

| 28 | 29 |  
SAT SUN

September  
10am - 5pm

Concorde Conference Centre  
Wilmslow Old Road  
Altrincham  
WA15 8XQ

# Manchester Mind Body Spirit Festival

## Show Guide

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

- Psychics
- Crystals
- Books
- Mediums
- Spiritual Art
- Pagan Goods
- Complementary Therapists
- Mushroom & CBD Supplements
- Holistic Therapies
- Tarot Card Readings
- Jewellery
- Essential Oils
- Handcrafted Spiritual Gifts
- Witchy Emporium
- Shamanic
- Sound Bath
- Candles
- Tarot Cards
- Cacao Lounge

For updates on this and other events in your area  
follow us on facebook: /whitelighteventsuk  
Instagram: whitelightevents  
Tik Tok: @whitelighteventsmbs



CONCORDE  
CONFERENCE  
CENTRE

**£8 Day Admission**  
**£15 Weekend Admission**

Autumn

# Buxton Health & Healing Festival

**19TH & 20TH OCTOBER 2024**

10AM - 5PM

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

ADMISSION

ADULT 1 DAY £6.00 2 DAY £11.00

CONCESSION 1 DAY £5.00 2 DAY £9.00

ACCOMPANIED CHILDREN UNDER 16 FREE

- Psychics
- Crystals
- Books
- Mediums
- Spiritual Art
- Pagan Goods
- Complementary Therapies
- Herbal Tea
- Tarot Card Readings
- Jewellery
- Essential Oils
- Handcrafted Spiritual Gifts
- Shamanic Goods
- Witchy Emporium
- Sound Bath
- Cacao Lounge
- Tarot Cards
- Reflexology
- Supplements

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



# Welcome



## Manchester Mind Body Spirit Weekend 2024

Welcome to the Manchester MBS Weekend by White Light Events. Last year was unforgettable, offering a weekend filled with diverse experiences. While we encountered some challenges, we have learned from them, leading us to a new venue for this year's event.

This year promises to be extraordinary, featuring 80 incredible exhibitors, engaging talks, immersive workshops, relaxing sound baths, and a delightful cacao lounge, all set beneath the iconic Concorde. It will be a fantastic opportunity to explore the realms of Mind, Body, and Spirit.

At White Lights, we are dedicated to curating an exceptional lineup of exhibitors, ensuring an unforgettable weekend for you. From crystals and tarot readings to clothing, CBD products, incense, books, tarot cards, and supplements, you will find a wide array of offerings.

During the weekend, you can participate in over 28 classes, talks, and workshops, all included in the admission price. Additionally, we have special workshops planned for Saturday and Sunday afternoons, concluding each day with a unique experience of Past Life regression, Cacao ceremony and Sound Bath led by Amazonite Griffin, Darren Clarke, and John Richardson. This is a one-of-a-kind event you won't want to miss!

## Show Info

**Concorde Conference Centre, Wilmslow Old Road,  
Altrincham, Greater Manchester, WA15 8XQ**

Exhibition Opens:

Sat 28th Sept : 10am – 5pm  
Sun 29th 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 with the exception of the special afternoon workshops. Just 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. Recording of the workshops, lectures & stage demonstrations are strictly prohibited.

## Parking

We have free parking at the venue. Ask for a token before returning to your car.

## Catering

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



# Talk Zone A



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

Saturday 28th September



**10.30am** Andrew Harby

## Who are we? What are we?

Are we just avatars on this planet or are we so much more to us. Come and see how we are connected to the universe through the stars the planets the vibration that surrounds us.

Learn how unique we are how we are holograms and we are just walking data of our being-ness. so who are we really.



**11.30am** Dave Green

## The power of Presence

May contain strong language

Most people have come across the book the Power of NOW but have you realised its biggest flaw? Being in the now and being present are two very different concepts - but both are important for you to be successful and manifest what it is you want and break old patterns. In this workshop we shall investigate this concept and give you concrete practical ways to change and break free from old patterns and habits which hold you back in life and in your spiritual growth. I will be blending psychological and spiritual techniques to make it accessible to all.



**12.30pm** Adele Scott

## Protection with Crystals

We are going to talk about 2 crystals we can use to protect ourselves from negativity of the world around us, how they help ground and focus our energy so we can stay protected. We shall also be holding a manifestation using the crystals within the talk as well.



**13.30pm** 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 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.



**14.30pm** 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.



# Talk Zone A

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



**3.30pm** Rafael

## Mediumship Demonstration

In a demonstration of mediumship, Spirit (through Rafael) bring through proof that the Soul is eternal and continues on after physical death. Passing on messages from Loved ones in the higher side of life. Using a very direct and no nonsense approach, Spirit (through Rafael) bring through evidence that we are not alone showing us they are always with us



**4.30pm** Stephanie King

## Connecting with your higher self

Do you know how wonderful you are? Do you realise you have talents and gifts way beyond those you presently know? In this workshop we can help you fine tune your connection – not only with your own higher self but with those working through you unseen – helping, guiding and creating with you as your life unfolds. As always in her talks, this session will be powerful – so ensure you eat before you come to keep yourself balanced and well.

This Talk will finish after the event has finished.

# Talk Zone B



**10.40am** David Mitchell

## Introduction to Singing Bowls

Join David from Avaja for a introductory talk on Himalayan singing bowls. Find out about their history, what there used for, how they are made and how to choose and play one.



**11.25am** Julia Cornelius

## Crystal Pendulums

Crystal Pendulums for divination, healing and alchemy. Release limitations and Anchor your Success with Pendulum Alchemy.

Saturday 28th September



# Talk Zone B

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

Saturday 28th September



## 12.10pm Magikal Echoes

### Working with the magic of the moon

Do you want to learn how to synchronise your life with the cycle of the moon? Come join Niki as we talk through the different phases and how you can incorporate healing and manifesting into your daily life and of course, which crystals to help you too!

May contain strong language



## 12.55pm Mel Foot

### Essential Oils, Natures Natural Healers

Essential Oils have been around for thousands of years so why don't people understand what they are and what uses they have in our daily lives. In my talk I will explain the uses of Essential Oils, the Do's and Don't's, and how they have helped me overcome my issues plus which oils help with mental health, anxiety, depression sleep and more. Find out what oils help with inflammation and pain and how best to use them. Essential Oils are becoming more popular as an alternative to mainstream drugs, especially since Covid. Most people who listen to my talk have felt the benefits of using Essential Oils so maybe you can to



## 13.45pm Claire Stone

### Psychic Protection 101

Discover how to shield, strengthen and clear your psychic energy with Claire Stone. During this presentation we will be diving into the following topics: Invoking Protection, Protective Herbs and Crystals, Apotropaic symbols, magick and traditions of British Isles, Energy Vampires, Black Magick & Banishing. If time permits there will be a Q&A on any of the above topics.



## 14.45pm Debbie Webster

### Art to Inspire

Join Debbie for this unique insight in to her art and how she uses energies to produce her paintings. Debbie will use a bell to clear the energies of the room and the audience and then invite new energies in and use them to create a new painting in front of the audience. This is a demonstration not to be missed!



Tickets

Pre-book event tickets from the QR Code or visit [www.whitelightevents.co.uk](http://www.whitelightevents.co.uk)



# Extra Special Workshops

These workshops are not included in the general admission price. Numbers to these workshops are limited, we advise booking online to ensure you get your place.



## Amy Elizabeth Connect with your Spirit Guides

28th Sept Only

14.45pm

£10 per Person



Join Amy Elizabeth, medium, healer, author and spiritual trailblazer as you learn a skill set enabling you to go beyond the 3D and attune to and connect with spirit and your guides. Receive channeled messages from them and apply these messages directly to the here and now to help self-guide and move forward on your own spiritual pathway of light.

Held in the Avro Suite



John Richardson,  
Congeries of Sound &  
Amazonite Griffin presents.....

28th & 29th Sept

4.00pm

£20 per Person

## Past, Present & Future

An emersive Past Life, Cacao & Sound Bath experience

This workshop will finish after the event hall has closed. Re-entry will not be possible.

Body mind and soul connection journey through past present and future with past life Regression, Cacao ceremony and sound bath. Find that moment in transcendent time you've been looking for.

We start with the Cacao ceremony to set our intentions for the future connection to self, then Transported into the past to see what we have learnt. Finally we return to the present with a sound bath to release and bring back to the now.

Past Life Regression is the gentle healing technique that takes you on a hypnotic journey, safely into a past life time.

Cacao ceremonies have been around from Aztec times, beginning with taking Cacao, a drink made from Cacao powder

Sound baths help you connect with your senses, clear energy blockages, balance your emotions, and elevate your frequency through the healing power of sound and vibrations



You'll walk away from this experience grounded, protected, empowered and balanced.





# Talk Zone A

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

Sunday 29th September



**10.30am** Joe Mugan

## How Immersive Meditation Can Change Your Life

More than just being present, more than just reducing stress, more than just resetting to carry on with your day, meditation can transform your life forever. Joe will show you how Immersive Meditation can rewire your brain to work with you and propel your life in the direction you seek.



**11.30am** Dave Green

May contain strong language

## Spiritual Self Destruction and how to break it

Most people know of emotional or ego based self destruction – but are you aware of how you self sabotage on the spiritual layer? In this talk I shall explore the ways spirit and personality are interconnected, and how to understand on what layer of energy you are creating success and in which you are limiting your own growth. We shall be exploring the fear/pleasure principle of spirituality and how it often keeps us one step away from truly opening up our spiritual or magical gifts – as well as helping with personal and emotional behavioral issues.



**12.30pm** Dr Nair

## Ayurveda Healing System

Dr Nair is an Ayurveda practitioner from India, hailing from a family tradition of vaidya (physicians). His product range of herbal oils, Ayurveda teas and pain relief oils are informed by his extensive experience in Indian medical systems such as Ayurveda and Marma practices



**13.30pm** Daughters of Gaia  
The Chilled Sessions

Live Music

Join us on a delightful musical journey and experience the iconic songs of Barbara & Flavia. Enjoy a wonderful collection of their soothing tracks, including the likes of Mother I Feel You, Spirit Visions and Tall Trees.



**14.30pm** Peter Loy

## The Tarot Key – Unlocking the mystery of the tarot deck

In this workshop Peter will share with you, the key to successfully and rapidly learning all seventy-eight cards of the traditional Tarot deck, unlocking the secrets they hold, and opening the door to intuitive readings.





## Talk Zone A

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



**3.30pm** Alison Dean

### Mediumship Demonstration

Join Alison as she brings you messages and guidance from loved ones in this fantastic demonstration of mediumship.

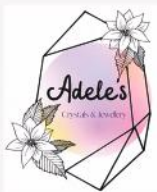
## Talk Zone B



**10.40am** Tavi - The Hemp Man

### Exploring the Wellness Frontier

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



**11.25am** Adele Scott

### Crystals for Confidence

We all can suffer with our confidence, we're going to talk about certain crystals which will help with our confidence and anxiety's from talking our truth to keeping our worry's at bay, we will also be doing a manifestation with some crystals as well



**12.10pm** Vicky @ Sukha Oils

### Align Your Life - Posture Alignment Therapy with Quantum Touch Healing

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.



**12.55pm** Open Lotus Healing

### Angelic Vortex Healing

Angelic Vortex Healing is a healing modality that brings Angelic frequencies into your life and your energy body, bringing inspiration, peace, clarity and healing. In this time of great Angelic realms wish to assist you in your earthly endeavors and Angelic Vortex Healing is just one way you can receive the celestial energies to support you.

Sunday 29th September

# Talk Zone B



**1.45pm** Claire Stone

## Connecting to Angels and Spirit Guides

Did you know that you have a whole team of spiritual guides? In this workshop you will discover the different types of guides and how they can help you in practical ways. You will take part in a beautiful, guided exercise so that you can experience their healing energies directly.



**2.45pm** The Aetherius Society – Bipin Patel

## How to Really Escape the Matrix

Materialism is the lie that the meaning of life is the accumulation of things, and pleasures we experience through the senses. It is an illusion designed to enslave us all. Escaping the matrix is the search for true spiritual freedom: enlightenment. Join other like-minded souls for a mind blowing journey of spiritual awakening to discover the path of King Yoga!

## Attending Exhibitors

	John Richardson – Reader
Angela Welsh – Reader	
	Peter Loy – Tarot Reader
Adele’s Crystals – Crystal Retailer	
	Crystal Carol – Crystal Retailer
Peppercorn – Crystal Retailer	
	Druzy Moonz – Crystal Retailer
Salt & Rock Shop – Crystal Retailer	
	Magikal Echoes – Retailer
Art to Inspire – Artist	
	Hoodoo House – Retailer
The Woodland Trust – Information	
	Awakened Soul – Retailer
Roots Vegan SKincare – Retailer	
	MC Holistic – Retailer
Tropic – Retailer	
	Dr Nair Herbal Solutions – Retailer
Aura Studio – Aura Photography	
	Joe Mungan Coaching – Info
Something Different Craft – Retailer	
	The Curry Pot – Retailer
Lisa Perkins – Reader	
	Amemetia’s Shop – Retailer

Sunday 29th September

# Attending Exhibitors

Herbal Quarters - Retailer

Sacred Smoke - Retailer

The Hemp Man - CBD & Mushrooms

Soul Flames - Therapist

Elemental Balance - Therapist

Mike James Wellbeing - Reader

Alison Dean - Rune Reader

Andrea Bittencourt - Reader

Rafael - Reader

Dave Green - Reader

James Richardson - Reader

Stephanie King - Reader

Amazonite Griffin - Retailer & Cacao

Flint & Gaia - Hand made Pottery & Henna

Astrial Organite Pyramids - Retailer

Laura Miles - Jewellery Retailer

Serraff Souls - Retailer with Reading

Oilfaction - Essential Oil Retailer

Bee & Bumble - Retailer

SkincareBOOtique - Retailer

Avaja - Singing Bowl Retailer

Wednesdays Child Store - Retailer

Essentially Blessed - Retailer

The Aetherius Society - Info & Therapist

Sukha Oils - Retailer & Therapist

Wild as the Moon - Retailer

Felix Hyde - Therapist

Frequency 101 - Therapist

Anchor Haven - Therapist

Sanctuary Relexology - Therapist

Open Lotus Living - Therapist

Congeries of Sound - Sound Bath Healing

Holistic Harmony - Therapist

The Pyramid Lady - Sound Healing & Retail

# Childrens Corner



## We need your help!

Children, our naughty dragons have all flow off around the hall and we can not find them.

Can you help us?

If you see one on a stand, get the adult working there to stamp this sheet.... When you have found them all, take this back to our nice people at the front desk and as a thank you they will give you a PRIZE!!! How cool is that!...



FOUND IT



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