

Luxe Wellness Festival COMES TO MARLOW THIS MAY

This May In Your Element Festival will take place in the beautiful town of 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.

The event will be based in Central Marlow with classes, talks and workshops in locations in St Peter Street as well as many stores in the high-street, there will also be a wellbeing kids club for ages 8-16.

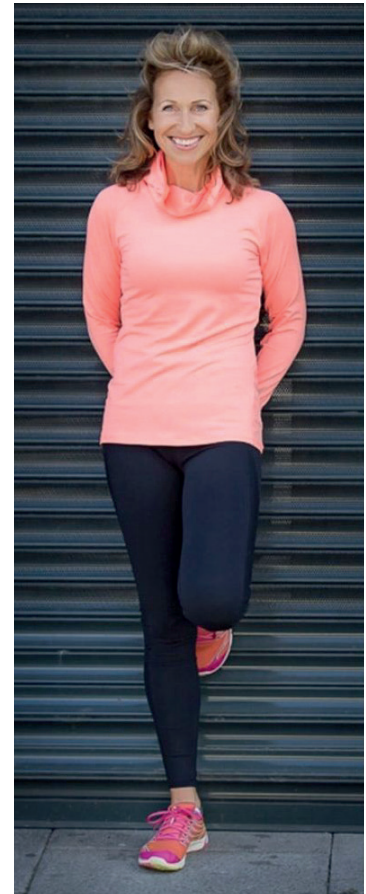
Many of the classes will be devoted to women with Power Hour Pelvic Floor Workshop, Supporting Women approaching Perimenopause, Lift & Sculpt Face Yoga and you'll be able to ask Alice Hart-Davis anything you need to know about the beauty industry, from skincare to

surgery. Alice Smellie who co-wrote the Cracking The Menopause with Mariella Frostrup, will be giving a talk and then a book signing in the Marlow Book Shop.

Join Faye Edwards for a super fun Dance Class, seen across social media with one of her clients Davina McCall working up a sweat. Improve your walking technique which will help with knee and back problems with Joanna Hall founder of Walk Active programme.

Other Activities on the day Include:

- Face Yoga in Scamp & Dude
- Restorative Yoga
- Applique Class with Lady Sew & Sew in Susie Watson Designs
- Meet Miranda Holder with her crystals collection and have a tarot reading in Sansom Reed boutique
- Art Classes in Nova Art Gallery
- Colour Therapy & Energy Healing in Jigsaw
- Make up Masterclass with Delilah Cosmetics
- Facial Masterclass with Adaptology Skincare
- Skincare & Makeup Makeovers in SpaceNK
- Cacao Ceremony & Soundbath ■



Be In Your Element in Marlow with this Wellbeing Takeover on Saturday 13th May.

See a full list of classes and get tickets on Eventbrite:

Day Pass £60 for adults, kids ages 8- 16 free.

Access to all activities is included in the ticket price, spaces to some classes will be limited.

Health & Beauty Goody Bags to take home worth over £100!

www.inyourelementfestival.com

@in_your_element_festival



APRIL 2023 ??

