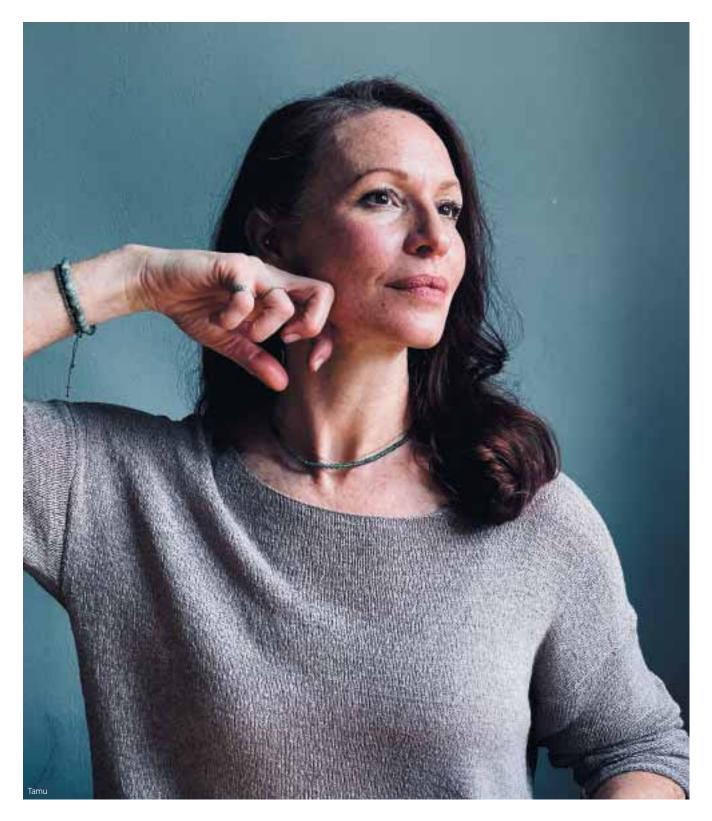


# SPACE to RELAX

LUXE WELLNESS FESTIVAL COMES TO MARLOW FROM MONACO

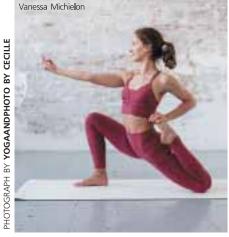


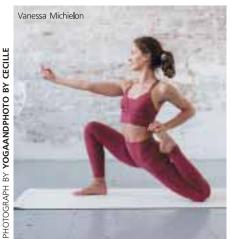
## FROM MONACO TO MARLOW

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









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



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

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

STYLE & WELLNESS Living



#### 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.

ou will be able to stop off for energy healing while you shop; Jigsaw will be hosting The Energy of Spaces and offer Pranic 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 Rudoe.

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



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

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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/



### 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

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