

**MARINA
PLAZA**
Sotogrande



CHANGING LIVES FOREVER

Christine Widdowson
Mind & Body Energy Practitioner
Clinical Hypnotherapist & Psychotherapy

SOTOGRANDE TIME-TABLE PROGRAMME AT:

Marina Plaza Terrace

Terrace between Fresco GastroBar and Mytilus

Av. Ribera del Marlin 20, Sotogrande, 11310

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

Thank you to all of the Collaborators

Fresco
marina sotogrande


SotoLife


onenesshealing



Service in Satchidananda
Live to Love  Love to Serve


TheSakti
CLUB

Drink
TH?NK




**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.**

TIME	NAME	ACTIVITY
10.00	Christine	Welcome Opening
10.30	Hayley & Antonia	Child & Parent Swap
10.30	Liza	Zumba
11.00	Tanya	Hatha Yoga
11.30	Christine	Breathing into Success
11.30	Antonia & Hayley	Sotolife Coffee Morning
12.00	Nanalie	Inspirational talk Mastering the Mind
12.00	Christine	Reiki Healing
12.00	Shanti & Daya	Mantra Singing
12.30	Nicole	Tantra & Relaxation Yoga
12.30	Joseph	Sound Healing
14.00 - 14.30	Christine	Confidence & Relax Group with Clinical Hypnotherapy
15.00 to 16.00	Zara	Breath-work & energiser
15.00	Rene	Soul Channel Meditation Tarot Card Reader
16.00 to 16.30	Tanya	Yin Yoga Deep Relaxer
16.30 to 17.00	Christine	Learn Meditation Life Style Experience the benefits

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 meditations 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.

Nanalie 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.