



**Belgrave Hall**  
Heritage Venue & Gardens

**£2 Adults**  
**Free parking available**  
[leicestermuseums.org](http://leicestermuseums.org)

# Belgrave Hall Wellbeing Festival

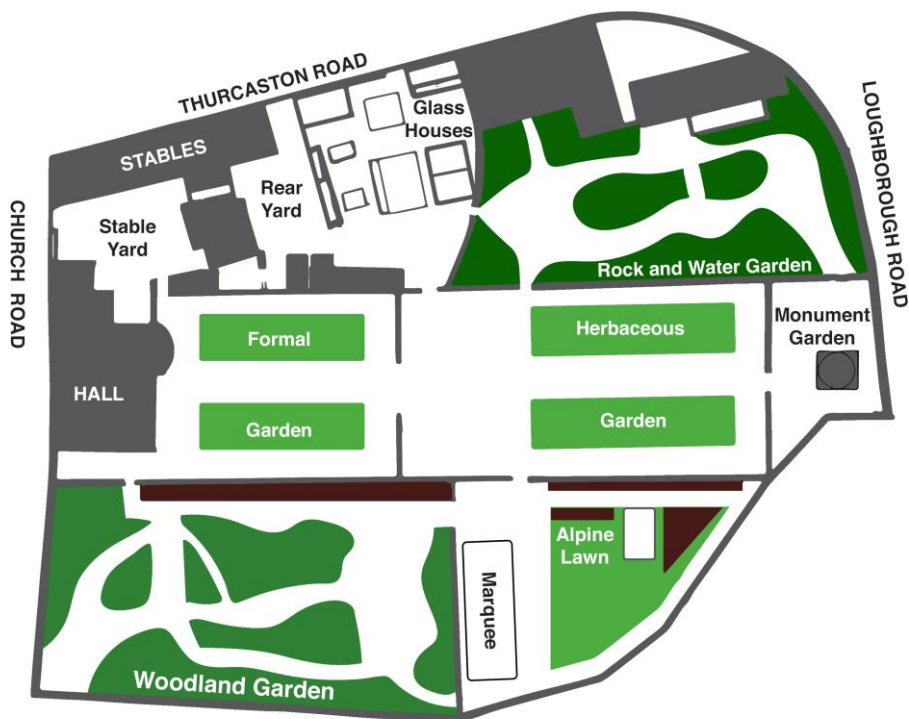
**Saturday 8 July - Sunday 9 July**  
**11am - 4pm**

**A wonderful chance to  
reflect and recharge.**

**Improve your well-being and learn  
more about holistic therapies,  
mindfulness and relaxation.**



## Belgrave Hall - Gardens Map



### Marquee & Alpine Lawn

#### Saturday: We Love Pilates

11.30am-12.15pm Pilates

12.30pm-1.15pm Somatic Movement

2pm-2.45pm Pilates

3pm-3.45pm Natural Movement

All sessions are 45 minutes.

£5 per person.

#### Sunday: Grounded Sound

Relaxation Sound Bath

11.30am, 1.30pm, 3pm

Sessions are 60 minutes. For ages 10+.

Please arrive 15 minutes before your

session. Bring any mats, blanket and

cushions that will make you feel

comfortable.

£15 per person.

### Stable block

#### Saturday

Fizzy Lizzy Creations

Three Monkey Crystals

Avocado Handmade

Tiffin Waali

Belgrave Heritage Trust

#### Sunday

Fizzy Lizzy Creations

Three Monkey Crystals

Amagian Life

Belgrave Heritage Trust

### Formal Lawn

#### Saturday & Sunday

Beaky Be

Hive Craft Collective

Once Upon a Time

Clare Speller Artist

Peace of Green

Rose of Laurel (Sunday only)

Leicester Outdoor Pursuits Centre

(Saturday only)

Cosmic Tula

## Hall: Saturday

### William Vann Room

11am – 12pm Morning Flow Yoga (Energising) 60 minutes  
12.15pm – 1.00pm Mindful Yoga (gentle and slow) 45 minutes  
1.15pm – 2.15pm Yin Yoga (Slow and deep) 60 minutes  
2.30pm – 3.45pm Restorative Yoga (Blissful and healing)  
To prebook slots on these sessions, please email  
[kim@kimwoodsyyoga.com](mailto:kim@kimwoodsyyoga.com).  
£5 per person.

### John Ellis Room

Wisdom Share and Cacao Ceremony  
11.15am, 12.15pm, 2.15pm, 3.15pm  
Sessions last 40 minutes. For ages 14+  
To prebook slots on these sessions, please [www.groundedsound.uk](http://www.groundedsound.uk)  
and use the Contact section to request a place.  
£10 per person.

## Hall: Sunday

### William Vann Room

11am – 12pm Hatha yoga (strong and slow) 60 minutes  
12.15pm – 1-15pm Moderate Flow Yoga (Fun and energising) 60 minutes  
1.30pm – 2.15pm Modified ashtanga class 45 minutes  
2.30pm – 3.45pm Restorative & Yoga Nidra 75 minutes (Deeply Restful)  
To prebook slots on these sessions, please email  
[kim@kimwoodsyyoga.com](mailto:kim@kimwoodsyyoga.com)

### Belgrave Hall Museum

## Hall: Saturday & Sunday

**Charlotte Ellis Room**  
Soul Garden Party.

**Eliza Ellis Room**  
The Geodess Healer

**Edmund Craddock Room**  
Natalie Orton-Rose  
Billesdon Therapy (Saturday)

**John Ellis Room**  
Billesdon Therapy (Sunday)

