



**WOMEN FOR WOMEN**  
INTERNATIONAL

#SheInspiresMe

**WELLNESS**

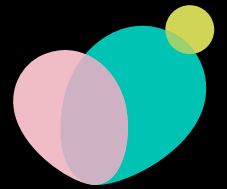
**SATURDAY 20<sup>TH</sup> MARCH**

**PROGRAMME**

Supported by

**imayla.**  
**beauty**

# INSPIRATION ROOM



11:00

## WELCOME TO #SHEINSPIRESME WELLNESS

Brita Fernandez Schmidt

*Executive Director, Women for Women International – UK*



11:05 – 11:35

## THE POWER HALF-HOUR

Adrienne Herbert



11:35 – 12:05

## JOURNALING MASTERCLASS

Style Me Sunday



12:05 – 12:35

## YOU ARE WHAT YOU EAT AND DO

Kimberley Wilson

## TEA BREAK



12:45 – 13:15

## SOUND BATH

Jasmine Hemsley



13:15 – 13:40

## COOKALONG WITH DETOX KITCHEN

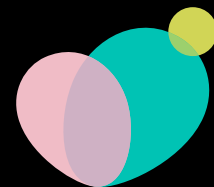
Lily Simpson

13:40 – 14:05

## LUNCH



# INSPIRATION ROOM



14:05 – 14:35

## REIKI MEDITATION

Rachael Morley and House of Wisdom



14:35 – 15:00

## MINDFUL CRAFTING WORKSHOP

Zeena Shah



15:00 – 16:00

## HOW TO NURTURE YOUR WELLBEING IN THE WORKPLACE

AllBright

Anna Jones, Mo Seetubtim  
Nicky Bamgbade, Olivia Ferdi



16:00 – 16:30

## HYPNOTHERAPY FOR A CALMER YOU

Chloe Brotheridge

## TEA BREAK



16:35 – 17:10

## GUIDED MEDITATION

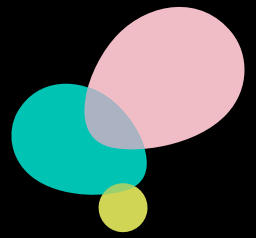
Michael James Wong

17:10 – 17:15

## CLOSE



# STRENGTH ROOM



11:35 - 12:05

## SEVEN EIGHT DANCE

Jo Manoukian



12:05 - 12:40

## NRG BARREBODY AT HOME

Nathalie Errandonea-Mewes

## POWER BREAK



12:45 - 13:15

## STRONG WOMEN WITH EMMA OBAYUVANA

Stylist Strong Women Training Club

13:15 - 14:00

## LUNCH

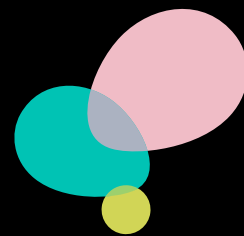
14:00 - 14:35

## ALEX EAGLE SPORTING CLUB *presents* 'BALLET AT HOME'

Nathalie Harrison



# STRENGTH ROOM



14:35 – 15:40

## ALEX EAGLE SPORTING CLUB *presents* 'THE RESET HOUR'

Amy Nelms with Alexandra Agoston  
Esther Lim, Cornelius O'Shaughnessy



15:40 – 16:00

## RAPID TAPPING® WORKSHOP

Poppy Delbridge



16:00 – 16:35

## DANCEBOX POWER HOUSE

Illana Gambrill



16:35 – 17:10

## YOGA FLOW

Niomi Smart



17:10 – 17:15

CLOSE

UK Charity Registration Number: 1115109

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