



TIME	FRIDAY	SATURDAY	SUNDAY
10:30AM	<p>Super snacks: easy to make, healthy to eat Liz Richards Simple Nourishment</p>	<p>Bioindividuality & your real food kitchen makeover Martyna Angell Wholesome Cook</p>	<p>Enchanting spellcraft: creating magickal recipes Priestess Moon Rockpool Publishing</p>
11.45AM	<p>Eating for health Sarah Vanis Aligning Health Retreat & Day Spa</p>	<p>Super snacks: easy to make, healthy to eat Liz Richards Simple Nourishment</p>	<p>Eating for health Sarah Vanis Aligning Health Retreat & Day Spa</p>
1.00PM	<p>Wellness loading: assimilation of nutrition Andi Lew</p>	<p>Wellness loading: assimilation of nutrition Andi Lew</p>	<p>Wellness loading: assimilation of nutrition Andi Lew</p>
2.15PM	<p>Bioindividuality & your real food kitchen makeover Martyna Angell Wholesome Cook</p>	<p>Kitchen pharmacy: healing herbs, tonics & health elixirs Chara Caruthers Bliss Body and Soul</p>	<p>Bioindividuality & your real food kitchen makeover Martyna Angell Wholesome Cook</p>
3.30PM	<p>Everything you need to know about turmeric Tahli Watts Golden Grind</p>	<p>Everything you need to know about turmeric Tahli Watts Golden Grind</p>	<p>Everything you need to know about turmeric Tahli Watts Golden Grind</p>
4.45PM	<p>Super snacks: easy to make, healthy to eat Liz Richards Simple Nourishment</p>	<p>Eating for health Sarah Vanis Aligning Health Retreat & Day Spa</p>	<p>Kitchen pharmacy: healing herbs, tonics & health elixirs Chara Caruthers Bliss Body and Soul</p>
6.00PM	<p>Kitchen pharmacy: healing herbs, tonics & health elixirs Chara Caruthers Bliss Body and Soul</p>	<p>Stay tuned</p>	<p>Stay tuned</p>