

www.whitelightevents.co.uk

Sat | 06.08.2022
Sun | 07.08.2022



Elsecar **BODY** **SPIRIT** **FESTIVAL** Event Guide

*Elsecar
Heritage Centre*

Wath Road
Elsecar
S74 8HJ

Book online or
Pay on the door





Welcome to Elsecar's Mind Body Spirit Festival

Welcome to Elsecar August 2022, what a show we have for you!

Now in its 28th year, the Elsecar festival is a firm favorite on the Mind Body Spirit calendar and this year promises to be no different. We have 65 amazing exhibitors from across the UK joining us, providing crystals to sound baths & Tarot readings to healthy feet! Whatever it is your in need of, we have you covered.

We have 2 massive marquees offering 22 talks and workshops across the weekend starting with the ever popular drumming hosted by Ken Hakin, mediumship demos and sound healing.

We again have the ever popular childrens hunt.

This year we have lost our Wise Unicorns! Can the children help find them?
We have prizes waiting for them if they can!

The venue has an additional car park making parking a whole lot easier and closer to the Ironworks, look out for the signs.

We have refreshments available at the festival, however, there are some very quaint tea rooms within the Heritage centre. If your little ones need a break and let of steam, check out the rest of the Heritage Centres facilities. You can come and go as you please to the festival. Just show the door staff your wrist band as you re-enter.

Tickets

Adult : £5.00 Adult Weekend : £9.00

Concession : £4.00 Concession
Weekend : £7.00

Under 16 yrs free entry with a paying Adult

Open Hours

Open 10am - 5pm
Both Days

Finding Us

Elsecar Heritage Centre
Wath Road
Elsecar
S74 8HJ

Follow the brown signs from J36 of the M1,
the centre is 2 miles from the motorway
in the village of Elsecar.



Talks & Workshops

All of our talks & workshops are free to attend. Arrive at the allocated time and simply find a seat.

Saturday 6th August



10.30 - 11.20 Ken & Elaine Hakin

Drumming Workshop

Join Ken & Elaine Hakin as they lead their amazing drumming workshop. This is always a popular workshop, early arrival is recommended. Feel free to bring your own drum!

11.30 - 12.15 Dave Green

Personality and crystals

Ever wondered why certain crystals work better for some people than others? Or why the meaning in a book doesn't resonate with you? In this talk we shall explore the link between crystal vibrations and personality traits - why some crystals attract us and others repel. I shall be demonstrating some mini readings, to show how by knowing this, we can focus on positive change



12.30 - 13.15 Vala Stiorra

How to Read the Tarot & Crystal Ball

There's a little psychic in all of us and through my interactive demonstration of these 2 traditional methods of divination I'll show you they are easier than you think. I'll show you how to get started with both demystifying and hopefully empowering you to move beyond the fear of them being difficult and complicated. All you need is confidence and faith in your instinct.

13.30 - 14.20 Amy Elizabeth

The Positivity Pack

Join healer, spiritual trailblazer, medium and 6 times mindset & well-being author Amy Elizabeth, as she helps us raise our vibration, awareness and consciousness. Amy Elizabeth brings you unbridled levels of energy and passion to help you unlock your full potential, understand who you are and what makes your heart sing - helping you to live a joyful life, thinking more deeply and growing fully into your best self way beyond the 3D.
<http://www.thepositivitypack.com>



Talk Zone 1

www.WhiteLightEvents.co.uk

Talks & Workshops



All our talks & workshops are free to attend. Arrive at the allocated time and simply find a seat.



14.30 - 15.15 John Richardson

Hypnosis & Past Life Regression

Feel Better Fast Hypnotherapy with John Richardson - Regression: Past Life & Present... And how this simple procedure can change your life forever!

15.30 - 16.15 The Wiccan Lady

Kitchen Witch

Ever wondered what we were using herbs and spices for before we were cooking with them? Find out how to make lotions and potions for around the house with all natural products and kick start your inner witch.



16.30 - 17.00 Simon Goodfellow

Demonstration of Mediumship

Simon works very differently from other Mediums, whereby he works with Spirit and will meet and greet the Spirit, standing beside their loved one or friend, and then he will pass on the message that has been given to him.



Our Talks & Workshop Listings are correct at the time of going to print. Please check our website for the upto date schedule.

www.WhiteLightEvents.co.uk

Saturday 6th August

Talk Zone 1



Talks & Workshops

All of our talks & workshops are free to attend. Arrive at the allocated time and simply find a seat.

Saturday 6th August



11.45 - 12.30 Kirstie Lilith

Working with the Divine Feminine & Divine Masculine

Kirstie talks about how to work with the Divine Feminine and Divine Masculine energies that are flooding onto our planet at this ascension time. She shows you how you can connect to your own divinity and also includes a meditation to enable you to experience these Divine energies yourself.

12.45 - 13.30 Sophie Fox

Guided Meditation

Discover how to harness the power of the Angels & experience a beautiful healing guided meditation.



13.45 - 14.30 Stephanie King

How to Balance Spirituality with Normal Life

Time is precious and life too short; pressures and commitments are intense. We aim to be the best that we are able to become within boundaries of unfolding life - daily, yet expectations, demands and stresses never cease... But did you know that being spiritual keeps you looking and feeling younger - and so therefore fresher longer; that good health, love and happiness are much closer than you think? Spirituality is not religion. Instead it's how you connect to life to help it work; how you read and then process all that occurs from your awareness...

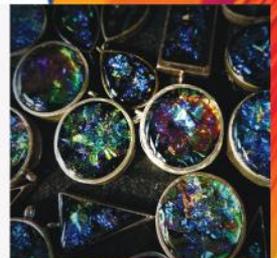
In this powerfully channelled workshop STEPHANIE J. KING will show you how to work life better, to get it to respond more successfully in your favour - according to present needs and expectations... Why accept the worst when then life's best is waiting to come in? Join Internationally known and respected, Stephanie J. King - Soulpreneur™, Author, Healer, Speaker, Life Coach, Relationship Consultant - to support and help you overcome the many challenging facets of daily life...

Talk Zone 2

14.45 - 15.30 Oraphim

Shungite

Oraphim Silver infused shungite: with the Nobel Prize winning 'Fullerenes C60' shungite stones are detoxing /purifying/Balancing/ Empowering, Oraphim will give you knowledge on how this powerful stone is transforming people lives everyday from chronic illnesses to achieving their full potential, Its actually learning about just how amazing you are and how shungite removes any blockages.



Manchester Mind Body Spirit Wellbeing & Yoga Festival 2022



www.whitelightevents.co.uk

Bowlers Exhibition
Centre

Longbridge Road
Stafford Park
Manchester
M17 1EH

24th & 25th Sept
2022

10am - 5pm
Daily

Adults: £8.00 Day
£15 Weekend
Under 16's Free

120 Amazing Exhibitors, Readers & Therapists
2 Stages of Inspirational Talks & Workshops
A Yoga / Dance Zone, All Included in Admission Price
Vegan/ Vegetarian Catering
Tickets Available on Website or on the Door
600 Free Parking Spaces, Just 2min from junction 9 M60



Talks & Workshops

All of our talks & workshops are free to attend. Arrive at the allocated time and simply find a seat.

Sunday 7th August



10.30 - 11.20 Darren Clarke

Sound Healing Workshop

Join Darren as he takes you through a fantastic workshop of what effect and power sound has on the body.

11.30 - 12.15 Dave Green

Astrology for Prediction

Most people know astrology by their star sign or may have gotten as far as having their birth chart done - but most don't understand how or why the daily placements of the planets affect our daily lives. In this talk i shall explain some of these basic processes and how to plan for best timings or minimise effects of negative placements.



12.30 - 13.15 Adeles Crystals

Crystals for the Chakra

We all have different colour points in our bodies. Each point resonates with different crystals and colours. In this talk we will explore the crystals that will benefit each point.

13.30 - 14.20 Jane Osbourne

Past Lives

Who were you? What symptoms are you carrying in this life and how to release them.



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Talk Zone 1

Talks & Workshops



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14.25 - 15.05 India Jo

Demonstration of Mediumship

Join the ever popular India Jo as she brings you a fantastic demonstration of mediumship.



15.15 - 16.00 Anna Haigh

Never again apologise for being you!

Playing small, saying Yes when you mean No, never feeling good enough or hiding your inner Light so your dreams, hope and ambitions are hidden in the shadows of your heart are just a few signs your self-esteem and worth needs unlocking from its cage. Join Anna-Louise Haigh to discover the key steps to unlock your rock-solid self-esteem, and feel inspired to be the Light the world needs today. It's time to stand in your power and shine!



16.10 - 16.50 David Mitchell - Avaja

Himalayan Singing Bowls

Join David from Avaja for an introductory talk on Himalayan Singing Bowls, find out about their History, what they are used for, how they are made, how to choose one and how to play one



Full Circle - Back to Oneness Podcast
DISCUSSING ALL THINGS SPIRITUAL



Available on most platforms including Podcast Addict, Alexa and Tuning, Google, Podbean, Apple, Spotify and Amazon Music.



Sunday 7th August

Talk Zone 1



Talks & Workshops

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Sunday 7th August

Talk Zone 2



11.45 - 12.30 Philip Greenwood

How to meet your guides - in Ten Minutes

In this fascinating workshop, Philip will teach a technique which will enable audience members to make contact with their spirit guides.

12.45 - 13.30 Magikal Echoes

Crystals for Manifesting

Are you interested in learning about the law of attraction and how crystals can help you change your mindset so you can not only believe in yourself, but help you start to reach for the stars then come join Niki as she deep dives into all things manifesting and how to use crystals to raise your vibrations to attract the life you desire!



13.45 - 14.30 Amazonite Griffin

Divine Feminine and Crystals

People often think the Divine feminine is only for women but it is actually for everyone we all carry it within us. Divine feminine is an energy that has been with us since ancient times it represents the connection to the part of your consciousness responsible for nurture, intuition and empathy regardless of gender, It's your wisdom. We all have masculine and feminine aspects these two energies can become imbalanced. This talk is to remember our spiritual divine feminine appreciating and celebrating all the wonderful aspects of yourself that reflect the divine feminine through crystals. Giving you the opportunity to balance that energy by allowing your true feminine side to be expressed and how to reconnect.

14.45 - 15.30 Alison Dean

The World of Runes

Come and join me and choose a rune that speaks to you, learn its meaning and message that you choose. Then meditate with the rune symbol, feel a connection and relaxation. Learn about the runes healing powers, learn about different combinations of bin runes to benefit life.



Talks & Workshops

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15.45 - 16.30 Share International

Information on the Ageless Wisdom Teachings, Maitreya and the Masters of Wisdom, in this time of global transition, a time like no other in our history.

www.whitelightevents.co.uk

Sat | 18.03.2022

Sun | 19.03.2022

Elsecar
Heritage Centre

Elsecar **IN** BODY
IN SPIRIT
IN FESTIVAL

Wath Road
Elsecar
S74 8HJ

Talks & workshops
included in the entry
price. Schedule
published on website

10am - 5pm Daily

Adult £5.00

Concession £4.00

2 Day Pass £9.00

Concession £7.00

16 & Under Free

Book online or
Pay on the door



Sunday 7th August

Talk Zone 2

Attending Exhibitors



Alison Dean

As a medium I provide readings with a combination of techniques using one to one connection with spirit, spiritual cards and Rune. Come join me for a reading.
www.facebook.com/allisondeanmedium



Adeles Crystals

My passion has always been crystals and helping people find the right ones for themselves im here to help with your crystal journey.
www.adelescristalsjewellery.com



Amazonite Griffin

Amazonite Griffin making the dark days brighter with their range of enchanted products giving you that helping hand in day to day life, your one stop shop for all needs.
www.amazonitegriffin.com



Angela Welsh

Spiritual readings
www.psychicratbyangela.com



Angelic Energies

Experience a myriad of ways Angels can transform your life by visiting Sophie at the Angelic Energies stand
www.AngelicEnergies.co.uk



Art to Inspire

A large original collection of spiritual paintings, prints, cards & gifts. Be ready to be at awe with the Angels!



Astral Orgonite Pyramids

I create individually hand-crafted Orgonite Energy pyramid models which can greatly reduce the effects of EMF radiation in the home environment which are caused by the use of domestic electronic devices. I also sell hand-made spiritual greetings cards..
www.astralorgonitepyramids.com



Awaken Soul

At Awakened Soul we believe in opening your senses and awakening your soul. Not only do we provide Organic and Fair Trade products.
www.awakenedsoul.co.uk



Awaken your Wow

Anna-Louise Haigh, Author of The Soul Whisperer and more, delivers wisdom for a changing world direct from the heart of experience through her books, retreats and online programmes.
www.annalouisehaigh.com



Avaja

Avaja offers a range of Handmade 7 metal Himalayan Singing Bowls from Single Bowls to Professional 7 Bowl Chakra sets. We also have Chau and Wind Gongs together with a range of Tibetan Jewellery
www.avaja.co.uk



Crystal Carol

Hand picked crystals from A-Z! Hand picked from all over the world.
www.crystalcarol.org



Congeries of Sound

I do sound treatments using tuning forks, singing bowls, gongs and vocal's. this is a unique treatment, taking you into a healing meditation.
www.facebook.com/congeriesofsound



Elaine Hakin

Elaine is a natural Clairvoyant, Highly Intuitive, International Spiritual Medium



Emchanted Garden

Bring magic to your home with Emchanted Creations. Crystals, Essential Oils, and Reiki Energy-infused candles and wax melts. Handmade using vegan, cruelty free, ethically sourced ingredients.
www.emchantedcreations.com



Ethically Gifted

A treasure trove of fairtrade, eco friendly and recycled gifts, decor and fashion accessories, ethically sourced from around the world.
hello@ethicallygifted.co.uk

Attending Exhibitors



Frigga's Witchy Emporium

Purveyors and retailers of the most fabulous OOAK, new, pre-loved and vintage pagan, spiritual and alternative goods inc divination tools (tarot cards, runes, crystal balls), ritual tools (cloaks, wands, besoms, staves), altar items, gifts and so much more. Vala Stiorra offers traditional fortune telling and rune reading for accurate, down to earth life guidance and future fortune readings.
vala.stiorra77@gmail.com



Gently Stirred

Gently Stirred has been established since 1999, selling health supporting herbal teas, tisanes & blends. We offer advice & guidance, for our range, which covers long established, & traditionally used remedies.
gentlystirreduk@gmail.com



Heather Wood

I offer readings using ribbons, tarot and oracle cards and as a guide, medium and therapist I help to understand the past and how this can inform the present and potentially the future.
heatherwood12@hotmail.co.uk



India Jo

From my earliest recollections I have been able to see & communicate with the subtle realms, I love to connect with yours and the subtle realms to make your bespoke reading a unique experience.
Indiajo@gmx.com



Jacqui De Rose

Jacqui de Rose Art is a nature inspired Pagan/ Folk artist specialising in Pagan Portraits and based in rural Derbyshire. Her colourful stand is full of original art, limited edition prints and hand painted wooden decorative items.
jacquiderose@yahoo.co.uk



Jane Osbourne

Your soul is more powerful and smarter than you envisage. Using Past Life Regression connect the missing pieces in the jigsaw of lives. Align with your purpose, your passions and what makes you feel whole. Your soul is waiting for you to say hello.
janeosborne123@outlook.com



John Richardson

Spiritual Readings of Guidance and Counsel, Feel Better Fast Hypnotherapy and Hypnotherapy Training, Past Life Regression and Past Life Readings for Private and Corporate Clients.
www.feelbetterfast.co.uk



Keith Howes

Tarot readings combining the beautiful symbolic imagery of the Thoth Deck and the age old wisdom of astrology to highlight your true path.
keithhowestarot@gmail.com



Feet First Reflexology

David Elliott MAR, level5 Reflexologist. Member of Association of Reflexologists, DBS & Public Liability. Also registered to receive clients from Insurance departments via CNHC. Try a Taster session today!
Feetfirstreflexes@gmail.com



Kirstie Liliith

Hi I'm Kirstie and I am an animal communicator, medium and teacher. I provide 1-2-1 sessions in both divine guidance and animal communication. I also run spiritual retreats, workshops and development circles.
www.kirstielilith.com



Laura Miles

Sterling silver gemstone jewellery, gemstones and carvings
laura.miles@live.co.uk



Leo Moon Astrology

Astrology readings
www.leomoonastrology.co.uk



Magikal Echoes

Magikal Echoes is a place where you can come for healing or training. Niki also runs an exclusive online community where you can learn how to use crystals in your daily life.
www.magikalechoes.co.uk



Holistic Hut

Holistic products to restore wellbeing, bespoke products are made using a unique blend of synergy and vibrational energy signatures specially selected for their healing properties.

Attending Exhibitors



Lisa Perkins

Providing clarity and guidance through tarot and medium ship in a loving and supportive way.



Mark Aston

Spiritual tarot readings and psychometry.
mark.eff@hotmail.com



Mel Jay

offers a wide range of high quality silver & gold crystal/semiprecious jewellery (pendants, earrings, rings, bracelets) including distinctive earcharms. Mel designs and hand makes Shungite jewellery, Colour Therapy & Wellbeing bracelets. Mel can see chakras and is happy to discuss on purchase your colour/crystal choice. She also offers a wide selection of A grade crystal specimens and carvings.



Natural Healing Therapy

Unique Ayurvedic holistic therapist with over 25 years experience, specialist in reflexology not only feet but also hands and ears. Authentic Indian head, neck, shoulders, and back massages.
ushahenderson@hotmail.com



Natural Self

Natural Self provides therapy and training in Spiritual, Magical and Complementary Therapy topics across the country and online. We also provide a range of therapies, products and services relating to mind body and spirit.
admin@naturalself.co.uk



Oilfaction

We sell high Quality Essential Oils, Roll on Blends, Charka and Room Sprays, Car Diffusers and more
www.oilfaction.co.uk



Oraphim

All your Shungite needs fulfilled! with beautiful shungite jewellery, Stunning pyramids, easy phone stickers, pet collars, soap & balm/bodycare, stones, keyrings, shower heads too.
www.orphim.name



Pam Shield

Pam Shield Tarot reader and spiritual guidance. My readings are all about YOU and the here and now. I work with my Spirit guides to offer guidance on situations that are around you in order to help you to take back control of your life.



Pat Pitt

I am a psychic medium who works with tarot and colour provide guidance and direction.
patpittpsychic@gmail.com



Mystical Messengers

Our crystal healing creations are individually hand made in our Norfolk home. These have been made with the loving intentions of providing you with an amazing tools to start or continue your natural healing journey. Each crystal combination is carefully chosen for its ability to work together and amplify each other's energy and healing properties bringing balance to your hearts and homes.



Peppercorn

Specialists in Crystals, minerals, gemstones and fossils from around the world including the UK, gemstone jewellery, wands, pendulums and lots of other crystal related items, with 35+ years experience in both. the Crystal healing and serious mineral collector realms.
www.facebook.com/Peppercorn-Health-Foods-Therapies-228990923828598



Philip Greenwood

Spiritual Readings, using Oracle Cards where appropriate. Come on a journey to meet your Spirit Guides! See examples of my Spirit Art, featuring portraits of loved ones on earth and in Spirit.
www.facebook.com/theportraitpainterbyphilipgreenwood



Pyramid Lady

www.facebook.com/thepyramidlady



Sanctuary Reflexology

Reflexology and Indian head massage you may have tried many, but i am one of the best!
www.facebook.com/sanctuaryreflexology

Attending Exhibitors



Salt & Rock Shop

Salt lamps, crystals, selenite, incense
sales@thehealthyoptionstore.co.uk



Soul Flames

Energy healing clears blocks and balances the etheric body for healing to occur. Meridian Energetics is an evolutionary energetic healing modality that works directly on the etheric body and is based on 12-chakra system within the body.
sharon@soulflames.co.uk



Spirit of Selene

A range of handmade jewellery, homeware and aromatherapy products made with vegan friendly clays, intuitively chosen crystals, pure essential oils and love!
www.spiritofSelene.co.uk



Spiritual Creations

I create spiritual based artwork original paintings, hand embellished with gold / silver leaf limited edition prints and handmade cards.
www.spiritualcreations.org



Simon Goodfellow

As a Spiritual Medium, I work closely with my Spirit Guides and Spiritual Helpers and am assured of my calling to help and heal people when they need closure and direction to enable them to move on with their lives.
mediumsimon@yahoo.com



Talismayic

I create handmade copper, Enamel, gemstone and hand painted jewellery, hangings, plaques and herblore/magic /nature inspired items.



The Enchanted Garden

The Enchanted Garden is a metaphysical shop selling a variety of hand picked, ethically sourced crystals and fossils. All items have been reiki cleansed and charged by the owner, who has been attuned by Age of Light at East Cheshire Hospice.
www.etsy.com/uk/shop/TheEnchantedGardenGB



The Hemp Man

The Hempman brings a selection of organic plant oils, including hemp and CBD as well as turmeric extracts to support health's and wellbeing.
thehempmanstore@gmail.com



The Wiccan Lady

The Wiccan Lady - Provider of all your witchcraft essentials including education courses and "Year and a day" Witches School. Years of experience in both witchcraft and teaching.
www.thewiccanlady.co.uk



The Witches Heart

A handmade witchcraft supply store, specialising in ritual candles, botanical oils, spell kits and herbal blends. With an expansive range of divination cards and other tools for spellwork and ritual.
www.thewitchsheart.co.uk



Vizons Tarot

Local author invites you to explore the inner-energies of the Tarot to become more self-aware and tune into your inner-voice to take full responsibility and control of your life, which in turn will lead you to feeling happier and more fulfilled.
www.facebook.com/VizonsTarot



The Witchy Closet

The Witchy Closet is a supplier of handmade, organic and ethically sourced clothing and gifts as well as body care items.
www.thewitchycloset.co.uk



Share International

Information on the Ageless Wisdom Teachings, Maitreya and the Masters of Wisdom, in this time of global transition, a time like no other in our history.
share-international.org

Attending Exhibitors



Serraff Souls



Shine with Ali

Shine is a range of unique clothing designed to flatter our beautiful bodies
www.shinewithali.co.uk



Stephanie King

www.stephaniejking.com



Spirit Earth

A fantastic selection of Pagan goods, Altar Wares, Books, Tarot & Oracle cards.
www.spiritearth.uk



Tres Joli

Tres Joli offers a variety of fairtrade clothing and gifts. Clothing is hand-crafted in Nepal, India and Mexico. We have stunning handmade wool items from Nepal, such as hats, gloves and jackets to keep you cosy and warm in the winter. Tapestries are offered from India, constructed from the finest of silk Indian wedding clothes with metallic threads to gleam and glitter as a throw, or to adorn your bed or wall, in addition to beautiful sari-silk skirts and dresses. Cotton Bajas from Mexico are a poignant reminder of the festival season, but these hard wearing items will also keep the chills out
www.gaiastrreads.com

2022 Events

Manchester Mind Body Spirit & Yoga Festival
Bowlers Exhibition Centre
24th & 25th September 2022

Matlock Mind Body Spirit Event - Matlock Imperial Rooms
8th October 2022

Long Eaton Mind Body Spirit Event - Novotel
9th October 2022

Derby Mind Body Spirit Weekend - Rolls Royce
12th & 13th November 2022

www.WhiteLightEvents.co.uk

Childrens Hunt



Can you believe it, our Unicorns have escaped!

We need your help to find them again. Six of our Unicorns are hidden around the hall. Look for them on every stand, if you find one, tell the person on the stall and they will mark the picture.

Find all six, and as a reward for helping us, there is a treat awaiting you at the entrance desk.

Lucky hunting!

