



DERBY MIND BODY SPIRIT EVENT

SAT 15TH & SUN 16TH MARCH
10AM - 5PM

Derby Leisure & Events, The
Pavilion, Moor Ln, Allenton, Derby
DE24 9HY

Adult £6.00
Concession £5.00
Child (Under 16) Free

Refreshments Available
Talks & Workshops included in the
admission price

Psychics
Crystals
Books
Mediums
Spiritual Art
Pagan Goods
Complementary Therapists
CBD
Tarot Card Readings
Jewellery
Essential Oils
Handcrafted Spiritual Gifts
Witchy Emporium
Shamanic
Sound Bath
Candles
Tarot Cards



White Light Events Mind
Body and Spirit Events



www.whitelightevents.co.uk





whitelightevents




WhiteLightEventsMBS

SATURDAY 15TH MARCH - ZONE A

 Saturday 15th March
 Zone A



 9.30AM

Amazonite Griffin Mindfulness Meditation



Mindfulness and meditation can help you build that intended relationship with transcend time. Cultivating a mindfulness practice can be difficult and a struggle sometimes, I can be that help to guide and support you, everything you need is within, sometimes we just need a little bit of help to be shown. Through guided meditation with a heart activation and mindfulness tips that can be put to practice straight away incorporating them into your day to day life.

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| 10.40 | <p>Crystals For Luck - Adele's Crystals</p> <p>Luck doesn't always mean wealth, it can mean opening new doors and being open to new opportunities, we will touch base on certain crystals that will help you with this, we will also be doing a guided manifestation with crystals</p> |
| 11.30 | <p>Enhancing Your Spiritual Gifts - Dave Green</p> <p>This talk will introduce you to the four main spiritual pathways and how they affect us - and help you to identify which is your strongest or more naturally achieved -and how to enhance it and the others! I shall be giving both theory and practical exercises to help you choose whichever one of these you are - and how to make the most of using it in your life</p> |
| 12.20 | <p>The Hidden Spiritual Vibration of Plants (Essential Oils) - Mel Foot</p> <p>When I started using Essential Oils for my health benefits, I wasn't aware that there is more to Essential Oils, and how wonderful nature is within plants. The real miracle of plants is the connection of the Spiritual Vibrational elements. Yes there is more to plants than just their chemistry. I have chosen some of the most common Essential Oils to educate you about the hidden Spiritual aspects of Natures Natural Healers, plus we will discuss the ways of using Essential Oils and how they will help you in your day to day life. My talk is designed to help you to gain more understanding and knowledge on Essential Oils and the benefits of using these powerful Natural Healers all with a little fun included.</p> |
| 1.10 | <p>How to Balance Spirituality with Normal Life - Stephanie King</p> <p>Time is precious; life too short; pressures and commitments too intense. We aim to be the best we are able but expectations, demands and stresses never cease. But did you know that being spiritual keeps you younger, fresher longer; that good health and happiness are closer than you think? Spirituality is not religion; it's how you connect to life to help it work. This channelled workshop with STEPHANIE J. KING will show you how.</p> |

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SATURDAY 15TH MARCH - ZONE A

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| 2.00 | <p>Meet your Guardian Angel - New World Creations</p> <p>Join Marco as he shares messages of love from your guardian Angels, those divine beings who love us completely and unconditionally. The angels remind us how precious and unique we are, and that we have the ability to transform our lives. Come and join us for this life changing and truly heart warming talk.</p> <p>Marco and Catherine are angelic channels, artists and inspirational speakers. They are the creators of New World Creations and Ashes into Angels memorial sculptures.</p> |
| 2.50 | <p>An Introduction to Oracle Card Reading - Julia Cornelious</p> <p>What to do with your oracle and angel cards. Includes a relaxing meditation to connect to your higher self and intuition.</p> |

 Saturday
15th March
 Sunday 16th
March
Zone A



 4.00PM
£20.00

Special Workshop Crow Full Moon Ceremony

Prepare yourself for an extraordinary journey at the Crow Full Moon Cacao and Sound Bath Ceremony with Past Life Regression! Join the exceptional team Amazonite Griffin, John Richardson, and Congeries of Sound as they lead you in an experience unlike any other.

Darren, John, and Anna are dedicated to guiding you on this transformative adventure.

John will delve into your past lives, providing you with valuable insights and helping you resolve any lingering issues that may be holding you back from your true potential.

Anna will elevate your experience with a powerful Cacao ceremony with the full moon, allowing you to release limiting thoughts and emotions with empowerment and clarity.

Finally, Darren will gently ground you back into the present with a soothing sound bath, allowing you to fully experience the profound effects of these alpha waves on your emotional and energetic well-being. Join us for this remarkable event and unlock the power within!

**DERBY
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SATURDAY 15TH MARCH - ZONE B

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| 10.45 | <p>Trust in the Spirit: Reclaim Your Life and Transcend - Alison Dean</p> <p>What lies ahead when you journey beyond your earthly existence? Discover the profound truth that life does not end—it transforms. Embrace the richness and purpose of your spiritual life once you leave your physical body behind. Explore insights from spirits across various walks of life as they shed light on earthly experiences and the boundless possibilities in the spirit realm.</p> |
| 11.45 | <p>An Insight into intuitive incense blending and our view on incense, sacred herbs, resins and woods - Earthen Holistic</p> <p>Intuitive Blending comes not from any written text or book, but more as a fusion of knowledge, feelings of truth without conscious reasoning with the underlying grounding of needs not wants."</p> |
| 12.45 | <p>The Positivity Pack - Amy Elizabeth</p> <p>Join healer, medium and 10 times mind, body and spirit author Amy Elizabeth, as she brings you unbridled levels of energy to help you unlock your true potential, feel energised, inspired and heard. Amy will bring the light to you through sharing her positivity from her rich reads, as well as demonstrate live mediumship, bringing in positive messages to all from the 12th dimension and beyond.</p> |
| 1.45 | <p>Align Your Life - Posture Alignment Therapy with Quantum Touch Healing - Shuka Oils</p> <p>Posture Alignment Therapy is a corrective massage that addresses the muscular imbalances caused by misaligned joints where physical stress has occurred in the body leaving the client tense and imbalanced. The approach considers the entire body rather than just the symptomatic area. Utilising Acupressure and Quantum Touch, a potent energy healing method aligned with life force energy.</p> |

📅 Saturday 15th March
🕒 3.00pm 📍 Zone B





Special Workshop £10.00 Connect with your spirit guides with Amy Elizabeth


Join healer, medium and 10 times mind, body and spirit author Amy Elizabeth, and learn a valuable skill set as she opens up space for you to join her on a guided journey into the 5D and beyond. Amy will help guide you into the light to connect deeply with your guides and higher self to receive your own messages. She will aid you in understanding your messages, as she also demonstrates live mediumship with you. Amy uses crystals, cards and automatic writing to help you tune in and amplify the energy (a great workshop for the creatives out there)!

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| 4.30 | <p>Mediumship Demonstration - Simon Goodfellow</p> <p>Simon prides himself on delivering heartfelt messages from Spirit or messages using Psychometry</p> |
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SUNDAY 16TH MARCH - ZONE A

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10.40

Psychic Tools - Empowering your Intuition - Dave Green

Most people have natural spiritual or psychic ability - it is part of the subconscious protection system we all have, but not everyone is good at tuning into or trusting it! In this talk we shall explore the different terminology and tools that relate to these gifts and ways to focus and make use of them and trust yourself more. I shall give you some simple exercises and techniques to help you to help yourself - and will be offering a FREE online course to anyone who attends. Break out of your rut and trust your gut :)

11.30

An Insight into intuitive incense blending and our view on incense, sacred herbs, resins and woods - Earthen Holistics

Intuitive Blending comes not from any written text or book, but more as a fusion of knowledge, feelings of truth without conscious reasoning with the underlying grounding of needs not wants

12.20

Changing you Mind Set with Crystals - Adele's Crystals

To change your mind set, we have to learn how to switch from the negative to the positive, to set boundaries to just say no. In our talk you will see & touch different crystals which will help with this.

CHESTERFIELD
RIPLEY



SOUTH
NORMANTON

WHITE LIGHT EVENTS PSYCHIC SHUFFLES

Join us for an enchanting evening of tarot readings, rune readings, mediumship and psychic readings. Our evenings promise to be filled with insights, full of laughter, and a journey of self-discovery and connection. Refreshments will be available during the evening.

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HORSLEY



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SUNDAY 15TH MARCH - ZONE A

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| 1.10 | <p>Finding your Path Forward - Russ Webster</p> <p>Exploring the shift from the conventional social self, the deeper soul self is essential for identifying one's purpose in life, rather than merely existing in the present world. It involves finding your unique path and engaging with what resonates with you, gradually revealing your authentic self. This process is crucial for personal growth and fulfillment.</p> |
| 2.00 | <p>Natures Medicine. Cancer and the Importance of Balancing the Mind Body and Soul - Nature Your Soul</p> <p>Here in my talk I will share my own story with cancer, my intuition on what caused it, the journey and importance of food, a good water source, natures medicines, not to forget therapies and how that changed my life and empowered me to help myself, my dad and others.</p> |
| 2.50 | <p>Demonstration of Mediumship - Rebecca Stretton</p> <p>Join Rebecca for an incredible demonstration of mediumship, where she will share uplifting messages from your beloved ones! Don't miss out on this amazing opportunity!</p> |

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| 10.45 | <p>Richards Sound Therapy - Richard Hissit</p> <p>Join Richard as he gives us an insight and demonstration of the planetary tubes, set to the frequency of the eleven planets plus Sirius and moon Knott. He's made and tuned the set himself, with unbelievable reaction for those who experience their sound. A workshop not to be missed.</p> |
| 11.45 | <p>Exploring the Wellness Frontier - The Hemp Man</p> <p>In our quest for optimal health and wellbeing, we often look beyond conventional medicine, exploring the realm of natural supplements. This talk delves into three intriguing options: CBD, medicinal mushrooms, and Shilajit, each offering unique benefits for a holistic approach to wellness.</p> |
| 12.45 | <p>The Hidden Spiritual Vibration of Plants (Essential Oils) - Mel Foot</p> <p>When I started using Essential Oils for my health benefits, I wasn't aware that there is more to Essential Oils, and how wonderful nature is within plants. The real miracle of plants is the connection of the Spiritual Vibrational elements. Yes there is more to plants than just their chemistry. I have chosen some of the most common Essential Oils to educate you about the hidden Spiritual aspects of Natures Natural Healers, plus we will discuss the ways of using Essential Oils and how they will help you in your day to day life. My talk is designed to help you to gain more understanding and knowledge on Essential Oils and the benefits of using these powerful Natural Healers all with a little fun included.</p> |
| 1.45 | <p>Soul Journey Numbers - Your Guide Towards Enlightenment - Source Energy Healing</p> <p>How the numbers, images and power animals associated with your name and date of birth can help you move forward on your Soul Journey towards enlightenment</p> |
| 2.45 | <p>How To Improve Your Sleep - Guy Stevens</p> <p>All of us have suffered from poor sleep at one time or another. For some it's difficulty in falling asleep, and for others, it's waking in the middle of the night, unable to get back to sleep.</p> <p>This is an informative talk on how traditional herbal drinks can aid towards a fulfilling nights rest, helping us to wake up feeling refreshed</p> |

 Sunday 16th March
 3.45pm  Zone B



Special Workshop £10.00 Connect with your spirit guides with Amy Elizabeth

Join healer, medium and 10 times mind, body and spirit author Amy Elizabeth, and learn a valuable skill set as she opens up space for you to join her on a guided journey into the 5D and beyond. Amy will help guide you into the light to connect deeply with your guides and higher self to receive your own messages. She will aid you in understanding your messages, as she also demonstrates live mediumship with you. Amy uses crystals, cards and automatic writing to help you tune in and amplify the energy (a great workshop for the creatives out there)!



Event Information

Welcome to the Derby Mind Body Spirit Event. Our first Derby event of 2025 takes place on Saturday 15th & Sunday 16th March at the Derby Leisure & Events Venue. We have been holding our events at this venue since March 2022 and it's become a popular event due to the cosy feel that this venue offers us. We have 2 rooms for our talks and workshops and space for over 45 exhibitors, within a venue that offers a more intimate setting. Access for our disabled visitors has been improved due to the purchase of a ramp down to the lower level of exhibitors.

Please note that while us and our exhibitors accept card and cash payments, the venue is a card only venue for refreshments.

Early Morning Meditation

On both days of the event we will be offering a 9.30 meditation which is included in the admission price. This is to allow our visitors to arrive early and get their parking space towards the front of the building. It also means you can enter the main event feeling relaxed, rejuvenated and ready to face the day. When you arrive at the venue you will be able to purchase your wristband before entering the meditation. The meditation will end at 9.55 and you will be able to enter the main event at 10am.

Parking

We have secured extra parking at this event which is clearly marked on the map below. There is parking towards the front of the building that fills up fast which is why we have now secured extra parking. If you follow the yellow road on the map below it will take you to the overflow car park. There is parking here for a few hundred cars so will be ample for our visitors. Once in the overflow car park just follow the purple path straight to the entrance to the event. There are no steps to navigate on this path.

