

Holistic Hylands

Sunday 16th March

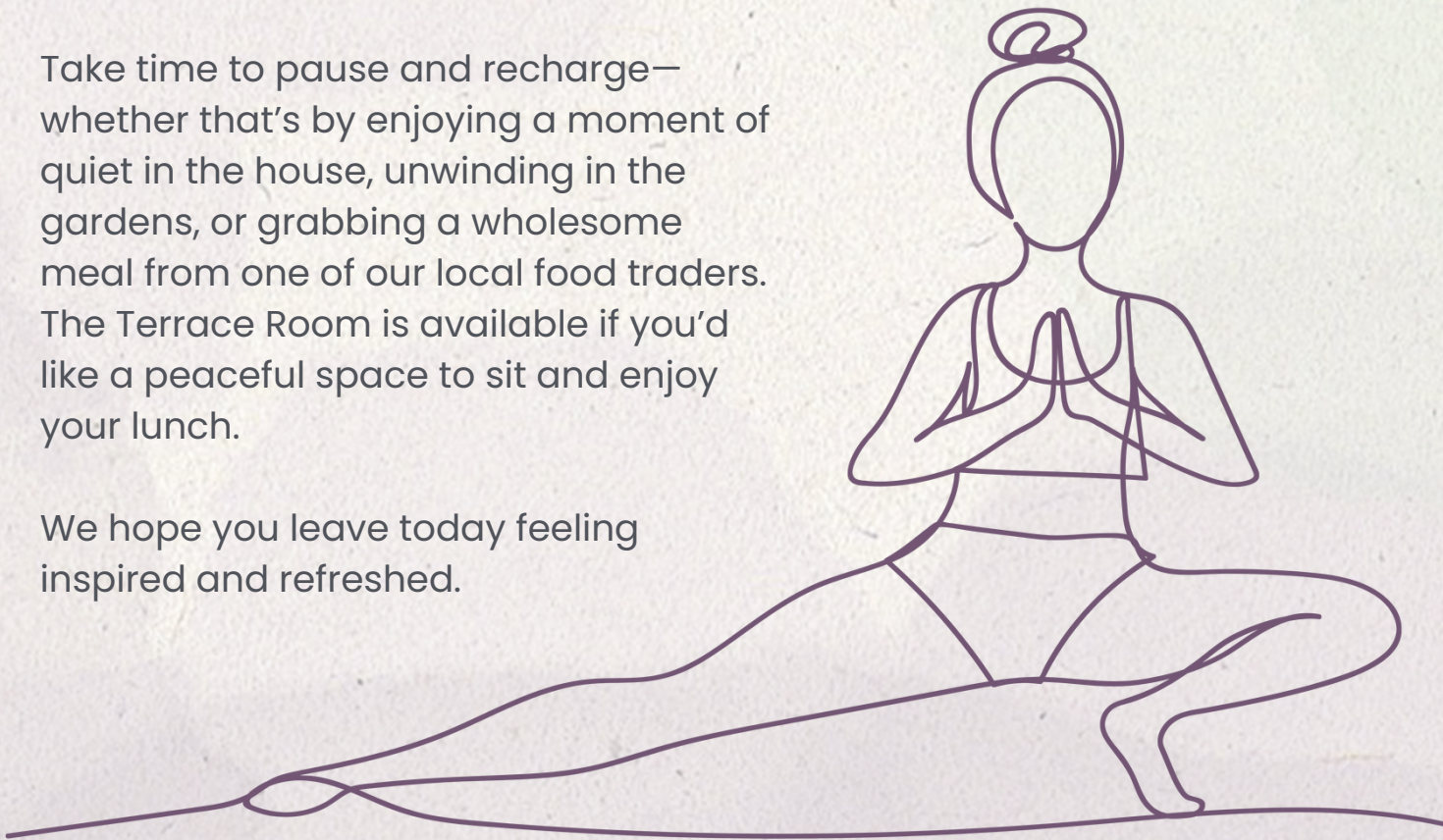
10am - 3pm

We're delighted to welcome you to Holistic Hylands, a day dedicated to nurturing your mind, body, and spirit in the beautiful surroundings of Hylands House.

Throughout the day, you'll find a variety of talks and workshops led by experts in wellness, mindfulness, and holistic healing. Be sure to explore the mini Wellness Market inside the Grand Pavilion, where you can discover hand-picked products, treatments, and guidance to support your well-being journey.

Take time to pause and recharge—whether that's by enjoying a moment of quiet in the house, unwinding in the gardens, or grabbing a wholesome meal from one of our local food traders. The Terrace Room is available if you'd like a peaceful space to sit and enjoy your lunch.

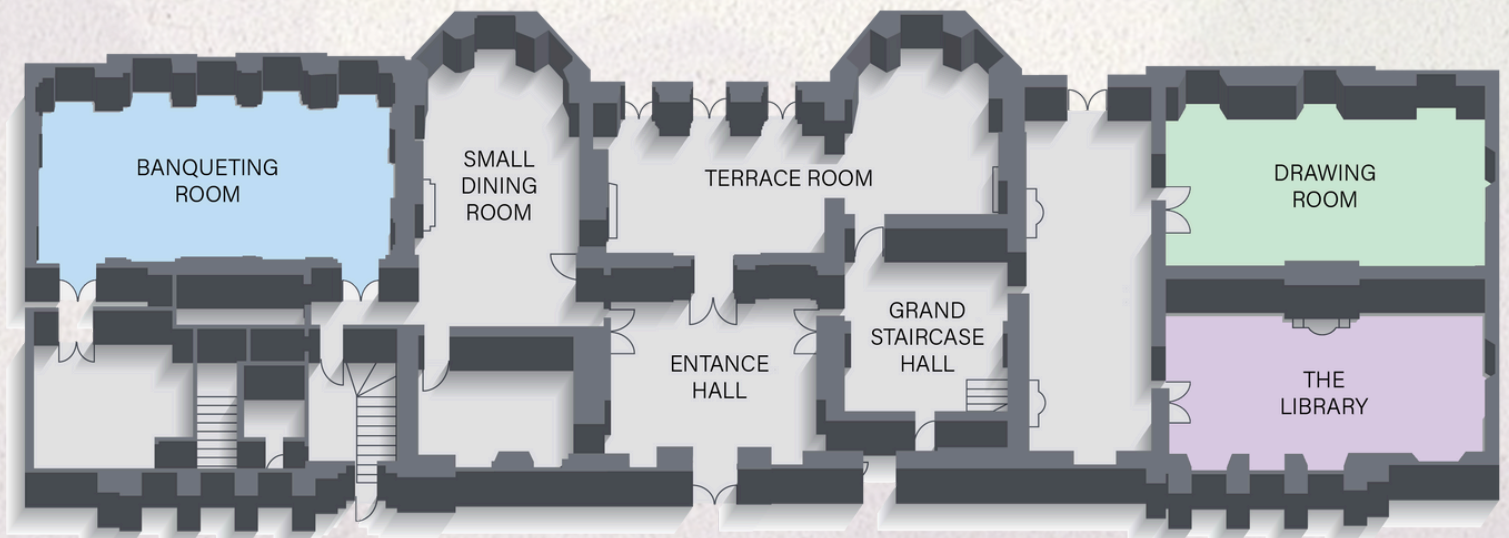
We hope you leave today feeling inspired and refreshed.



Schedule

Talks

Time	Talk	Room
11am	Zoe Hindle: Hormone 101	BR
12pm	The Vibe Education: Human Design	BR
1pm	Mark Nicholls: Mindfulness	BR
2pm	Becky Pope: Aromatherapy	BR
3pm	Maria Sanders: Understanding Your Brain	BR



Workshops

Time	Workshop	Room
10.45am	Movement is Medicine	Lib
11.30am	Qigong	Lib
11.30am	Sound Bath (Gong)	DR
12.15pm	Hatha Yoga	Lib
12.15pm	Sound Bath (Crystal Bowls)	DR
1pm	Guided Affective Imagery	Lib
1pm	Vinyasa Yoga	DR
1.45pm	Pilates	Lib
1.45pm	Breathwork	DR
2.30pm	Tandra Dhyana Vinyasa	Lib
2.30pm	Self-love*	DR
3.15pm	Breathwork	Lib

All workshops are 30 minutes long except for the Self-love workshop, which lasts for one hour. Please bring your own yoga mat. Workshops are ages 18+ only.

Guest Speakers

Join us in the Banqueting Room for a series of inspiring talks led by our specially selected guest speakers. Covering topics such as hormonal health, human design, mindfulness, aromatherapy, and mental well-being, these sessions are designed to help you connect with yourself and discover new approaches to wellness. With five talks scheduled throughout the day, there's plenty of opportunity to learn, reflect, and be inspired.



@zoejanehindle

Zoe Jane Hindle

11am: Hormone 101

Zoe is a Functional Wellness Practitioner, dedicated to empowering clients through personalised wellness strategies, such as integrating comprehensive functional testing and targeted lifestyle adjustments to help individuals achieve balanced and optimised health.



@thevibe.education

Zoe: The Vibe Education

12pm: Human Design

Zoe is a UK-based business coach who helps female entrepreneurs align their businesses with their authentic selves using Human Design, Reiki, and other holistic practices. She focuses on building confidence, increasing visibility, and fostering authentic growth with ease.



@marknicholls.meditation

Mark Nicholls

1pm: Mindfulness

Mark is a meditation instructor, Zen Dharma teacher, and well-being mentor with extensive experience in guiding diverse meditation practices. He is dedicated to personal transformation, mental clarity, and holistic well-being, fostering an inclusive space for all.



@bcalm_uk

Becky Pope

2pm: Aromatherapy

Becky is an aromatherapist and wellness advocate, passionate about the power of essential oils in reducing stress and enhancing well-being. As the founder of B Calm, she empowers individuals to incorporate natural, holistic solutions into their daily lives.



@firefly_hypnotherapy

Maria Sanders

3pm: Understanding Your Brain

Maria is a clinical hypnotherapist and psychotherapist who offers in person therapy in Ingatestone and online. She empowers adults and children to become confident, resilient and free from anxiety, trauma and low self-esteem.

Workshop Facilitators



@hazeandfae

Chloe Hill

Movement is Medicine

Get out of your head and into your body as you explore the neuroscience of rave and connect to your rhythm through music, movement, and education. MIM allows you to connect to the present moment, move your body and release stress to some absolute bangers!



@qiharmonyqigong

Lisa Abbot

Qigong

Lisa is passionate about empowering others to take responsibility for their health. Qigong is an ancient Chinese practice combining movement, meditation, and breathwork. It focuses on releasing, balancing and enhancing the body's life force energy, known as Qi.



@the.wellproject

Tillie Edwards

Sound Baths

Tillie, founder of The Well Project, is a certified sound healing practitioner and wellbeing advocate. A sound bath can be a very tranquil experience, which can help to calm the nervous system, reducing feelings of stress and anxiety.



@marknicholls.meditation

Susan Lincoln

Hatha Yoga & Tandra Dhyana Vinyasa

Susan specialises in Hatha yoga, Yin yoga and dynamic flow practices. Her classes focus on improving balance, mobility, and overall well-being, blending yoga and Buddhist-style meditation to create holistic practices.



@lifeunlimitedhypnotherapy

Joe Quieros

Guided Affective Imagery

Joe is a clinical hypnotherapist, counsellor, and coach with years of experience helping clients overcome pain, fear, and self-doubt. Her workshop offers a meditative journey to free the mind and embrace inner calm.



@jodihollie

Jodi Hollie

Vinyasa Yoga

Jodi is a full time Yoga Teacher based in Essex and London. In her classes, she loves to create mindful movement, moving seamlessly between poses and flowing with your breath.



@balancewithpaula

Paula Lucas

Pilates

Paula is a passionate Nutrition Coach and Pilates instructor dedicated to helping women look and feel their best—inside and out. Her Pilates classes guide you to improve posture, mobility, flexibility, strength and balance



@breathworktherapywithcharlotte

Charlotte Grechen

Breathwork

Charlotte is a trauma-trained Breathwork and Reiki facilitator who uses these powerful practices to help others find balance, clarity, and healing. Her sessions offer a safe space to reconnect with yourself, ease stress, and awaken your full potential.



@jessicahayescoaching

Jessica Hayes

Self-love 1 Hour Special

Jessica is a passionate Self-love Coach dedicated to helping women reconnect with their inner strength. Through her workshops, she creates a safe and nurturing space where attendees can connect deeply with themselves, cultivate inner peace, and leave feeling refreshed and empowered.