

The Cambridge Wellness Festival

10am-7pm Tuesday 12th September

The Green & The Gardens,
Cambridge Biomedical Campus

Main Arena: Workshops

- 11:00 **Resilience Workshop:** How to build resilience into our lives, with Emma Donovan, Health and Well-being Practitioner at Royal Papworth Hospital
- 12:00 **Fostering Forgiveness:** A practice for improved health and well-being
This workshop presents a simple seven-step program to help you release negative emotions by harnessing positive psychology interventions including loving kindness meditation (LKM).
- 13:00 **Resilience Workshop** (repeated session)
- 14:00 **Restart a Heart with Royal Papworth Hospital**
A fun CPR race - who can restart the heart first! Drop in between 2-4pm.
- 16:00 **Cultivating Happiness: How to Build Optimal Well-being**
This workshop introduces the scientifically evidenced components of enduring well-being and helps you to create a personalised roadmap for increased happiness
- 17:00 **Fostering Forgiveness:** A practice for improved health and well-being (repeated session)
- 18:00 **Cultivating Happiness:** How to Build Optimal Well-being (repeated session)

Plus **Menopause Café** sessions will run all day

Mindful Walks

- 12:30 Webb's Walks - a mindful lunchtime walk leaving from the Atrium at Royal Papworth Hospital. Led by Dr Stephen Webb.
- 14:00, 17:00 Mynd - a mindful Walk leaving from the mobile meditation unit near the info tent run by Andrew from Mynd.

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Satellite Tent 2: Talks

10:00 NINE Lab: Happiness Science

Cultivating Happiness: How to Build Optimal Well-Being. This workshop introduces the scientifically evidenced components of enduring well-being and helps you to create a personalised roadmap for increased happiness.

11:00 Calmism: 8 habits for complete rest

Dr Alexis Willett, author Alexis talks about her latest book Calmism: 8 habits for complete rest. Book signings during the day.

12:15 Potentiality Coaching

An experiential workshop that gives you practical tools to stand in your sovereignty and lead authentically, communicate effectively and build stronger relationships. With David Brown, neuroscientist-turned coach.

13:00 Menopause: everything you ever wanted to know

Dr Susanna Unsworth explains what menopause is, when it is likely to happen and what symptoms can be expected. Understand lifestyle interventions and alternative treatments which could help and the pros and cons of HRT.

14:00 Tiny Pause, Recharge and Refocus with Sam Thorogood

This is a 30 minute mini session covering three main aims: 5 minute guided Mini Mindfulness practice - recharge the mind. Plan a 'Deep Work' focus hour for this week - protect time for quality focus. Plan a high quality restorative break for the next 24 hours - find valuable perspective

15:00 Understanding hoarding with Dr Sharon Morein-Zamir

Dr Sharon Morein-Zamir from Anglia Ruskin University talks to us about hoarding

16:00 Joyful Menopause with Emma Tytherleigh

Supporting the health and well-being of women going through peri- to post-menopause

17:00 Leaders in Flow with Sarah Loddick, a scientist turned coach

Have you encountered your scientist self-saboteur yet? Recognise and understand self-sabotage.

18:00 Menopause: everything you ever wanted to know (repeat)

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Satellite Tent 1: Activities

- 10:00 Yoga with Daisy (hourly until 14:00) (yoga mats supplied)
- 14:00 Qigong with Golden Bliss Retreats
- 15:00 Sound bath with Golden Bliss Retreats
- 16:00 Yoga with Golden Bliss Retreats
- 17:00 Sound bath with Golden Bliss Retreats
- 18:00 Qigong with Golden Bliss Retreats

Offload Cafe

A safe and calming space to share your joys and anxieties in a group with a qualified coach/counsellor - in the HLRI next door for privacy. Drop in on the hour and 30 minutes past.

Potentiality Coaching

10:00, 11:00

Claire Moir Counselling

14:00, 15:00, 16:00.

Mynd Mobile Meditation Unit

- 10:00 Morning Meditation
- 11:00 Mindful Breathing
- 12:00 Take a Pause
- 13:00 Body Scan
- 14:00 Mindful Walk
- 15:00 Take a Pause
- 16:00 Mindful Breathing
- 17:00 Mindful Walk
- 18:00 Evening Meditation

Art Workshops

Drop in to the art workshop within the Main Arena for as long or short a time as you like. No previous experience required

10:00-13:00 with art therapist
Kimberley Lymere

13:00-16:00 with professional local artist
Francesca Gagni

16:00-19:00 with professional local artist
Susan Abbs

All day Crochet with Amanda
Calder

Plus: a special performance by the campus choir 'Sing! Choirs at the CBC' at 12.30pm.

Times subject to change; visit www.cambridge-biomedical.com for more information

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