

# The Chingford Holistic Wellness Event

Sponsored by Noble Naturals

Explore a new level of health through educational talks, healing activities and therapies discover a whole new level of freedom around your wellbeing you never thought possible, discover the wisdom of the ancient civilisations.

Come and learn from our inspiring speakers on various subjects including Ancient minerals, herbalism & folklore, homoeopathy & brain Science, food mythology, Ayurveda, Ancient grains and The impacts of modern EMF radiation from 'smart' technology.

Plenty of activities for adults and kids, including an African drumming Workshop, yoga, qi gong, meditation and sound therapy

Learn how we can tap into ancient knowledge to find our own inner body wisdom.

Try a variety of delicious healthy foods, teas and fermented drinks, snacks & ethical products.

Date : 25 March 2018  
Time: 10:00 am - 8:00 pm  
Venue : The Masonic Hall  
Forest Approach Chingford E4 7AZ

To book your tickets visit:  
<https://origintickets.co.uk/store/?event=1205>

Tickets : £5  
Children Under 16 Go FREE!



the power  
of nature!

