

Waves OF Wellness

14th - 16th JUNE 2024

WAVES OF WELLNESS FESTIVAL

BEDRUTHAN oyogo CREATE

WELLNESS SCHEDULE - FRIDAY



WOW 2024

| LANIA STUDIO | GARDEN WELLNESS STUDIO | SENSORY GARDEN | THE LAWN | EXPLORE | BEACH | CREATE TWO GALLERY | CREATE THREE MESSY | CREATE CORRIDOR | FOUR | RELAX & LEARN BALLROOM |
|---|---|--|---|---|--|---|---|-----------------|--|------------------------|
| 7:00 - 10:00 GUEST CHECK-IN AND SESSION ALLOCATION. CAFE OPENS FOR WELCOME DRINKS | | | | | | | | | | |
| 10:00 - 10:45 DYNAMIC VINYASA YOGA ISSEY | 10:00 - 11:30 PERFORMANCE BREAKWORK JACKO | 10:00 - 10:45 MOVEMENT MEDICINE (45) SAMA | | 10:00 - 12:45 GUIDED HIKE 10KM | 10:00 - 12:00 SURF & STRETCH WITH KING SURF AND SOPHIE KING SURF + SOPHIE | 10:00 - 13:00 CANDLE MAKING 10:00 - 12:00 <i>*CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE.</i> | 10:00 - 13:00 CREATIVE CANVAS PAINTING - SEA SCAPES 10:00 - 12:00 <i>*CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE.</i> | | 10:00 - 13:00 ENJOY NATURE WITH CORNWALL WILDLIFE TRUST LEARN ABOUT CORNWALL AIR AMBULANCE | |
| 11:00 - 11:45 SLOW FLOW VINYASA YOGA ISSEY | | 12:00 - 12:45 RESTORE AND FLOW YOGA ISSEY | | 12:00 - 12:45 BREATH-WORK AND COLD EXPOSURE SOPHIE | | | | | 10:00 - 13:00 MEET AND GREET BALLROOM LIVING SPACE | |
| 13:00 - 15:00 LUNCH DELI LUNCH BOXES WILD CAFE | | | | | | | | | | |
| 15:00 - 15:45 EXPRESS PILATES 30 KAYLEIGH | 15:00 - 15:45 PERFORMANCE BREAKWORK JACKO | 15:00 - 16:00 SOUND HEALING (45) SAMA | 15:00 - 16:30 BREATH-WORK AND COLD EXPOSURE SOPHIE | | | 15:00 - 18:00 CANDLE MAKING 15:00 - 17:00 <i>*CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE.</i> | | | 16:30 - 18:00 CORNWALL WILDLIFE TRUST MINDFUL WALK + TALK & Q&A AMY | |
| 16:30 - 18:00 I AM STILL (90) YIN YOGA & JOURNALLING SAMA | 16:00 - 16:45 HEART & HIP OPENERS AYESHA | | 16:30 - 18:00 BREATH-WORK AND COLD EXPOSURE JACKO | 10:00 - 12:45 GUIDED HIKE 10KM | 16:00 - 18:00 SURF'S UP WITH KING SURF KING SURF | | | | | |
| | 17:00 - 17:45 RELEASE & STRETCH PILATES KAYLEIGH | | | | | | | | | |
| 18:00 - 21:00 DRINKS ON THE TERRACE AND BAR 18:00 ONWARDS DINNER AT LEISURE - WILD CAFE OR OGO. REQUIRES BOOKING | | | | | | | | | | |

*SESSIONS AND SCHEDULE IS SUBJECT TO CHANGE. YOU WILL BE GIVEN THE FINAL SCHEDULE THE WEEK OF THE FESTIVAL AND BE ABLE TO BOOK INTO YOUR SESSIONS UPON ARRIVAL EACH MORNING. YOU CAN BOOK A MAXIMUM OF 4 SESSIONS PER DAY

WELLNESS SCHEDULE - SATURDAY



WOW 2024

| LANIA STUDIO | OGO WELLNESS SPACE | SENSORY SPACE | THE LAWN | EXPLORE | BEACH | CREATE TWO GALLERY | CREATE THREE MESSY | CREATE CORRIDOR | FOUR | RELAX & LEARN |
|---|--|---|--|---|---|--|---|---|---|---------------|
| 7:00 - 10:00 GUEST CHECK-IN AND SESSION ALLOCATION. CAFE OPENS FOR WELCOME DRINKS | | | | | | | | | | |
| 10:00 - 10:45 HEART & HIP OPENERS AYESHA | 10:00 - 11:15 PERFORMANCE BREAKWORK SAMA | 10:00 - 10:45 VOICE ACTIVATION (45) SAMA | | 10:00 - 12:45 GUIDED HIKE 10KM WITH KING SURF AND SOPHIE HELLYER | 10:00 - 12:00 SURF & STRETCH WITH KING SURF AND SOPHIE HELLYER | 10:00 - 13:00 JEWELLERY BEADING WORKSHOPS DROP-IN SESSIONS: 10:00 - 11:30 11:30 - 13:00 | 10:00 - 13:00 MEET ME BY THE SEA - PHOTOGRAPHY WORKSHOP DROP-IN SESSIONS: 10:00 - 11:30 11:30 - 13:00 | 10:00 - 13:00 ART AS THERAPY DROP-IN SESSIONS: 10:00 - 11:30 11:30 - 13:00 | 10:00 - 13:00 ENJOY NATURE WITH CORNWALL WILDLIFE TRUST LEARN ABOUT CORNWALL AIR AMBULANCE MEET AND GREET BALLROOM LIVING SPACE | |
| 11:00 - 11:30 EXPRESS 30 PILATES KAYLEIGH | JACKO 11:45 - 12:45 SOUND BATH - SOUND JOURNEY MADDY | 10:00 - 10:45 DYNAMIC VINIYASA YOGA ISSEY | 11:30 - 13:00 BREATH-WORK AND COLD EXPOSURE JACKO | | KING SURF + SOPHIE | | | | 16:30 - 18:00 CORNWALL AIR AMBULANCE + TALK & Q&A JENNIE | |
| 15:00 - 18:00 LOCAL MUSIC AND DRINKS ON THE TERRACE 18:00 ONWARDS DINNER AT LEISURE - WILD CAFE OR OGO. REQUIRES BOOKING | | | | | | | | | | |
| 15:00 - 15:45 SOUND BATH - SOUND JOURNEY MADDY | 15:00 - 15:45 DYNAMIC VINIYASA YOGA ISSEY | 15:00 - 15:45 MOVEMENT MEDICINE (45) SAMA | 15:30 - 17:00 BREATH-WORK AND COLD EXPOSURE JACKO | | 15:00 - 16:30 LET'S SWIM TOGETHER (OR DIP!) SOPHIE | 15:00 - 18:00 JEWELLERY BEADING WORKSHOPS DROP-IN SESSIONS 15:00 - 16:30 16:30 - 18:00 | 15:00 - 18:00 CREATIVE CANVAS PAINTING - SEA SCAPES 15:00 - 17:00 *CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE. BEDRUTHAN CREATIVES | 15:00 - 18:00 ART AS THERAPY DROP-IN SESSIONS 15:00 - 16:30 16:30 - 18:00 | 17:30 - 18:15 WOMEN'S SHARING CIRCLE SOPHIE | |
| 16:30 - 18:00 I AM STILL (90) YIN YOGA & JOURNALLING SAMA | 16:00 - 16:45 HEART & HIP OPENERS AYESHA | 16:00 - 16:45 RELEASE AND STRETCH PILATES KAYLEIGH | | 10:00 - 12:45 GUIDED HIKE 10KM WITH KING SURF AND SOPHIE HELLYER | 16:00 - 18:00 SURF'S UP WITH KING SURF KING SURF | | | | 17:30 - 18:30 BREATH-WORK EXPLAINED TALK + Q&A JACKO | |

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WELLNESS SCHEDULE - SUNDAY



WOW 2024

| LANIA STUDIO | OGO WELLNESS SPACE | SENSORY SPACE | THE LAWN | EXPLORE | BEACH | CREATE TWO GALLERY | CREATE THREE MESSY | CREATE CORRIDOR | FOUR | RELAX & LEARN |
|---|---|--|--|--|---|--|--|-----------------|---|---------------|
| 7:00 - 10:00 GUEST CHECK-IN AND SESSION ALLOCATION. CAFE OPENS FOR WELCOME DRINKS | | | | | | | | | | |
| 10:00 - 10:45 DYNAMIC VINYASA YOGA ISSEY | 10:00 - 10:45 RESTORATIVE BREATHWORK ANTHONY | 10:00 - 10:45 MOVEMENT MEDICINE (45) SAMA | 10:00 - 11:30 SILENT DISCO YOGA ALICIA RAY | 10:00 - 12:45 GUIDED HIKE 10KM | 10:00 - 12:00 SURF & STRETCH WITH KING SURF AND SOPHIE HELLYER KING SURF + SOPHIE | 10:00 - 13:00 CANDLE MAKING 10:00 - 12:00 *CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE. | 10:00 - 13:00 CREATIVE CANVAS PAINTING - SEA SCAPES 10:00 - 12:00 *CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE. | | 10:00 - 13:00 ENJOY NATURE WITH CORNWALL WILDLIFE TRUST LEARN ABOUT CORNWALL AIR AMBULANCE MEET AND GREET BALLROOM LIVING SPACE | |
| 11:00 - 11:30 EXPRESS PILATES 30 KAYLEIGH | 11:00 - 11:45 SLOW FLOW - BACK-BENDS AND TWISTS AYESHA | 11:00 - 11:45 DYNAMIC VINYASA YOGA ISSEY | 12:00 - 12:45 BREATH-WORK AND COLD EXPOSURE ANTHONY | | 12:00 - 13:30 FORAGING BELLO - CHARLIE OPIN | | | | | |
| 12:00 - 12:45 SLOW FLOW YOGA ISSEY | 12:00 - 12:45 DYNAMIC PILATES KAYLEIGH | 11:00 - 11:45 RESTORATIVE BREATHWORK JACKO | 12:00 - 12:45 BREATH-WORK AND COLD EXPOSURE ANTHONY | | 12:00 - 13:30 FORAGING BELLO - CHARLIE OPIN | 15:00 - 18:00 CANDLE MAKING 15:00 - 17:00 *CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE. | 15:00 - 18:00 CANDLE MAKING 15:00 - 17:00 *CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE. | | 13:00 - 16:00 ENJOY NATURE WITH CORNWALL WILDLIFE TRUST LEARN ABOUT CORNWALL AIR AMBULANCE MEET AND GREET BALLROOM LIVING SPACE | |
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SOPHIE



JACKO



KAYLEIGH



ISSEY



BEDRUTHAN
CREATIVES



SAMA



LU CORNISH



ALULA COLLECTIONS



ALICIA RAY



KING SURF



ANTHONY



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BEDRUTHAN oyogo CREATE

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