

# Living

BUCKINGHAMSHIRE  
& BERKSHIRE

APRIL 2023 • LIVING-MAGAZINES.CO.UK • A NEWSQUEST PUBLICATION • COMPLIMENTARY

## COWORTH PARK

With executive chef  
Adam Smith

## PARTY TIME

Sam Ryder at  
Tom Kerridge's  
Pub in the Park

PERFECT  
SETTING

Fairmont Windsor  
Park's stunning  
sculptures

*Plus*

HOMES &  
GARDENS  
ARTS &  
CULTURE  
STYLE &  
WELLNESS



## SPACE *to* RELAX

LUXE WELLNESS FESTIVAL COMES TO MARLOW FROM MONACO



# FROM MONACO TO MARLOW

Prepare to feel better than ever, as In Your Element Festival comes to town this May



Tamu face yoga



Vanessa Michielon



PHOTOGRAPH BY YOGAANDPHOTO BY CECILLE



Scamp and Dude shop opening  
Marlow, Jo Tutchener Sharp

## Classes, talks and workshops will take place in many of the stores throughout the high-street

**L**aunched in 2019 as the first wellness festival in Monaco, with over 40 classes in six locations across Monte-Carlo, In Your Element promises everything you need for a complete wellness overhaul.

The first UK edition of the women's health event took place last October at Eccleston Yards in London. And now founder Krista Madden is bringing it to picturesque Marlow, the perfect backdrop for those looking to relax.

Krista founded the festival after having had a long career starting her own companies in

the beauty, health, PR and digital marketing industries. Her first business was Time Agency, representing hair and make-up artists. She launched beautyandthedirt.com in 2000 and followed that with the first agency representing bloggers and influencers, Handpicked Media in 2008.

This May, her latest venture, In Your Element Festival, will take place in Marlow, bringing together the best local coaches and therapists, speakers from London and some of the original people who hosted classes back in 2019 when the event first launched in Monte-Carlo.

Events will include Power Hour Pelvic

Floor Health hosted by Vicki Causer. Vicki helps empower women of all ages to feel strong, confident and happy in their bodies.

Supporting women approaching perimenopause to take control is nutritionist and health coach Jenny McGuckian.

Ask Alice Hart-Davis anything you need to know about the beauty industry, from skincare to surgery. Alice will be hosting a talk with Q&A.

Then meet Alice Smellie who co-wrote the *Cracking The Menopause: While Keeping Yourself Together* with Mariella Frostrup.

Join celebrity trainer Faye Edwards for the most fun F.T.T JAM Dance class, recently ➔

Jenny Go Nourish



Naomi Buff

**In Your Element Festival, will take place in Marlow, bringing together the best local coaches and therapists, speakers from London**

seen across social media with one of her clients Davina McCall working up a sweat.

Classes, talks and workshops will take place in many of the stores throughout the high-street.

**Y**ou will be able to stop off for energy healing while you shop; Jigsaw will be hosting The Energy of Spaces and offer Pranica Healing; SpaceNK will have wellbeing makeovers; Nova Art Gallery will be providing mindful art classes with local artists; India Jane will have a Reiki station; Keeeps Pottery are giving a pottery wheel taster session; and you can learn Applique with Lady Sew & Sew.

Meet Miranda Holder with her crystals collection, and have a tarot reading in Samson Reed boutique with Hannah, who was a 'big hit' at the London event.

Relax in facial masterclasses with Adaptology Skincare, and enjoy a talk with their experienced beauty founder Laura Rudoie.

Organisers will also be hosting sessions for kids and teens with vision boards and confidence coaching by experts working with children.



Davina McCall

Tickets are available on Eventbrite: £60 for adults, children under 16 will be free.

Access to all events will be included in your ticket price with a health & beauty goody bag to take home.

The event takes place on May 13.

[inyourelementfestival.com/](http://inyourelementfestival.com/)

**Coaches, therapists and speakers will include:**

- F.I.T JAM Dance Fitness with Faye Edwards
- Vanessa Michielon
- Mobility for Longevity class
- Movement using Yoga, Qi Gong & Tai Chi with Steve Munn
- Qi Gong Five Elements Movement with Sara Mayne
- Beauty Tweakments Guide Founder, Alice Hart-Davis
- Cracking The Menopause While Keeping Yourself Together with Alice Smellie
- Walk Active Workshop with Joanna Hall
- Astrology Workshop with Francesca Oddie
- Power Hour Pelvic Floor Workshop with Vicki Causer
- How to use all that Pilates Equipment including tambourines! with Nicola Reeves
- Cacao Ceremony with Naomi Buff
- Gut Health with Debbie Dean
- Face Yoga Sculpt & Lift Masterclass with Tamu
- Meditation with Kelly Saward
- Harness the Power of your Cycle with Adele Wimsett
- Looking out for the signs approaching Perimenopause with Jenny McGuckian
- Pranic Healing & Energy with Tara Mehmet
- Learning the power of essential oils with Debbie Lawrence
- Art classes with local artists in the Nova Art Gallery
- Facial Masterclasses with Adaptology
- Skincare & Talk with Founder Laura Rudoie
- Colour Therapy with Emily Rose Smith & Healing Energy in Jigsaw
- Reiki Healing in India Jane Interiors
- Scamp & Dude in-store activity TBC
- 5K Run with Runners Retreat
- Pottery Workshop at Keeeps
- Crystals with Miranda Holder & Tarot Readings in Sansom Reed Boutique
- Applique Class with Sue from Lady Sew & Sew
- Smaller Workshops include: Working with Aromatherapy Oils, Runners Rehab, Your Health, One Size
- Does Not Fit All, Kinesiology, Reflexology