

**Yorkshire's Leading
Health Healing & Wellbeing Festivals**



Leeds

Health Healing & Wellbeing Festival

Saturday 16 & Sunday 17 July 2022

10.00am to 5.00pm each day

The John Charles Centre for Sports

Bowling & Athletics Centre - Middleton Grove, Leeds LS11 5DJ



**Therapies, Psychic Readings, Fabulous Retail Exhibitors
Free talks, demonstrations & workshops
& Free entry into the Prize Draws for every visitor**

Refreshments • Disabled Access • Parking

Adults £6.00 Concessions £5.00 (OAPs 65+ & Students with card)

(2 - day pass • Adults £11 • Concessions £9)

Accompanied under 15s free

Come Early To Book Talks, Therapies & Readings



www.healthhealingfestivals.co.uk

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Health & Healing Festivals, P O Box 707, Harrogate HG1 9GU

Talks | Workshops | Demonstrations

Saturday 16 July 2022

ROOM 1

11.00 – 11.45 A Stage Demonstration of Mediumship – Claire Nicholls, Medium & Teacher

Claire is back welcoming you to join her for a stage demonstration of mediumship connecting You with Loved ones from the Spirit World and passing on their messages to You

12.00 – 12.45 OW! my back hurts!!.....what can I do? – Sebastian Bustos, Touch Tuina

Approximately 80% of people will experience back pain during their lifetime and as many as 50% of the population will have an episode of back pain in any one year. Sebastian will enlighten you on how the pain is linked to posture and organ imbalances, as well as how emotions play a part as well – it's all a bit of a holistic puzzle which treatments try to solve

1.00 – 1.45 The Mind : The human computer - John Richardson, Feel Better Fast

Imagine giving a 3 year old child a brand new laptop & asking the child to input information. Put the laptop away returning it back only when the child turns 21. Nothing would make any sense to the now intelligent adult. Our computer, the mind, needs updates so that we are not running on out of data files for our reference. This is achieved through hypnoanalysis ie, using hypnosis to unlock the mind, updating and rewriting the programme of the mind. Join John in this fun-filled talk when he demonstrates how hypnosis can help you... yes you!

2.00 – 2.45 Holograph Healing & Light Language... just what is it? - Felix Hyde

Just what is light language & how do we speak it? – how do we understand holographic fields & how can you heal through them? – all good questions which Felix will answer in this talk

3.00 – 3.45 From Burn out to Successful Person... My Way – Chris Marsh, Developlink

Chris will talk you through his journey from stressed burnt out corporate executive to successful full time therapist; he found an understanding of the bodily processes of mental health symptoms and will give you some tools to manage them and resolve the root cause for good

4.00 – 4.45 Stage Demonstration of Mediumship - Simon Goodfellow International Medium

Simon works closely with his Spirit Guides & spiritual helpers & is assured of his calling; he passes on messages from loved ones who have passed over, to you the audience. His ethics are very strong & he wants to remove doom & gloom from mediumship & prove it can be fun & uplifting

Talks | Workshops | Demonstrations

Saturday 16 July 2022

ROOM 2

11.00 – 11.45 And Breathe..... How to escape the talk of war & mayhem that surrounds us at the moment & relax with Hypnotherapy - Louise Richardson, Amelia Rose

Louise will talk a little about hypnotherapy & then how it can help you & then lead you into a beautiful relaxation meditation

12.00 – 12.45 Witches Lotions & Potions – from shoe polish to banishing powder.... - Louise Bloomer, The Wiccan Lady

This is your chance to learn about witches' remedies of old, what they are, how to make them and how to use them. From recipes for shoe polish, flying oil and banishing powder to tinctures and compresses.

1.00 – 1.45 Sacred Geometry, Grids & Nets. What do they all have in common? Kim Robinson, GeoFossils

Have you thought of using Sacred Geometry and you are not sure where to start? You will walk out of this workshop with a better understanding of patterns that we see in everyday life, and how to harness the power of Sacred Geometry with Crystals.

2.00 – 2.45 Release Your Most Dreadful Symptoms! - Gen Edwards, Intuitive Healer

Find out how to release symptoms that no doctor seems to be able to budge. The Body Code takes these on and helps shift you out of pain and into peace

3.00 – 3.45 Shungite, Quantum energy and Amazing you - what a powerful combination! – Cassie Limb

Shungite is a complicated little carbon molecule taking the world by storm currently; hear amazing testimonial healing and transformational stories from Oraphim, who are leading the way making tools for wellness, balance and Emf solutions, all with enhanced silver infused shungite and which are uniquely beautiful. Expect Miracles with this little Nobel prizing winning molecule!



Some of the Exhibitors at our Leeds Health & Healing Festival 2022

Amelia Rose - Hypnotherapy, Angelic Reiki

Ancient Remedies - Ayurvedic teas, elixirs, cakes, candles incense - Aijan Beishen-Johnson

Claire – York's very own Clairvoyant, Medium & Teacher

DevelopLink – Past Life Regression – Chris Marsh

Ember Rose Jewellery – Crystal jewellery, shapes & tumblestones – Rachel Robinson

Enchanted Crystal Garden – Crystals, gemstones, - Katy Knowles

Feel Better Fast – Hypnotherapy & Spiritual Readings– John Richardson

Fox Lane Books - Spiritual books, CDs, oracle cards - Kirstie Lount

Gen Edwards - Intuitive Healer

GeoFossils - Crystals & Grids, Minerals & Fossils - Kim & Bob Robinson

The Hempman - CBD & Hemp Products - Tavi (Octavian Vasilescu)

The Holistic Hub - Holistic products - Debbie Young

Holographic Healing & Light Language - Felix Hyde

Joyous Living – Access Conscious Bars – Maureen Wycherley

Lisa Perkins - Spiritual Medium, Psychometry

Mel-Jay - Crystal & Semi Precious Stones Jewellery - Melanie & Patrick

Michelle Whyatt - Tarot Card Readings

Oilfaction - Essential Oils - Mel Foot

Oraphim - Shungite Products - Cassie & Richard Spray

Orchard Scent & Sparkle – wax melts, candles, scented granules, air fresheners – Jane Mainwaring

The Salt & Rock Shop – Salt Lamps, Selenite, Crystals, Carvings – Steven Rowlands

Sanctuary Reflexology - Chandu Solanki

Sarah Kay Holistics – Feet & Face Reflexology & Reiki

Simon Goodfellow - International Spiritual Medium & Clairvoyant

SoulFlames - Energy Healing - Sharon O'Brien

Susi Jones – Healing, sleep cards, Phoenix Stones

Utility Warehouse – Joe Bloomer

The Wiccan Lady - Witchcraft products, spells, besoms - Louise Bloomer

Woodland Trust – James Kazer

The York Aura Post – Aura Reading & Aura Photography – Saba Suleiman

..... and lots more

Health & Healing Festivals and the Organisers wish it to be known that the views of the speakers and the exhibitors are not necessarily those of the Organisers and that no responsibility can be taken for the contents of any readings, workshops, talks, products or services – anyone having a reading, taking a therapy or attending the talks or workshops do so of their own free will. The programme was accurate at the time of going to print – the Organisers reserve the right to make changes

PRIZE DRAWS 2022



**Don't Forget to enter our PRIZE DRAWS for
FREE**

The draw will be made on Sunday at 4.00pm



“ Representation only”



“ Surprise Prize”

Dates for the Diary...

Harrogate Health & Healing Festival, Ripley Town Hall, Ripley, Harrogate HG3 3AX

10 & 11 September 2022

Beverley Health & Healing Festival, Beverley Racecourse, York Road, Beverley HU17 8QZ

1 & 2 October 2022

Chester Health & Healing Festival, The Cheshire County Sports Club, Upton, Chester, CH2 1PR

22 & 23 October 2022

2023 Dates

Pudsey Health & Healing Festival, Pudsey Civic Hall, Dawson's Corner, Pudsey, Leeds LS8 5TA

18 & 19 February 2023

York Health & Healing Festival, York Racecourse, Knavesmire Stand, York YO23 1EX

22 & 23 April 2023

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Talks | Workshops | Demonstrations

Sunday 17 July 2022

ROOM 1

11.00 – 11.45 Hypnotherapy, Past Life Regression and Spiritual Connections...

John Richardson, Feel Better Fast

Join John in his Fun, yes Fun-packed talk and listen while he explains in his own unique way how the mind receives spirit messages constantly, how spiritual healing is engendered through the mind itself, how past lives can reveal hidden wisdom you never knew you had, and how hypnotherapy can rid you of all emotional, anxiety and nervous disorders... fears, phobias and panic attacks... and that hypnosis is nothing to fear!!!

12.00 – 12.45 Distance Healing & Energy Transference with Crystals – Kim Robinson, GeoFossils

Distance Healing is the relaxing transfer of energy from you to the person needing healing, no matter where they happen to be. This energy transfer can also be used to boost your energy levels for healing throughout the day with crystals you carry or leave in place to draw energy from.

1.00 - 1.45 OW! my back hurts!!.....what can I do? – Sebastian Bustos, Touch Tuina

Approximately 80% of people will experience back pain during their lifetime & as many as 50% of the population will have an episode of back pain in any one year. Sebastian will enlighten you on how the pain is linked to posture and organ imbalances as well as how emotions play a part as well – it's all a bit of a holistic puzzle which treatments try to solve

2.00 – 2.45 How 'Helenergy' can heal & transform your life - Stephanie Holland

In this powerful workshop, Stephanie will share ways to Elevate Your Energy and heal your own life and why you have all the power within you to do this; she will also share confirmation of how your loved ones who have passed over are right by your side every day helping you all the way! This workshop will also include a guided meditation to re-connect you and a loved one in spirit.

3.00 – 3.45 Palmistry – The Map of your life – Claire Nicholls, Medium, Teacher

In this talk Claire will go through some of the main features of reading palms & how with a professional reading, your palm can give you the map of your life.



Talks | Workshops | Demonstrations

Sunday 17 July 2022

ROOM 2

11.00 – 11.45 You, Me & Spirit - Lisa Perkins, Medium & Spiritual Reader

Lisa will tell you how she has developed her relationship with Spirit throughout her life & can now demonstrate how she can bridge that gap between your loved ones who have passed and you on this earth

12.00 – 12.45 Break free from Anxiety and Depression! - Gen Edwards, Intuitive Healer

These past few years have been awful for many & depressive. Learn how you can break free of your past and step powerfully into a more joyous state. The Emotion Code has helped thousands of people just like you, to resolve emotional and physical distress.

1.00 – 1.45 Elen of the Ways - Celtic Goddess or Nordic Shaman? - Louise Bloomer, The Wiccan Lady

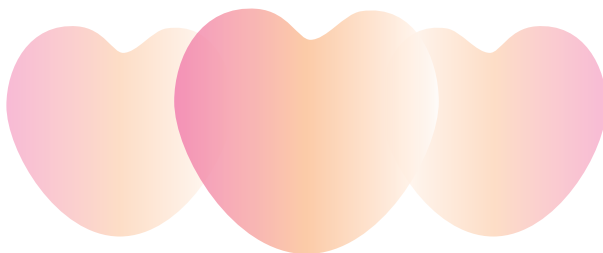
Find out more about this elusive lady of the pathways, why she is seen as antlered and linked to the Reindeer herds, what a Trod is and how she is connected to the Energy Ley lines.

2.00 – 2.45 Aah yes.... the annual weight management problem & how to deal with it - Louise Richardson, Amelia Rose

If you are struggling trying to lose weight, have tried all sorts of methods Louise will give you an alternative easy choice using hypnotherapy with remarkable results

3.00 – 3.45 Goddess Isis Wisdom - Unwrapping the Mystery & Magic of YOU - Susi Jones

This interactive workshop invites you to learn about the Goddess Isis in 2022 and experience a channelled meditation where you may experience what it means to enter the Mystery through the breath, the quietening of the mind and receive the Magic of Source connection introducing 'Light Work' and how to heal yourself and bring health and healing to the world.



How to find The John Charles Centre for Sports 16 & 17 July 2022



Health &
Healing
Festival



Directions for the John Charles Centre for Sports which is based at the end of Middleton Grove LS11 5DJ - 2 miles from Leeds City Centre off Dewsbury Road. (A653) There are Brown signs directing you to the John Charles Centre for Sports - also signposted South Leeds Stadium

The Health & Healing Festival is being held in the Athletics Hall which is at the rear of the main stadium

By Car Sat Nav - LS11 5DJ - This takes you to the main Stadium entrance - the Athletics Centre is at the back of the stadium

By Bus - For fine details contact MetroLine: 0113 245 7676

Saturday - Frequent buses from Leeds Bus Station - along Dewsbury Road (A653) stop at Middleton Grove & 10 - 15 mins walk to JCCS Stadium

Sunday - Direct bus from Leeds Bus Station No 118A takes you direct to the JCCS Stadium

From Leeds Train Station - Taxi approx. 20 mins

Car Parking at the JCCS - Please read the signs - some car parks charge, some are free all day

COME & JOIN US FOR A GREAT DAY OUT

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