

Holistic Hylands

Sunday 22nd March

10am - 4.30pm

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 Wellness Market inside the Grand Pavilion, where you can discover hand-picked products, treatments, and guidance to support your well-being journey. The Terrace Room is hosting a quiet therapy space where you can indulge in mini treatments such as reflexology, reiki, crystal healing and more!

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.

We hope you leave today feeling inspired and refreshed.

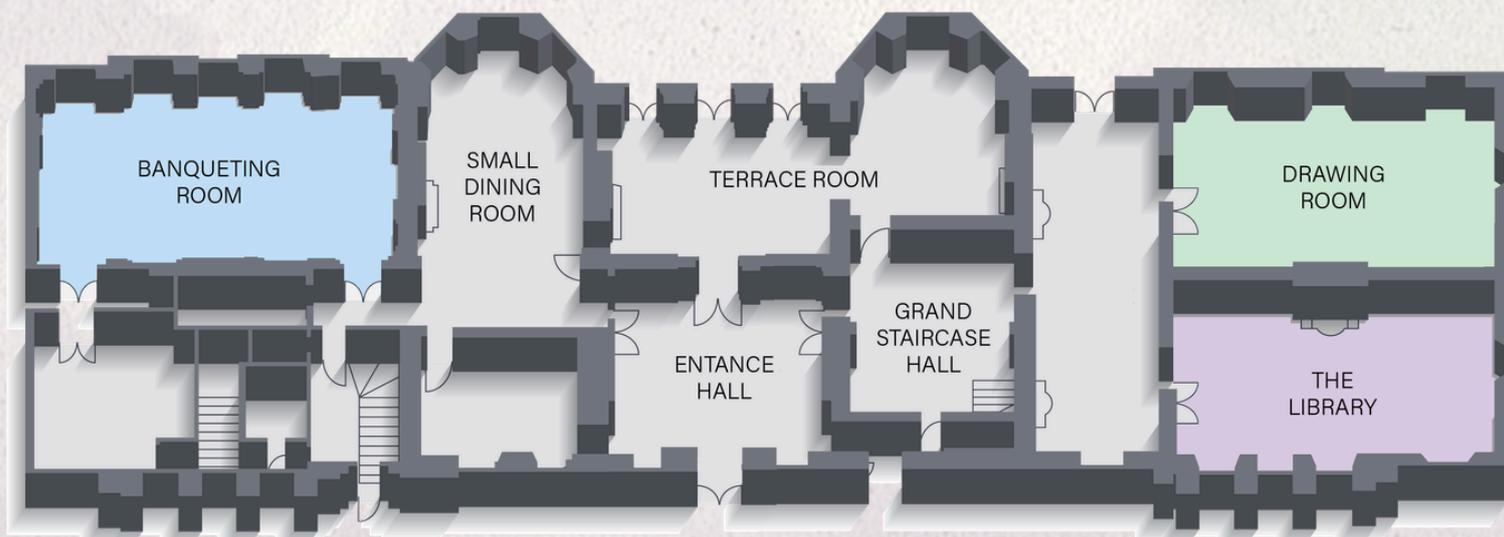


Schedule

Each talk and workshop is 30 minutes long

Talks

Time	Talk	Room
10.30am	Becky Grimwood: Fertility Beyond the Physical	BR
12pm	Rachael Edgley: Water Has Memory: Transforming your Inner Waters for Health and Harmony	BR
1.30pm	Bex Tofts: Making Astrology Work for You	BR
3pm	Rebecca Harrington: Freeing Yourself from the Fear of Being Seen	BR



Workshops

Time	Workshop	Room
10.30am	Sound Bath with Tillie	DR
10.30am	Breathwork with Charlotte	Lib
11.15am	Sound Bath with Tillie	DR
11.15am	Crystal Meditation with Amy	Lib
12pm	Vinyasa Yoga with Lauren	DR
12pm	Pilates with Charlie	Lib
12.45pm	Yin Yoga with Lauren	DR
12.45pm	Breathwork with Charlotte	Lib
1.30pm	Qigong with Lisa	DR
1.30pm	Guided Affective Imagery with Joe	Lib
2.15pm	Meditation and the Mind with Karin	DR
2.15pm	Reiki-infused Sound Bath with Chloe	Lib
3pm	Relationships That Thrive with Jessica	DR
3pm	Reiki-infused Sound Bath with Chloe	Lib

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 fertility, spiritual healing, astrology, and self-confidence, these sessions are designed to help you connect with yourself and discover new approaches to wellness. With four talks scheduled throughout the day, there's plenty of opportunity to learn, reflect, and be inspired.



@soulbalancewithbecky

Becky Grimwood

10.30am: Fertility Beyond the Physical

Becky is a Holistic Wellness Practitioner specialising in Fertility Health, and is a qualified yoga teacher, auricular acupuncture therapist, and Rewind Trauma facilitator. Drawing on her own lived experience of infertility, IVF, and loss, she offers evidence-informed, compassionate support that honours the emotional, physical, and energetic layers of the fertility journey.



@Rachael_EdgleyUK

Rachael Edgley

12pm: Water Has Memory

Rachael Edgley is a Water Keeper, healer, qualified teacher and founder of the accredited Moonlight Rose School of Mastery. Through her healing systems, Rachael teaches practitioners how sound, light, frequency, and vibration can influence the molecular structure of the body's inner waters, allowing clients to gently let go of outdated stories, wounds, and patterns.



@bex_quantumguide

Bex Tofts

1.30pm: Making Astrology Work for You

Bex is an astrologer who helps individuals understand the deeper patterns and themes shaping their lives through clear and grounded astrological guidance. She supports clients in reconnecting with their purpose, strengths, and inner clarity by integrating past life themes, soul lessons, and ancient teachings. Her work focuses on making astrology accessible, empowering, and meaningful for everyday life.



@i_am_rebecca_harrington

Rebecca Harrington

3pm: Freeing Yourself from the Fear of Being Seen

Rebecca is a Performance Coach for ambitious women, known for helping clients shift their identity, dissolve fear and lead with unshakeable confidence. Her work blends mindset, energetics and grounded strategy, empowering women to create aligned, intentional success in both life and business.

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Workshop Facilitators



@the.wellproject

Tillie Grothier

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.



@breathworktherapywithcharlotte

Charlotte Gerchen

Breathwork

Charlotte is a trauma-informed Breathwork practitioner, offering transformative sessions that have changed her life and can change yours. With three years of guiding others, she blends Breathwork with Reiki for deep healing.



@balancecollection.co.uk

Amy Brown

Crystal Meditation

Amy is a crystal healing and meditation practitioner and the founder of Balance Collection. She offers crystal healing, angelic reiki and guided group meditation sessions. Amy creates gentle, nurturing spaces that support women to feel empowered, grounded and reconnected to themselves.



@jennings.los

Charlie Jennings

Pilates

Charlie is the founder of ONE Wellness in Leigh-on-Sea and a newly qualified, classically trained Pilates teacher. Having experienced first-hand how Pilates transforms both body and mind, her aim is to share how Pilates extends beyond the mat, influencing how you move, feel, and think in your day to day life.



@laurenharringtonyoga

Lauren Harrington

Vinyasa Yoga & Yin Yoga

Lauren is a yoga teacher and gong bath practitioner. She is passionate about sharing these wellbeing practices with others and providing a safe space for everyone to feel comfortable in her classes, whether it is your first yoga class or 100th. And to hold space for relaxation and connection back to yourself.



@qiharmonyqigong

Lisa Abbott

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.



@lifeunlimitedhypnotherapy

Joe Quieros

Guided Affective Imagery

Clinical hypnotherapist, counsellor, coach and author, Joe Quieros brings years of experience and expertise to her clients. Joe's workshop offers a psychological insight into how our unconscious mind creates habits and can be accessed through hypnotherapy to change behaviours.



@karinlilleberg

Karin Lilleberg

Meditation and the Mind

Karin is an experienced yoga and meditation teacher with over 15 years of practice guiding individuals and groups toward improved physical and mental well-being. She specializes in integrating movement, breathwork, and meditation to support stress reduction, mindfulness, and overall vitality.



@hazeandfae

Chloe Hill

Reiki-infused Sound Bath

Chloe from Haze & Fae, an embodiment of love and participant of a life of wholeness, creating the space for you. AKA Tantra / Reiki / Hypnobirthing / Movement is Medicine practitioner, with 7 years experience in supporting people to honour themselves, a mega cheerleader if you will.



@jessicahayescoaching

Jessica Hayes

Relationships that Thrive

Join Jessica for a gentle, connection-focused workshop designed to help you transform your relationships from ordinary to thriving. Together, you'll explore simple somatic practices and guided exercises that show how presence, listening, and emotional attunement deepen intimacy. You'll experience the difference between being truly heard and being overlooked, and how this shapes closeness and trust with the people who matter most to you.

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