

Whole in one

Krista Madden, founder of In Your Element, tells us about a holistic highlight in Marlow on 13th May featuring wondrous wellbeing classes & highlights for women

When you're in your element, you feel happy and relaxed because you're doing something you like doing.

That's the ethos behind In Your Element whose first event took place in Monte-Carlo in 2019 with a London event last October.

This year's highlight will be based in central Marlow with classes, talks and workshops in St Peter Street as well as stores throughout the high street. Many of the classes and workshops will also be devoted to women. These include Power Hour Pelvic Floor Health by Vicki Causer,

advice on perimenopause health with Jenny McGuckian and a beauty Q&A with Alice Hart-Davis.

Meet Alice Smellie who co-wrote *Cracking The Menopause: While Keeping Yourself Together* with Mariella Frostrup and join celebrity



trainer Faye Edwards for a fun dance class. Jigsaw will host The Energy of Spaces and offer Pranic Healing, SpaceNK will offer wellbeing makeovers, Nova Art Gallery will offer mindful art classes, India Jane will have a Reiki station, Keeeps Pottery will give pottery wheel taster sessions and you can learn applique with Lady Sew & Sew.

There is so much more, including confidence coaching for youngsters, a cacao ceremony with Naomi Buff (left), gut health, crystals Tarot, kinesiology and much more.

● For full info and to book tickets visit inyourelementfestival.com

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