

# CAMDEN WELLNESS EXPO EVENT PROGRAM

## Workshops

### ON THE TERRACE

(MAX 10/SESSION)

**1030am: Standing Pilates Class**

*with Pilates Teacher Fran, from Semprose*

**11am: Connecting to Spirit Yourself**

*with Medium, Felicity Baisi*

**1130am: The Hormonal Cycle**

*with the Nourished Naturopath and Expo Founder, Charmaine Newmark*

**12pm: Ending Generational Trauma**

*with Wellness Chiropractor, Dr Philip Morphew*

**1230pm: The 5 Minute Breath Technique**

*with Karl, Yogi from One Big Heart*

**1pm: What is Really in our Food?**

*with Nutritionist, Susan Jones*

## Seminars

### IN THE GALLERY

**1030am: Perimenopause and Beyond**

*with the Nourished Naturopath and Expo Founder, Charmaine Newmark*

**11am: Take Charge of your Wellbeing**

*with Chiropractor, Dr Philip Morphew*

**1130am: Yoga for a Modern World**

*with Karl Palin from One Big Heart Yoga*

**12pm: Terrific Tips for Weight Loss**

*with Nutritionist, Susan Jones*

**1230pm: Theres More to Pilates than just Reformers?**

*with Fran from Semprose Pilates*

**1pm: Fertility: How Acupuncture can Support you**

*with Acupuncturist, Jeff Fricot from SynerQi*



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