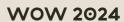
Mayes elles

14th - 16th JUNE 2024 WAVES OF WELLNESS FESTIVAL

BEDRUTHAN OYOGO CREATE

WELLNESS SCHEDULE - FRIDAY





0:00 - 11:30 REFORMANCE REAKWORK	GUE 10:00 - 10:45 MOVEMENT MEDICINE (45)	ST CHECK-IN A	AND SESSION A 10:00 - 12:45	7:00 - 10:00 LLOCATION. CA 10:00 - 12:00	AFE OPENS FOR WEL	COME DRINKS		
REFORMANCE	10:00 - 10:45 MOVEMENT MEDICINE (45)	ST CHECK-IN A				COME DRINKS		
REFORMANCE	MOVEMENT MEDICINE (45)		10:00 - 12:45	10:00 - 12:00	10:00 . 12:00			
	MEDICINE (45)				10.00 - 13.00	10:00 - 13:00		10:00 - 13:00
	SAMA							
			GUIDED HIKE 10KM	SURF & STRETCH WITH KING	CANDLE MAKING	CREATIVE CANVAS PAINTING		ENJOY NATURE WITH CORNWALL WILDLIFE TRUST
				SURF AND SOPHIE		- SEA SCAPES		LEARN ABOUT
				KING CURE	10:00 - 12:00	10:00 - 12:00		AIR AMBULANCE
ACKO				SOPHIE	*CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND	*CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND		
1:00 - 11:45		12:00 - 12:45			BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE.	BOOKABLE FOR NON-RESIDENTS BUT THIS SHOULD STILL BE WORKABLE.		MEET AND GREET
YNAMIC INYASA OGA		AND COLD EXPOSURE			DEDDITHAN			
YESHA		SOPHIE			CREATIVES	CREATIVES		BALLROOM LIVING SPACE
				WILD CAFE				
5:00 - 15:45	15:00 - 16:00	15:00 - 16:30			15:00 - 18:00			
REFORMANCE REAKWORK	SOUND HEALING (45)	BREATH-WORK AND COLD EXPOSURE						
ACKO	SAMA				CANDLE MAKING			
6:00 - 16:45		SOPHIE	10:00 - 12:45	16:00 - 18:00	15:00 - 17:00			16:30 - 18:00
EART & HIP PENERS		16:30 - 18:00			*CRAFTING SESSIONS MAY STILL			
YESHA			GUIDED HIKE	SURF'S UP WITH KING	NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT			CORNWALL WILDLIFE TRU MINDFUL WAL
7:00 - 17:45				SURF	THIS SHOULD STILL BE WORKABLE.			+ TALK & Q&A
ELEASE & TRETCH ILATES					BEDRUTHAN			
AYLEIGH		JACKO		KING SURF	CREATIVES			AMY
				18:00 - 21:00				
TI: YINO Y S: RR AN G: IEPP Y TIEFFILL	CKO CHOCHES CONTACT CO	(NAMIC WASA OGA) (SESHA) (SOO - 11:45 15:00 - 16:00 15:45 15:00 - 16:00 16:45 16:4	12:00 - 12:45 RNAMIC NYASA 10GA PESHA 15:00 - 16:00 15:00 - 16:30 REFORMANCE REAKWORK AND COLD EXPOSURE SOUND HEALING (45) EXPOSURE CKO SAMA SOPHIE 16:30 - 18:00 BREATH-WORK AND COLD EXPOSURE 16:30 - 18:00 BREATH-WORK AND COLD EXPOSURE EXPOSURE AND COLD EXPOSURE SAMA SOPHIE 16:30 - 18:00 BREATH-WORK AND COLD EXPOSURE AND COLD EXPOSURE AND COLD EXPOSURE SESHA BREATH-WORK AND COLD EXPOSURE AND COLD EXPOSURE JACKO	12:00 - 12:45 RAMIC NYASA GA ESHA SOPHIE LUNC 15:00 - 16:30 BREATH-WORK AND COLD EXPOSURE COO - 15:45 15:00 - 16:00 BREATH-WORK AND COLD EXPOSURE CKO SAMA SOPHIE 10:00 - 12:45 10:00 - 12:45 BREATH-WORK AND COLD EXPOSURE 10:00 - 12:45 BREATH-WORK AND COLD EXPOSURE CKO SAMA SOPHIE 10:00 - 12:45 BREATH-WORK AND COLD EXPOSURE CKO SAMA SOPHIE 10:00 - 12:45 BREATH-WORK AND COLD EXPOSURE CKO BREATH-WORK AND COLD EXPOSURE CKO LESHA BREATH-WORK AND COLD EXPOSURE CKO BREATH-WORK AND COLD EXPOSURE BREATH-WORK AND COLD EXPOSURE CKO BREATH-WORK AND COLD EXPOSURE CKO BREATH-WORK AND COLD EXPOSURE BREATH-WORK AN	12:00 - 12:45 RAMIC RVASA RESHA SOPHIE 13:00 - 15:00 LUNCH DELI LUNCH WILD CAFE 10:00 - 15:45 15:00 - 16:00 15:00 - 16:30 REFORMANCE REAKWORK RAD COLD EXPOSURE 10:00 - 16:45 SOPHIE 10:00 - 12:45 16:30 - 18:00 REAT & HIP RENERS 16:30 - 18:00 REATH-WORK AND COLD EXPOSURE 10:00 - 12:45 REAT & HIP RENERS 16:30 - 18:00 REATH-WORK AND COLD EXPOSURE 10:00 - 12:45 RETCH AND COLD EXPOSURE RETCH AND COLD EXPOSURE 10:00 - 12:45 RETCH AND COLD EXPOSURE R	SOPHIE SOPHIE SOPHIE SCRIPTING SESSIONS BY STILL SESSI	CRO SOPHIE SOPHIE SESSIONS AYTILL SESSIONS	CKO SOPHIE SOPHIE SOPHIE 1200-12-45 BEETTINADER AND COLD ENTOSURE SOPHIE 13:00 - 15:00 LUNCH DELL LUNCH BOXES WILD CAFE BERATIWES 15:00-16:00 15:00-18:00 LUNCH DELL LUNCH BOXES WILD CAFE SOPHIE 15:00-18:00 CANDLE MAKING CAADLE MAKING CO-16:45 SOPHIE 10:00-12:45 10:00-12:45 10:00-12:45 LEASE & BEERLITHAN CREATIVES BEERLITHAN CREATIVES CAADLE MAKING CO-17:45 BEERLITHAN CREATIVES BEE

WELLNESS SCHEDULE - SATURDAY Waves Welliness



WOW 2024

	OGO WELLNESS SPACE	SENSORY SPACE	THE LAWN	EXPLORE	BEACH	CREATE TWO GALLERY	CREATE THREE MESSY	CREATE FOUR CORRIDOR	RELAX & LEAR
					7:00 - 10:00)			
		GUE	ST CHECK-IN A	AND SESSION A	LLOCATION. C	AFE OPENS FOR WE	LCOME DRINKS		
10:00 - 10:45	10:00 - 11:15	10:00 - 10:45		10:00 - 12:45	10:00 - 12:00	10:00 - 13:00	10:00 - 13:00	10:00 - 13:00	10:00 - 13:00
HEART & HIP OPENERS		VOICE ACTIVATION (45)			SURF & STRETCH				ENJOY NATURE WITH CORNWALL WILDLIFE TRUST
AYESHA	PREFORMANCE BREAKWORK	SAMA		GUIDED HIKE 10KM	WITH KING SURF AND SOPHIE HELLYER	JEWELLERY BEADING WORKSHOPS	MEET ME BY THE SEA - PHOTOGRAPHY WORKSHOP	ART AS THERAPY	LEARN ABOUT CORNWALL AIR AMBULANCE
11:00 - 11:30	JACKO	10:00 - 10:45 DYNAMIC	11:30 - 13:00		HELLYER	DROP-IN SESSIONS:	DROP-IN SESSIONS:	DROP-IN SESSIONS:	MEET AND GREET
EXPRESS 30 PILATES	11:45 - 12:45	VINYASA YOGA				10:00 - 11:30	10:00 - 11:30	10:00 - 11:30	OKLET
(AYLEIGH		ISSEY	BREATH-WORK		KING SURF + SOPHIE	11:30 - 13:00	11:30 - 13:00	11:30 - 13:00	BALLROOM LIVING SPACE
	SOUND BATH - SOUND JOURNEY		AND COLD EXPOSURE						16:30 - 18:00
									CORNWALL AII AMBULANCE
	MADDY		JACKO			ALULA COLLECTIONS	FRANKIE THOMPSON	LU CORNISH	+ TALK & Q&A JENNIE
	WADDI								
					15·00 - 16·30	15:00 - 18:00	15:00 - 18:00	15:00 - 18:00	
15:00 - 15:45 SOUND BATH -	15:00 - 15:45 DYNAMIC	15:00 - 15:45 MOVEMENT	15:30 - 17:00		15:00 - 16:30	15:00 - 18:00	15:00 - 18:00	15:00 - 18:00	
SOUND BATH - SOUND	15:00 - 15:45		15:30 - 17:00		15:00 - 16:30 LET'S SWIM TOGETHER (OR DIP!)	15:00 - 18:00		15:00 - 18:00	
SOUND BATH - SOUND IOURNEY	15:00 - 15:45 DYNAMIC VINYASA	MOVEMENT	15:30 - 17:00 BREATH-WORK AND COLD EXPOSURE		LET'S SWIM TOGETHER	JEWELLERY BEADING	15:00 - 18:00 CREATIVE CANVAS PAINTING - SEA SCAPES	15:00 - 18:00 ART AS THERAPY	
GOUND BATH - GOUND OURNEY	15:00 - 15:45 DYNAMIC VINYASA YOGA	MOVEMENT MEDICINE (45)	BREATH-WORK AND COLD	10:00 - 12:45	LET'S SWIM TOGETHER (OR DIP!)	JEWELLERY	CREATIVE CANVAS PAINTING - SEA SCAPES		17:30 - 18:15
GOUND BATH - GOUND OURNEY MADDY 6:30 - 18:00	15:00 - 15:45 DYNAMIC VINYASA YOGA ISSEY	MOVEMENT MEDICINE (45) SAMA 16:00 - 16:45	BREATH-WORK AND COLD	10:00 - 12:45	LET'S SWIM TOGETHER (OR DIP!) SOPHIE	JEWELLERY BEADING	CREATIVE CANVAS PAINTING		17:30 - 18:15 WOMEN'S SHARING CIRCLE
GOUND BATH - GOUND OURNEY MADDY 6:30 - 18:00 AM ITILL (90) IN YOGA &	15:00 - 15:45 DYNAMIC VINYASA YOGA ISSEY 16:00 - 16:45 HEART & HIP	MOVEMENT MEDICINE (45) SAMA 16:00 - 16:45 RELEASE AND STRETCH	BREATH-WORK AND COLD	GUIDED HIKE	LET'S SWIM TOGETHER (OR DIP!) SOPHIE	JEWELLERY BEADING WORKSHOPS DROP-IN	CREATIVE CANVAS PAINTING - SEA SCAPES 15:00 - 17:00 *CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR	ART AS THERAPY DROP-IN	WOMEN'S SHARING
AM STILL (90) (SOUND BATH - SOUND DOURNEY MADDY 6:30 - 18:00	15:00 - 15:45 DYNAMIC VINYASA YOGA ISSEY 16:00 - 16:45 HEART & HIP OPENERS	MOVEMENT MEDICINE (45) SAMA 16:00 - 16:45 RELEASE AND STRETCH PILATES	BREATH-WORK AND COLD EXPOSURE		LET'S SWIM TOGETHER (OR DIP!) SOPHIE 16:00 - 18:00	JEWELLERY BEADING WORKSHOPS DROP-IN SESSIONS 15:00 - 16:30	CREATIVE CANVAS PAINTING - SEA SCAPES 15:00 - 17:00 *CRAFTING SESSIONS MAY STILL NEED TO BE	ART AS THERAPY DROP-IN SESSIONS 15:00 - 16:30	WOMEN'S SHARING CIRCLE
	15:00 - 15:45 DYNAMIC VINYASA YOGA ISSEY 16:00 - 16:45 HEART & HIP OPENERS	MOVEMENT MEDICINE (45) SAMA 16:00 - 16:45 RELEASE AND STRETCH PILATES KAYLEIGH	BREATH-WORK AND COLD EXPOSURE	GUIDED HIKE	LET'S SWIM TOGETHER (OR DIP!) SOPHIE 16:00 - 18:00 SURF'S UP WITH KING	JEWELLERY BEADING WORKSHOPS DROP-IN SESSIONS 15:00 - 16:30 16:30 - 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.	ART AS THERAPY DROP-IN SESSIONS 15:00 - 16:30	WOMEN'S SHARING CIRCLE SOPHIE 17:30 - 18:30
AM STILL (90) (SOUND BATH - SOUND OURNEY MADDY AM STILL (90) (IN YOGA &	15:00 - 15:45 DYNAMIC VINYASA YOGA ISSEY 16:00 - 16:45 HEART & HIP OPENERS	MOVEMENT MEDICINE (45) SAMA 16:00 - 16:45 RELEASE AND STRETCH PILATES KAYLEIGH 17:00 - 18:15	BREATH-WORK AND COLD EXPOSURE	GUIDED HIKE	LET'S SWIM TOGETHER (OR DIP!) SOPHIE 16:00 - 18:00 SURF'S UP WITH KING	JEWELLERY BEADING WORKSHOPS DROP-IN SESSIONS 15:00 - 16:30	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	ART AS THERAPY DROP-IN SESSIONS 15:00 - 16:30	WOMEN'S SHARING CIRCLE SOPHIE 17:30 - 18:30 BREATH-WORL EXPLAINED

*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

DINNER AT LEISURE - WILD CAFE OR OGO. REQUIRES BOOKING



WELLNESS SCHEDULE - SUNDAY





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

13:00 - 15:00 LUNCH DELI LUNCH BOXES WILD CAFE

15:00 - 15:45	15:00 - 15:45	15:00 - 16:30	15:00 - 16:30		15:00 - 16:30	15:00 - 18:00		13:00 - 16:00
DYNAMIC PILATES	PREFORMANCE BREAKWORK				FORAGING			
KAYLEIGH	JACKO	I AM STILL (90) YIN YOGA & JOURNALLING	SILENT DISCO YOGA		BELLO - CHARLIE OPIN	CANDLE MAKING 15:00 - 17:00		ENJOY NATURE WITH CORNWALL WILDLIFE
16:00 - 16:45	16:00 - 16:45				16:00 - 18:00			TRUST LEARN ABOUT CORNWALL
RESTORATIVE BREATHWORK	HEART & HIP OPENERS				SURF'S UP WITH KING	*CRAFTING SESSIONS MAY STILL NEED TO BE AVAILABLE FOR GUESTS AND BOOKABLE FOR NON-RESIDENTS BUT		AIR AMBULANCE
ANTHONY	AYESHA		ALICIA RAY		SURF			
			17:00 - 18:00 BREATH-WORK			THIS SHOULD STILL BE WORKABLE.		MEET AND GREET
			AND COLD EXPOSURE			BEDRUTHAN		
			JACKO		KING SURF	CREATIVES		BALLROOM LIVING SPACE

18:00 - 21:00

DRINKS ON THE TERRACE 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

Waves



























ANTHONY

MADDIE

BEDRUTHAN OYOGO CREATE

HAVES OF CSS

14th - 16th JUNE 2024 WAVES OF WELLNESS FESTIVAL

BEDRUTHAN OYOGO CREATE