

10am -5pm

23 | 24  
SAT | SUN

September

Bowlers Exhibition Centre  
(BEC Arena)

Longbridge Road  
Manchester M17 1SN

# Manchester Mind Body Spirit & Yoga Festival Show Guide

Over 100 Exhibitors - Talks & Workshops All Weekend  
Yoga Studio with Classes - Refreshments - Ample Parking  
Vegan & Vegetarian Catering (improved)

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

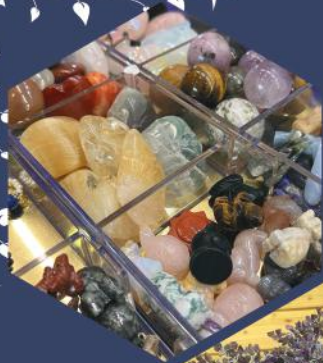
£8 Admission

£15 Weekend

Under 16 Free

[www.whitelightevents.co.uk](http://www.whitelightevents.co.uk)





adelescristals  
jewellery

# Adelescristaljewellery.com

*Hi Im Adele from Adeles crystals & jewellery, I have always had a path that included crystals from being little and obsessed to growing and still being obsessed. I love to help people find the right crystal for them; the joy people feel from finding the right crystal always makes me smile. Im here to help with any kinds of crystals be them in any form. If you need any help or advice im always here to help.*

# Welcome



## Manchester Mind Body Spirit & Yoga Weekend 2023

Welcome to White Light Events Manchester MBS & Yoga weekend. Last year was amazing, a weekend full of everything you could want. Yes we had a few teething problems, we've learnt and improved on them. We have introduced our Unicorn Hunt for our younger visitors, brought over 90 different unique exhibitors creating the perfect place to be immersed in the world of Mind Body Spirit & Yoga.

We at White Lights have a passion for bringing together the very best exhibitors on offer, creating a weekend that will have a lasting effect on you! Offering you everything from Crystals, Tarot Readings, Clothing, CBD Products to Yoga wares, Incense, Books and Tarot Cards. Throughout the weekend, you can take part in over 28 Classes, Talks and Workshops. These are all included in the admission price.

We have an extra special workshop on Sunday afternoon. Darren Clarke & John Richardson bring a Hypnotherapy sound bath!. Never seen before!

## Show Info

**Bowlers Exhibition Centre, Longbridge Road,  
Manchester, M17 1EH**

Exhibition Opens:

Sat 23rd Sept : 10am - 5pm

Sun 24th Sept : 10am - 5pm

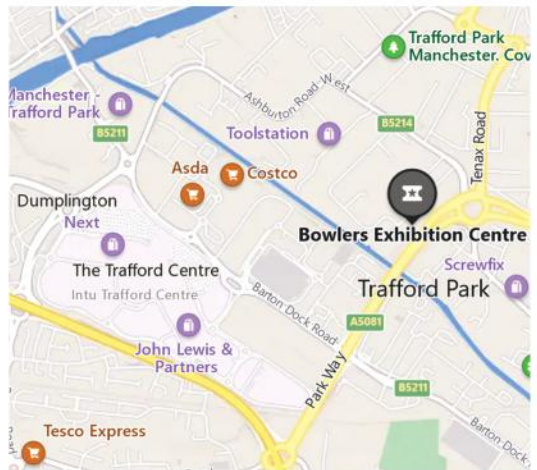
### Admission

1 Day Adult: £8.00

2 Day Adult: £15.00

Children under 16 are free but must be accompanied by a paying Adult.

Tickets available on the door or online



### Workshops & Talks

Presentations are free to attend. Turn up and find a seat. All presenters & exhibitors are correct at the time of going to press. White Lights accept no liability for programme changes beyond our control. Audio and visual recording of the workshops, lectures & stage demonstrations are strictly Prohibited and subject to copyright.

### Parking

We have enough space for 600 cars. Venue parking fee applies

### Yoga Studio Workshops

Yoga workshops are free to attend but numbers are limited. Please obtain a ticket at the reception desk upon arrival to secure your space. Yoga mats are provided, along side an area for any belongings. Please ensure you bring/wear suitable clothing for workshops and a supply of water.

### Catering

A selection of food including vegetarian and vegan, hot and cold food, snacks and beverages will be available.



# Talk Theatre

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

Saturday 23rd September



**10.20am** Dave Green

## Centering, Grounding & Protection

Many people think visualising a bubble or picture growing roots will ground and protect them - but don't realise that such exercises can actually put you at risk spiritually. In this talk i will be sharing the differences between centering, grounding, protection and shielding and how to know if they are working for you - along with a number of exercises for you to use to strengthen your own spiritual energy and keep it safe. Perfect for empaths, healers, readers and mediums - and those, people just starting to explore their spiritual gifts



**11.00am** Adele's Crystals

## Learn to Love Your Heart

The heart chakra is the fourth chakra and is our centre of compassion, empathy and love. It connects us to our true selves. When our heart chakra is in balance we are emotionally stable and healthier. We are going to be working through heartaches, heart breaks and the worries that are held deep in our hearts. To help us we will be using use Rose Quartz (self love) and Green Aventurine (grounding) and these along with the work we are going to do will link our minds and our hearts again, bringing balance and calm, joy and peace.



**11.40am** Peter Loy

## The Tarot Key

This is the essential guide to unlocking the secrets of tarot from renowned psychic Peter Loy - The Pagan Psychic. This fascinating and enlightening talk can be used in conjunction with any set of tarot cards, explains the history and symbolism of the tarot deck as well as providing a step-by-step guide to using the cards for divination practices. This is your key to harnessing the power of the tarot and mastering the cards quickly and effectively.



**12.20pm** The Wiccan Lady

## Eye of Newt, Graveyard Dirt, Beggars Buttons & Blood of Bat

Ever wondered if witches of old really pulled the legs off toads, dug up graves and squeezed out newts eyeballs? Find out where these funny names came from and which herbs and plants they actual belong to in modern day witchcraft.



**13.05pm** Daughters of Gaia

## Live music performance

Sit back and relax as Barbara Meikle John-Free & Flavia Kate Peters perform a collection of their live tracks from the Daughters of Gaia. Not to be missed.

# Talk Theatre



Saturday 23rd September



13.45pm

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>



14.35pm

Magikal Echoes

Contains Adult Language

## Empower yourself using crystals

Do you feel like you are living a life which is not yours? Maybe you feel like you are keeping yourself small and you are getting fed up with your own mindset. Come join Niki as she talks about crystals to help empower you to protect your energy, then use that energy to live the life you know you truly deserve.

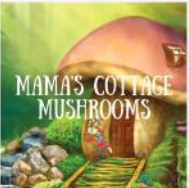


15.20pm

Helen Scott

## Super Nature

Journey through the Super Nature Essences. A healing meditation journey experiencing the vibrations of the Super Nature Essence Space and Aura Sprays.



15.55pm

Mama's Cottage Mushrooms

## Natures Medicine

Natures Medicine - Discussing the magic that lays beneath your feet and how we turn it's fruits into simple medicines.



16.30pm

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.



# Yoga Studio

Our Yoga workshops are free to attend, they do however have limited spaces. Simply ask our door staff for a ticket to your desired workshop(s) when you arrive at the event. We supply mats, however feel free to bring your own.

Saturday 23rd September



11.00am

**Creative Calm Studio**

Yoga Class for our Younger Visitors

Join me (Hayley aka the yoga lady) for a magical yoga adventure through storytelling, song, movement and meditation. A fun class for your mini-yogis (5-9yrs)



12.00pm

**Dave Green**

Element Fitness



Element fitness is a fusion exercise class for people of all abilities. Encompassing yoga, pilates, tai chi, martial arts and meditation we explore and expand the body and the energy layers as one. <https://www.facebook.com/ElementFitnessClub>



13.00pm

**Yellow Buddha Yoga**

Chakra Balancing

Learn to awaken and activate your chakras - your energy centres within. Gather your inner energy, through a unique combination of exercises and specific sequences, yoga asanas and breathing.



14.00pm

**Dru Yoga**

Dru Yoga Teacher Joshna Patel

Finding Strength & Stability with Dru Yoga, in an Ever-changing World Experience how quickly Dru Yoga takes you to a place of self-compassion and inner strength. You don't have to be an experienced yogi to feel and function your best. Dru Yoga's wellbeing benefits are apparent from the moment you engage with it. Flowing movements, easy breathing and soothing relaxation allow you to enter your day with energy and a sense of empowerment. Like many others have found, Dru is the perfect yoga for these times.

# Yoga Studio



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15.00pm

Radiant Spirit Yoga

## Ying Yang Yoga

The Dance of the Divine Masculine and Feminine. This session will explore the harmonisation of the divine masculine and divine feminine energies which exist within all of us. Through a blend of active, yang vinyasa flow and restorative, yin poses we will bring the mind, body and spirit into harmony and balance which is the essence of our true, authentic selves. Suitable for all levels, wear loose clothing



16.00pm

Anna Louise Haigh

Note: This is a non yoga talk

## Face Whispering 101

From first glance to forever, how Face Whispering can help you create lasting relationships with confidence. Attraction happens on many levels for many reasons, however, wouldn't it be helpful to be able to see past the rose tinted glasses? Face Whispering gives you non-judgemental insights to character, personality and authenticity without diffusing the 'fizz' of meeting someone new or building better relationships with those in your life now. Discover more with Anna-Louise Haigh, The Face Whisperer and gain reliable insights instantly.

# Spirit Earth



[www.spiritearth.uk](http://www.spiritearth.uk)

Tarot - Pagan - Books

Saturday 23rd September

# Childrens Corner



## 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!





Autumn

# Buxton Health & Healing Festival

**28TH & 29TH OCTOBER 2023**

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10AM - 5PM BOTH DAYS

OCTAGON HALL, BUXTON PAVILION, ST. JOHNS  
ROAD, BUXTON, SK17 6BE

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**[WWW.WHITELIGHTEVENTS.CO.UK](http://WWW.WHITELIGHTEVENTS.CO.UK)**





# Talk Theatre

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

Sunday 24th September



**10.30am** Anchor Haven

## Crystal Connections

How to bring crystals into your daily life for health and well-being. Julia will introduce you to working with crystals through intention and meditation. Learn what to do with your crystals.



**11.15am** Felix Hyde

## Holographic Healing & Light Language

Understanding the holographic fields and how to heal through them with the use of energetic streaming and Light language, what is it, and how do we speak it.



**12.00pm** Sophie Fox

## Becoming Empowered

Are you ready to release what's holding you back from living the life you deserve? Join Sophie to experience a healing and cleansing meditation with the Angels.

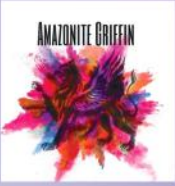


**12.45pm** Saoirse Brown

## Can our Thoughts have the power to shape our reality?

In this enlightening talk, we delve into the profound concept that our thoughts have the power to shape our reality. By exploring the fascinating realm of positive visualization, we uncover the transformative potential it holds in manifesting our desires. Through an engaging discussion, we examine the intricate interplay between our thoughts, emotions, and the external world, highlighting the role of conscious intention in the manifestation process. Drawing from a rich tapestry of scientific research, spiritual teachings, and personal anecdotes, we embark on a journey to understand the profound influence our thoughts exert on the fabric of our existence. By exploring practical techniques and strategies for harnessing the creative power of our minds, this talk empowers individuals to cultivate a positive mindset and consciously design their own reality. Whether seeking personal growth, professional success, or overall well-being, this thought-provoking presentation offers valuable insights and guidance to help manifest your deepest desires and truest aspirations.

# Talk Theatre



**13.30pm** Amazonite Griffin

## Mindfulness Meditation

Mindfulness and meditation can help you build that intended relationship with transcendent 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.



**14.20pm** Natalie Read

## Love Transforms

Would you like to have more self-love, happiness or improve your relationships with others? Join counsellor, spiritual coach and author Natalie Read to find out how the power of unconditional love can transform programmes of fear, scarcity and not enough into a more empowering mindset of love and abundance. Learn steps you can take and experience a powerful heart-based meditation to start transforming your results today.



**15.05pm** Lisa Perkins

## Demonstration of Mediumship

Lisa Perkins Spiritual medium and clairvoyant, will deliver messages from spirit, past loved ones and guides. offering clarity and guidance in a loving and gentle way. Looking forward to seeing you.



**15.50pm** 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...

Sunday 24th September



# Yoga Studio

Our Yoga workshops are free to attend, they do however have limited spaces. Simply ask our door staff for a ticket to your desired workshop(s) when you arrive at the event. We supply mats, however feel free to bring your own.

Sunday 24th September



**11.00am** Vala Stiorra

## Vala's Inclusive Alternative Runic Meditation & Yoga for all abilities.

Join me for my inclusive alternative runic meditation and yoga for all abilities. Whether you have limited mobility due to a disability, like me, or fit and flexible; my alternative form of yoga and meditation focuses on engaging with the runes and channelling their energy into a light form of yogic stretching that can be done either seated or standing. This short light workout has been checked and approved by physiotherapist helping me regain some flexibility in my arthritic joints. Doing this every day also helps me feel empowered and energised and I'm excited to share it with you



**12.00pm** Creative Calm Studio

## Introduction to Creative Calm Yoga

Join me (Karen Haddgett) for an introduction to a Creative Calm Yoga session that will include Yoga, Somatics and Functional Movement. Discover your inner Ahh...



**13.00pm** Yoga Work Shop

## Yoga Workshop (Please check website for details)

Please check our website for details of this workshop



**14.00pm** Cacao Ceremony with Liam Browne

Cacao Ceremony with Liam Browne The Ceremonies open the heart, show you the stuff you need to release and get you ready for shining your light on the whole world. You will leave feeling empowered, rejuvenated, and with a new thirst for life knowing you have just experienced something super, super powerful. The Ceremonies create a container to honour the great plant medicine Cacao, calling in the spirit of Lady Cacao, the angelic realms and the highest vibration will guide you, setting the energy of the Ceremony beautifully. Shamanic drumming is used to shift your perception to that of a sacred space in the amazon. The group then sets their individual intentions for the Ceremony and sings mantra together. A deep guided meditation connects you to the earth and opens you up to the universe, taking you face to face with the areas of your life that you need to cleanse, process, sit with and overcome. With this space created the essence, truth and magic of who you really are can shine forth. Liam's Team have a wealth of experience and has been hosting Cacao Ceremonies which is an adventure of pure bliss and healing.

# Yoga Studio



15.00pm Hypno Sound Bath

£20 per person  
Paid Workshop

John Richardson & Darren Clarke

This is a rare opportunity to experience healing of the highest potency... First there will be a brief introduction to hypnosis and sound healing, thereafter John will gently take you into hypnosis allowing the mind to open and become highly receptive to the amazing sound healing conducted by Darren. This will be an amazing opportunity to receive healing whilst experiencing a deep state of relaxation.

Spaces are limited on this workshop. Available either via our website or at our reception desk at the event.



Sunday 24th

## Vala's Pocket Book of Runes

Vala Stiorra's debut book "Vala's pocket book of runes" is out now and available to purchase directly as a limited-edition print with free book signing at events only. Unlimited editions will be available soon through direct purchase, amazon and other retailers, please ask for details.

"In the wake of a missing quick pocket guide to using and applying runes to the modern day, Vala has created this book to give everyone a go to, easy to carry book written from her own profound connections and innate kenning. Written in 5 simple parts it has all you need to start and continue your journey with the runes..."

As a special event offer every limited-edition book purchase entitles you to an unlimited £2 voucher off any set of handmade runes by Vala herself. Today Vala offers both readings, book sales and signings plus her pagan/spiritual retail stand.

In Vala's own words "I am a British author, artist, priestess of Frigga, rune reader and traditional fortune teller from a hereditary Roma gypsy & northern English origin. My aim is to bring you my unique and pragmatic gift to help empower and clarify your life through my no-nonsense life guidance, future focused readings. I am devoted to helping simplify and make the spiritual world accessible for beginners and help anyone regardless of ability by sharing my knowledge, journey and heritage using easy to understand language and relatable examples, often from my own experiences, I help people breakthrough blockages, and gain clarity and empowerment in their lives. Also, with my husband I sell pocket friendly vintage, new and handmade products from divination tools (tarot & oracle cards, ogham & rune sets, crystal balls & teacups), clothing, jewellery and altar tools, to one of a kind pagan and gypsy inspired artistic designs and so much more through our retail stand Frigga's Witchy Emporium"



# Exhibitor Listing



Dave Green - Natural Self & Element Fitness Reader & Retailer	Simon Goodfellow - Psychic & Tarot Reader
Stephanie King - Reader	Vala Stiorra - Tarot & Tea Leaf Reader
Angela Welsh - Psychic & Tarot Reader	John Richardson - Tarot Reader
Keith Howes - Tarot Reader	Mark Aston - Psychic & Tarot Reader
Rebecca Stretton - Reader & Retailer	Lisa Perkins - Psychic & Tarot Reader
Alison Dean - Psychic & Rune Reader	Peter Loy - The Pagan Psychic Psychic & Tarot Reader
Rafael - Psychic & Tarot Reader	Karen Edmond - Spiritual Medium
Richard Odams - Urban Warlock Psychic & Tarot Reader	Carolyn Shepard - Cara Moonology & Tarot Reader
Cassie - Orphim	Crystal Carols - Crystal Retailer
Andrea Bittencourt - Heaven to Earth Spiritual Readings	Salt & Rock Shop - Crystal Retailer
Adele's Crystals - Crystal Retailer	Magikal Broom Closet - Crystal & Retail
Peppercorn - Crystal Retailer	Linda Beswick - Hope Holistics
Sharon O'Brian - Soul Flames	Julia Cornelious - Anchor Haven
Darren Clarke - Congeries of Sound	Eva Bihari - Access Bars
Meera Cheng - Meeraki	Tariq - Svahj Wellbeing
Chandu - Sanctuary Reflexology	Nicky Hesketh - Divine Plan Healing
Natalie Read - Spiritual Coach	Vegan Sweet Tooth - Vegan cakes & goodies
Amy Goodwin & Kathryn Henshaw - Gateway to your higherself	Breast Cancer Now - Charity
Felix Hyde - Therapist	Amazonite Griffin - Retailer
Chris Carey - Awaken Soul	
Mel Jay - Crystal Jewellery	

# Exhibitor Listing



Debbie Webster - Art to Inspire

Annie Fleetwood - Governors World

Heather Smith - Share International

Laura Miles - Jewellery

Niki - Magikal Echoes

Sophie Fox - Angelic Energies

Scarlet Wakefield - Spirit of Selene

Paula Dennis - Celestial Moon

David Mitchell - Avaja

Helen Wilkins - Black Unicorn Healing

Michelle Ulea-Vang - That Mishi Magick

World Wildlife Fund - Charity

Carl Gatham - Stone Circle

Kate - Mama's Cottage Mushrooms

Louise Bloomer - The Wiccan Lady

Joe Mugan - The Power Within

Liam Browne - Full Power Cacao

Mili Bhatia - Cosmic Tula

Sonka Keys Braunovoa - Healy Roots

Bassett Omer - White Aura Alchemy

Helen Scott - Super Nature

Rebecca Stretton - Roots Vegan Skincare

York Aura Post - Aura Photography

Joshna Patel - Dru Yoga

Vivian Nash - Astrial Organite

Saoirse Brown - Life Coach

Jane Manton - Serriff Souls

Mel Foot - Oilfaction

Barbara Meikle John-free & Flavia Kate Peters  
- Spirit Visions

Tavi - The Hemp Man

Denny Ray - Modern Witch Boutique

Utility Warehouse - Information

Rebecca Smith - Moonchild Crystal

Kay Chung - KC Holistics

Katie Gray - Healy Frequencys

Anna Louise Haigh - The Soul Whisperer

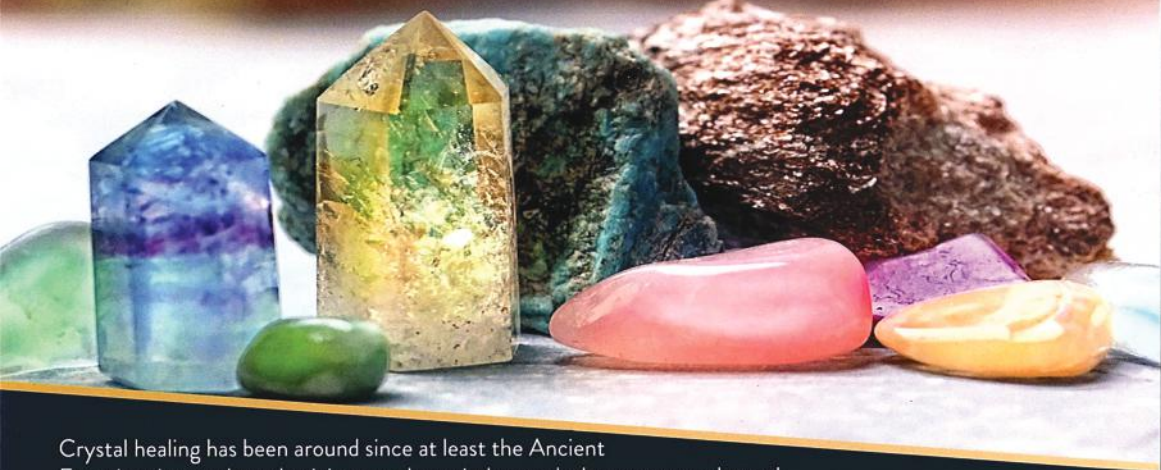
Karen Hadgett - Creative Calm Yoga

Lisa Matthews - Spirit Yoga

Ian Thomlinson - Eathern Lore

Lesley Cannon - Quill Literature

# CRYSTAL CAROL'S



Crystal healing has been around since at least the Ancient Egyptian times, when physicians used to grind crystals down to a powder and mix them with various liquids to form a medicine. We now know you don't need to do this!

The energies from Crystals, which are electro-magnetic, work with the human body to encourage it to heal itself. Crystals do not only work on the physical body, but also the emotional, mental and spiritual self. Crystals work in harmony with prescribed medication. Please never stop taking prescribed medication with-out consulting your doctor, even if you are feeling a lot better.

It is thought that wearing Crystals is the best way to get the benefit, but you could just carry them with you in your pocket, purse, bag or even bra! You can also place Crystals around the home. For instance a Rose Quartz in the bedroom for peace and love, or a Citrine in your wealth corner to boost your finances!

To get the "best" from your Crystals you should cleanse and recharge them at least once a month. Cleanse them under running water or pass them over a flame. Recharge them in direct sunlight or on an amethyst bed. This will keep your Crystals energised. It is also a good idea to cleanse your own aura, Himalayan rock salt in the bath is ideal for this.

**You do not need to believe in Crystals for them to work, they just do!**

## CRYSTAL CAROL'S

**Shop Opening Times**  
Mon - Sat: 10am till 4.30pm  
Sunday and Bank Holidays: Closed

11 George St, Ashton-Under-Lyne, Lancashire OL6 6AQ  
0161-339-6677  
[www.crystalcarols.org](http://www.crystalcarols.org)

[www.facebook.com/CrystalCarols](https://www.facebook.com/CrystalCarols)