

# RECONNECT



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How to heal, reset and restore your body with James Davies

10:30 - 11:15

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How to look after the tiny superheroes that live in your gut with Dr Megan Rossi

11:30 - 12:15

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Rise and shine with Kate & Toby Oliver

12:30 - 13:15

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Sleep well and live better with Kathryn Pinkham, founder of The Insomnia Clinic

14:00 - 14:45

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Owning your menopause with Kate Rowe-Ham, Dr Katie Armstrong & Karen Newby

15:00 - 15:45

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Cold therapy with Brass Monkey's founder, Danyl Bosomworth

16:30 - 17:00

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**JOE WICKS**  
**FESTIVAL AT KEW**



# RE-ENERGISE

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Wake-up & welcome with Joe 10:00 – 10:30

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Calming yoga with live violin & cello 11:00 – 12:00

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Picnic with Joe 13:15 – 14:00

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Sound bath with Jasmine Hemsley 14:40 – 15:25

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In conversation with Joe,  
with Konnie Huq 15:45 – 16:30

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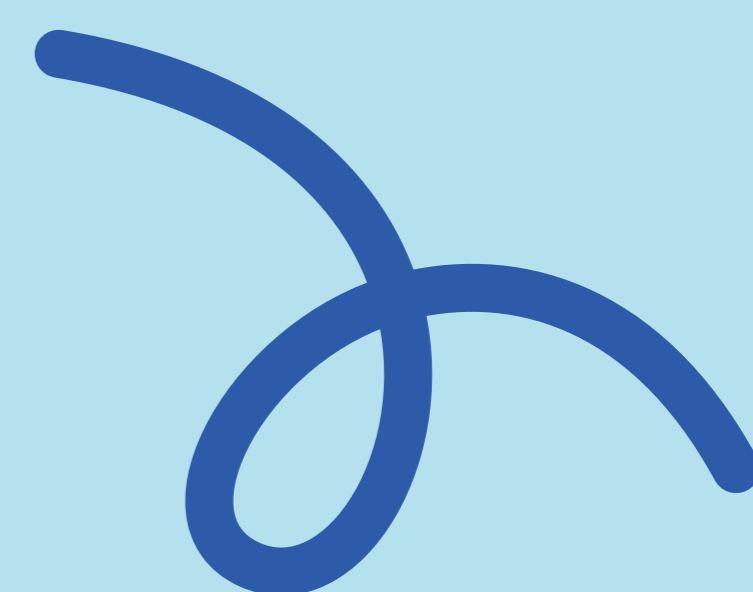
PE with Joe finale 17:00 – 18:00

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# RETREAT



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Meditation with Toby Oliver 10:30 - 11:00

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Tai Chi with Barry McGinlay 11:10 - 11:40

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Breathwork with Fini Cooper 11:50 - 12:20

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Hula hooping with Planet Hoop 12:30 - 13:00

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Yoga for everyone with Lucy Sesto 14:00 - 14:30

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Mindfulness for children  
with Little Tweaks 14:40 - 15:10

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Stretching with Lucy Sesto 15:20 - 15:50

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Relaxing sound bath  
with Jasmine Hemsley 16:15 - 16:45

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# REPLAY



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Burpee Bears reading and  
Mini PE with Joe for toddlers

10:45 - 11:30

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Children's activities

11:30 - 13:00

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Children's activities

14:15 - 17:00

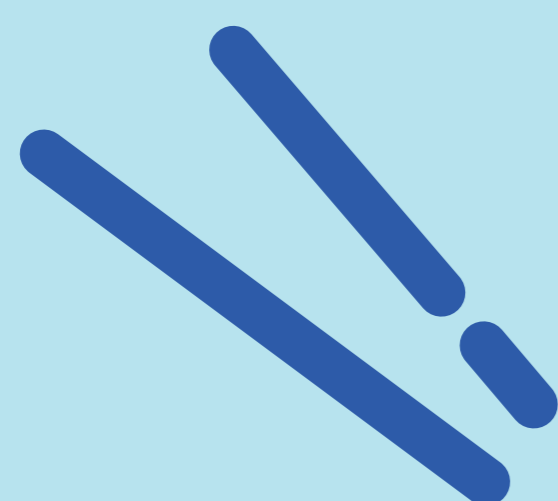
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## CHILDREN'S ACTIVITIES

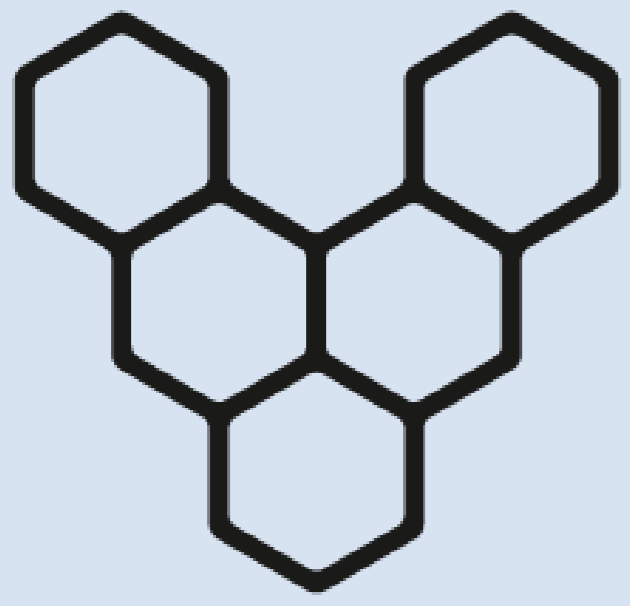
Soft play  
Dressing up  
Books  
Toys & trundles  
Parachute games

Circus skills  
Face painting  
Music & dance  
Sack races  
Egg and spoon races

Puppet show  
Arts & crafts  
Breastfeeding area



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# VIVOBAREFOOT

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Foot health and natural  
movement workshop

10:30 - 11:00

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Raising kids for the future

11:00 - 11:45

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Radical imagination workshop

12:00 - 13:00

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Guided family meditation

14:30 - 15:15

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Responsive parenting workshop

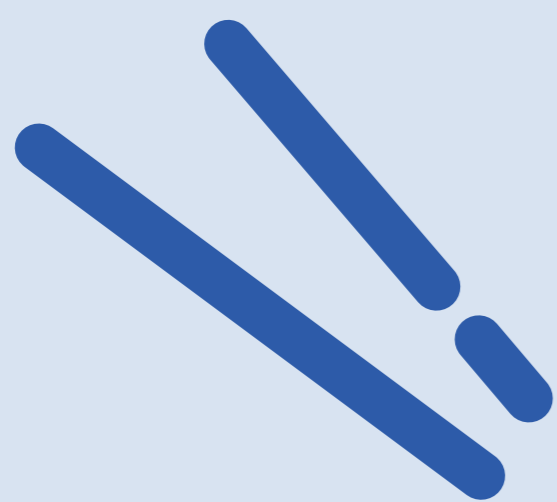
15:30 - 16:00

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The art of play in movement

16:15 - 17:00

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**JOE WICKS**  
**FESTIVAL AT KEW**