

## Programme

### Inner Voice Clive Mills and Dave Merrick



Acoustic guitar & Native American flute

### **Children's Forest school Sam**

### **Foraging walk Jon Dale**



Jon forages for edible wild foods in the natural habitat where he lives in Cornwall. He runs a veganic project 'Willow Way', near Newquay, a place of education, teaching self sufficiency and veganic principles. To help heal the earth and help people to reduce their footprint. Also to help people become engaged with where their food comes from and how it is grown and also to reverse illness through this lifestyle.

### **Mindfulness session Steph Meditation Intro**

### **a g n i s h a l a Satellites of Love: Ecstatic Dance and Silent Disco**

Headphone Dance



SATELLITES OF LOVE is an invitation to reconnect with our hearts, and to beam our love back to mama earth and to each other through our dance.

## Cherry Willow craft



Learn a new skill and make a memento to take home from the festival, on these introductory sessions to basket making. On Friday we'll be using willow bark to make small woven pouches, and you can have a go at peeling fresh willow bark harvested on site; on Sat we'll be using a mixture of willows to make a simple tension tray, and Sunday's workshop will be bark weaving as on Friday. Please note - there'll be a maximum of 8 places on each of the hour long sessions, one on each day, - **there will be a sign up sheet in the Apple Barn for these workshops.**



**Save our Wildlife with Nadya**-performance workshop- make a short video with Nadya and enter VON's Save our Wildlife Video Competition

## Magic workshop Magic for All Nat

**Nourishing your mind, body and spirit with [Melanie Hubbard](#)**



Melanie will be leading cooking demos.

**Tim Bliss Singer/Songwriter**



**Stephanie Lopez-An introduction to astrology**



An introduction to astrology

This workshop will explain the basics of the zodiac wheel symbolism, and give you keys to understand the meaning of your personal planets in your own birth chart.

**Giles Bryant**



Giles Bryant has been a vegan musician for over 20years. In this session he shares his songs inspired by the worlds spiritual tradition. [www.gilesbryant.com](http://www.gilesbryant.com)

### **Paula Bostock: Whole Body Yoga meridian tapping**



A mini workshop of holistic yoga for everyone, including makko ho (meridian tapping) breath awareness and playfulness of experiencing our bodies.

### **Mark Barnwell-Spanish Guitar**



Mark Barnwell – Award-winning Spanish Guitarist

Mark is a professional Spanish guitarist based in the South West of the UK. His experience of live performances spans over 35 years. His repertoire includes Latin, contemporary and world fusion as well as traditional Spanish guitar pieces. Visit his website for more information. <https://www.markbarnwell.com/>

### **Tumbling on air track Acrobatics for children Cara**

### **Acrobatics/Parcour with Said**

## **Juliette Bryant: Connecting To The Wisdom Of Plants And Medicinal Mushrooms For Health And Wellbeing**



There are over 80,000 different edible plants on Earth and each plant has it's own Wisdom and uses to help us align with optimal health. In this workshop you will learn about some of the Plants that can accelerate your journey to health and the Magic of Medicinal Mushroom.

## **Rich Hardy Saturday 3.30pm Apple Barn From Undercover Journalist to Vegan Farmer**



For two decades I lived a double-life.

And with the help of a hidden camera, some water-tight cover stories and a little luck I traversed the globe working undercover to document the damage factory farming was doing to the planet and the billions of suffering animals used to feed and clothe us. My images and testimony helped shape some pioneering legislation and were used by global animal charities to generate hard-hitting media exposés. But while it helped create change and promoted vegan lifestyles, it came at a bit of a personal cost.

Burnt out and in need of a change I turned to growing. Partly to help heal my soul a little after what I had witnessed but also as a challenge to the cruel factory farming model that growing food needn't involve animal suffering or be so destructive. So, with my partner Pru, and taking an activist-inspired approach, we've set up a vegan farm in Cornwall that is half-way through its first season. Using veganic techniques and operating under a Community Supported Agriculture (CSA) model we harvest weekly and deliver veg boxes in and around Falmouth, Redruth and Truro.

Come hear some of the stories that inspired me to take this leap and the ups and downs of first season vegan farmers.

## Anairda & The Anarkistas



Rebellious tunes for a changing world!

## **Gerri O'Mara** Essential Oil Educator



Hey! Come and learn about the amazing, powerful effects of dōTERRA essential oils - plant based medicine for 85% of your health & wellbeing.

You will learn many ways to manage your health naturally using essential oils. Essential oils can help with multiple areas of your health from; sleep, first aid, immunity, digestive system to emotional support. Are there areas of your health you would like to find natural ways to support?

I'd love for you to join me and leave feeling empowered that you have natural solutions for you and your loved ones health at your fingertips!

## Woodland Studios 432hz



The Woodland Studios 432hz is a band that is inspired by nature. We tune our instruments in the frequency of 432 Hz as this brings a feeling of peace and healing to listeners.

## **Jules: Chakra Dance**



“In a society that worships love, freedom and beauty, dance is sacred. It’s a prayer for the future, a remembrance of the past and a joyful exclamation of thanks, for the present.” Amelia Atwater-Rhodes

## Henri Dobson “Heart yoga, Meditate: Move: Relate!”



Exploring the Mystery of Being through stillness, movement, connection and witnessing ~ Embodied Presence with Henri Dobson

Relaxing into the deeper ground of Being and body, we'll explore who we are through the lens of Presence – by integrating relaxation & stillness, movement, heart inquiry, connection and witnessing, supported by the Mystery of Being – we can come back into circulation with the deeper aspect of who we are and touch our profundity and meet each other from here! Bring a curious heart and an open mind!

## Health Education Station: Theresa and Effat



Seasonal wild food daily basics, to bring the body back in tune. Persian inspired Tree leaf infusions (Anti-viral seasonings), medicinal munchies: wild raw foods, low-carbon footprint nutrition. Medicinal remedy Tours with species botanical identification, historical and linguistic links plus legal and safety measures.

## Forest walk with [Addy Fern from Plants for a Future](#)



Plants for A Future was set up in 1989 to grow and demonstrate the wide variety of useful plants that can be grown in our climate. We aim to show that all our material needs can be obtained from plants, without the need to exploit animals, humans or the Environment. There is a particular focus on perennials, diversity, and Woodland Gardening.

Since 1989, we have transformed what was a huge bare barleyfield into a lush and productive tree-covered landscape; of benefit to both humans and wildlife.

As well as demonstrating plant uses; it has also become really clear that to heal the Earth, we really need to re-connect with Nature, and see ourselves as part of Nature. It is our specie's perceived separation from Nature that has caused so much destruction of the Environment.

The Land has also become a place where people can come and re-connect with Nature. We are part of an interconnected web of life, and depend on it for our survival. So as well as growing our food and other commodities in an environmentally sound way, we also believe it is very important to restore degraded ecosystems. Hence we have planted half the Land to Native woodland, as a way of giving something back to nature.

And about me:-

Addy Fern has been involved with Plants for A Future since the beginning. She is a trained botanist, and has a wide knowledge of our native flora, as well as a knowledge of edible, medicinal, and other useful plants.

She will be guiding a walk around Chyan, looking at the edible and medicinal plants to be found there. She will also be looking at the benefits of eating wild foods, as well as the precautions that need to be taken when harvesting them.

