for good health. Natural solutions to modern problems.

Lisa Greenwood
1-2-1 Gym in Sotogrande.
Fully qualified instructor, Zumba, elite pilates, Spinning and Aerobics Teacher. Her passion, sparkle and energy are contagious. With a gorgeous smile. You are inspired to get fit, keep fit, and be fit.

Tanya Stagnetto
Hatha Yoga Teacher
Many years of practice. You get deep into the core of yoga easily and quickly with Tanya expert knowledge. it is a total life philosophy that incorporated how we relate to our world, to ourselves and how we can attain inner peace. The benefits; Stronger Muscles. More Flexibility and Mobility. Better Posture and Alignment. Better Stress Management. A Healthy Body Weight

Tanya Stagnetto
Yin Yoga
The Yin is exceptional for relaxing letting go of all the stress and strains. Relaxing every muscle, easy exercises. This helps improve blood circulation to muscle and connective tissues and enhance lymph movement. Peace and Harmony
Zara Boden
Breath-work
OUTSIDE AND INSIDE
A teacher of a variety of styles of yoga. Astanga, Vinyasa and Hatha. Study Breath and Yoga philosophy, Feeling the profound effects of these breathing exercises, linking the psyche and the body into holistic health and reaching full potential, experiencing enlighten effects.

Acupuncture
Pauline So
OUTSIDE
Fully Qualified Acupuncture, expert in ancient Chinese medical techniques, for relieving pain, treating disease, and improving general health. It was devised before 2500 bc in China and by the late 20th century was used in many other areas of the world and still is today.

Samsara Massage
Sona Espinosa Sanchez
Deep Tissue Sports Massage and massage. Gives mobility to the joints and helps to reduce discomfort. Unlocks energy works on physical, emotional and spiritual level to enhance your ability. Uses hot stones to soothes and comfort the experience.

Partner Yoga
Rene Pex
So much fun integrating partner yoga into your practice. All the benefits of Hatha, Vinyasa into one practice with having any partner yogi or even a beginner to motivate you and share the fun. Provides a greater experience.

Face Massage KOBIDO
Alba Moreno
Sophisticated ancient treatment that restores and boosts skins natural beauty without surgery or artifices. Works on skin muscles and connective tissues, circulation and lymphatic system.

Arabella Featherstone
Feathers Studio
“Strength” for mind and body
Bring together your body and mind with our strength sessions. Fun and invigorating, We work together on Aerobic Fitness, Balance, Strength and Flexibility.

Nicole Ahlander
The Sakti Yoga and Meditation
Tantra Hatha Yoga. Follows the tradition of Himalayan Institute from EEUU. It weaves together many different techniques, mantra, meditation, visualisation. Mudras, pranayama

**Warren Adams**  
Nord  
Qualified Nutritionist  
OUTSIDE STALL  
Specialist in providing a Grass Works Super supplement drink  
Wheatgrass organically home grown. Our body naturally heals  
When we do not give in the right nutrition, we become ill. The wheat grass, high fuel to support healing and balance to our body into good health. Warren is an expert he suffered and now ambassador for his product.

**Rene Claire**  
A Soul Reader Psychic. Healer. Tarot Card Reader  
Guide channelled meditation  
OUTSIDE  
Integrated vibratory energy healing. Gaining confidence to discover your clarity, wisdom and innate insight, accessing peace and happiness with tools to assist you with your mental well being

**Valentina Dziuba**  
Owner  
I-cafe heart of the marina  
STALL  
Inspirational naturalist in providing healthy, natural local cooking lesson for children and adults. You will learn the benefits of natural flavours, not sugar and not additives. Which are reflection of the foods in her I-cafe.  
Her very talented daughter, demonstrates and teaches crochet and makes it look easy with lovely, models of animals and icons

**Natalie Farrel**  
Soulpreneur Society & Author  
She is providing background music on the day. Using beautiful crystal bowls and vocal expression. This will be an aid to the event. These ancient sounds clear the body of negative unhealthy energies and blockages. Setting the tone for peace and harmony.