

The Cambridge Wellness Festival

11am - 6pm Tuesday 9th September
The Green
Cambridge Biomedical Campus

Main Arena Workshops

11:30 Becky Balzano Coaching - Start Strong - Build habits that stick without willpower battles, using a science-backed and gentle approach.

12:30 Your Time To Grow - Burnout, Boundaries & Boldness - A self-mastery session to help you set boundaries, protect your time, and lead with calm confidence.

13:00 Becky Balzano Coaching - Let It Go - Break free from habits that no longer serve you, with practical, compassionate tools.

13:30 Kumbhaka Kissed - The Calm Code: Breathe to Relax - Learn how to activate your relaxation response using simple breath techniques.

14:00 Becky Balzano Coaching - Midlife, Metabolism & You Understand the science behind hormonal changes and how to work with your body, not against it.

14:30 Your Time To Grow - Step Into the Arena - Learn to move from self-doubt to bold visibility and reclaim your power in life and work.

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Main Arena Workshops

15:00 Louise Sheridan Coaching - The mini Whole Life Audit - reclaim your energy, clarity, and power in 30 minutes: A reflective workshop and practical insight for creating meaningful change in your life.

15:30 Becky Balzano Coaching - Rooted & Ready - Explore what true resilience looks like and how to grow it - even in hard times.

16:00 Claire Forrester - Breathwork for Core, Pelvic Floor & Posture - Hypopressives: A revolutionary method that improves posture, breath control, and core function by retraining your body's natural mechanics.

16:30 Kumbhaka Kissed - Rhythm of Resilience - Use your breath to stay grounded and shift your state during stress or overwhelm.

17:00 Becky Balzano Coaching – Fuel for Focus and Mood - Eat for brain power and emotional balance. Gut-brain science made simple.

17:30 Your Time To Grow - From Overwhelm to Ownership - Discover tools to stop overgiving, trust your voice, and take back control with ease.

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Talks Tent

11:30 Casey Hanson - The Unflustered Shift: Using the Breath - Discover how breathwork can help you stay calm, centred, and grounded - even during life's wobbliest moments.

12:30 Professor Giles Yeo - Why Calories Don't Count - Explore the science behind why all calories aren't equal - and what really matters when it comes to food, energy, and health.

13:30 Dr Susanna Unsworth - Menopause: Everything You Need to Know - A talk on perimenopause and menopause - including symptoms, self-help tips, HRT, testosterone, and workplace support from our own menopause expert.

14:30 Clem Wallace - From Hardship to Hope: Campaigning for Change in Cambridge - Hear how grassroots action is creating real change - from food banks to mental health support - and why small wins matter.

15:00 Bianca Armitage MSci - Neuroscience of Wellbeing Consultant - The Neuroscience of Optimising Sleep: learn to leverage your hardwired biology to optimise your sleep and energy - and no, it's not all about bedtime.

16:00 Nick Molyneux - Senior Construction Manager, Mace - Prostate Cancer - My Story

17:00 Dr Nick Evans - Healthy Ageing: Blood Vessels, Brains, and Beyond - Find out how your arteries impact your brain and why cardiovascular health is key to ageing well and staying sharp.

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Chill Zones

Chill Zone 1 Kindly sponsored by Mace. 

All day fitness with Frank Lee Centre and CamYoga

- 11:15 - 12:00** Yoga with Queeny
- 12:45 - 13:15** Zumba with Ilona
- 13:30 - 14:00** Mobility and Stretch with Vikki
- 14:00 - 14:30** Stretch with Vikki
- 14:30 - 15:00** Mobility and Stretch with Vikki
- 15:00 - 15:45** Yoga with CAMYOGA
- 16:00 - 17:00** Body Balance (a Les Mills Class - a combination of yoga, tai chi and Pilates) with Philippa
- 17:15-18:00** Yoga with Katie Connan

Chill Zone 2

- 11:15 - 12:00** Golden Bliss Qi Gong
- 12:30 - 13:15** Golden Bliss Sound Bath
- 13:30 - 14:15** Golden Bliss Sound Bath
- 14:30 - 15:15** Golden Bliss Sound Bath
- 15:30 - 16:15** Golden Bliss Sound Bath
- 16:30 - 17:15** Golden Bliss Sound Bath
- 17:30 - 18:00** Golden Bliss Sound Bath

continued...

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Chill Zones

Chill Zone 3 **The Zen Project in the Zen Bus**

Explore this mobile wellbeing space and try simple mental health activities inside a converted American school bus.

Join us for a day of rolling 11-minute Zen Sessions designed to bring calm, focus, and relaxation - all delivered from our iconic yellow Zen Bus!

Session Schedule

Each session lasts 11 minutes with a short reset between.

Time	Session Title
11.30	Guided Meditation
12.00	Breathwork for Calm
12.20	Sound Healing
12.40	Breathwork for Focus
13.00	Guided Meditation
13.20	Breathwork for Energy
13.40	Sound Healing
14.00	Guided Meditation
14.30	Breathwork for Balance
15.00	Sound Healing
15.30	Guided Meditation
16.00	Breathwork for Focus
16.30	Sound Healing
17.00	Guided Meditation
17.30	Breathwork for Calm

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Chill Zones

Chill Zone 4 **Breatholution**

Pop on the headphones and immerse yourself.

- 11:30 12 minute Getting Great
- 12:30 15 minute Full Reset
- 13:30 11 minute Let Go
- 14:30 11 minute Calm & Connect
- 15:30 10 minute Hypnotic Induction
- 16:30 12 minute Getting Great
- 17:30 15 minute Nidra (Nidra leads you into profound states of conscious relaxation)

Reiki Taster Sessions - All day

Reflexology Taster Sessions - All day

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All Day Activities

All Day Art Therapy Drop-In - Kimberley Iyemere - Join art therapist Kimberley for relaxing, creative sessions using art to explore thoughts and emotions in a grounded, restorative way.

All Day Fitness - Frank Lee Centre and CamYoga | tent kindly sponsored by Mace - Experience calming, small-group Yoga, stretching, Zumba and Body Balance sessions led by top Cambridge instructors.

Bikeworks - Adaptive Cycles on the MUGA - Learn about inclusive cycling and try adaptive bikes on the games area.

Breathwork - Kumbhaka Kissed - Join master breathwork instructor Casey for a 30-min talk at 11:30am in the Talks Tent, or visit her stand to learn how breath can transform your wellbeing.

Carbon Orange - Mindful Doodling - Drop in for calm, creative doodling sessions designed to connect and unwind.

Drop-In Crochet - Stitch Street Crochet - Calm your mind and learn the basics of crochet in a friendly space. Add your creation to our growing Wellness Tree.

Elizabeth Ellwood Art of the "Popping Paint" Parties - Unwind with Lizzie's gentle, creative painting sessions - no experience needed. Two one-hour sessions running at 1pm and 4pm. Limited numbers – no pre-booking, just turn up. NOTE – this activity is likely to be popular!

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All Day Activities

Massage Gazebo - Lucy Hall - Free head, neck, and shoulder massages offered all day by five wonderful therapists.

Menopause Café - A relaxed drop-in space to talk all things menopause over free coffee and cake.

Mobile Fitness Facility - Fitness Rush CIC - Take part in fun fitness challenges and discover how movement can boost mental and physical wellbeing.

Pets As Therapy - Come and meet gentle therapy dogs, have a cuddle, and chat to their lovely owners.

Postcards to Myself - CUH Arts - A mindful textile activity using wooden postcards to reflect on what helps you stay well, guided by artist Caroline Cardus.

Qi-Gong & Sound Baths - Golden Bliss - Rebalance with meditative Qi-Gong and deeply relaxing sound baths using ancient instruments.

Reflexology Taster Sessions - Celestial Feet & Footwork Reflexology - Try reflexology with Tracy and Sarah - relaxing treatments to support better sleep, stress relief, and wellbeing.

Reiki with Carole and Reiki with Dimitra - Experience Reiki, a gentle energy healing practice that promotes calm and connection.

Restart-a-Heart with Magpas and East Anglian Air Ambulance - Drop by for a practical demo on how to save a life with CPR basics.

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Exhibitors

Açaí Island - Healthy sweet and savoury Açaí bowls.

ACED Clinic Cambridge - Find out how ACED supports early cancer detection research and join the cohort study.

Addenbrooke's Charitable Trust (ACT) - Discover how ACT helps patients and staff at Addenbrooke's and Rosie. Get involved, fundraise, and try the smoothie bike! Kindly co-sponsoring the Smoothie Bikes with Royal Papworth Hospital Charity.

Al-Anon - For anyone whose life is or has been affected by someone else's drinking.

Alcoholics Anonymous - Learn how to support yourself or someone you love through addiction recovery.

Andy's Man Club - Because men need to talk. Find out how peer support is changing lives.

Becky Balzano Coaching - Explore sustainable health and nutrition coaching for individuals and teams.

Bike Works - Try adaptive and inclusive cycles and learn about their social enterprise work.

Breatholution - Discover breathwork tools to calm the nervous system and reset the body. Rewire, Release, Reconnect: A Journey Through the Breath.

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Exhibitors

CamYoga - Learn about their corporate yoga class packages and workplace wellbeing offers.

Cambridge Breast Unit - Information and resources around breast health.

Cambridge Fitness Personal Training - Personalised coaching that goes beyond exercise to support long-term health and wellness. With expert guidance, tailored programmes, and a focus on functional movement.

Cambridge Food Bank - Learn how you can help tackle food poverty locally.

Cambridge IVF - Speak to our team about fertility support and services.

Cambridge Samaritans - Find out how to spot when someone's struggling - and how to help. Learn about 24/7 support services.

Cambridge Women's Health - Information on health services tailored to women's needs.

CPFT (Cambridgeshire & Peterborough NHS Foundation Trust) - Explore services from CPFT, How Are You?, and Voluntary Services.

CPSL Mind - Supporting recovery, resilience, and mental health across our region.

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Exhibitors

Carbon Orange - Mindful Doodling - Drop in for calm, creative doodling sessions designed to connect and unwind.

Centre 33 - Youth support services for under-25s, including mental health and wellbeing help.

Champs Rowing Cambridge (with 8 sweep rowing boat!)
Explore rowing for physical and mental wellbeing.

Change Grow Live - Interactive tools and games around drug and alcohol awareness, habits, and support.

Dentistry and More - Offering private dental care, women's health support, and GP services. Also showcasing organic oral care.

Elizabeth Ellwood Art of the "Popping Paint" Parties - Calmness and relaxation through painting. Exhibition of previous artworks for sale.

Frank Lee Centre - Find out what's on at the campus leisure centre – from swim times to spin classes.

FutureYou Cambridge - Science-backed supplements supporting everyday health and long-term wellbeing.

Golden Bliss - Sound Baths and Qi Gong.

Healthier You - Awareness & Information regarding NHS Diabetes Prevention Programme.

continued...

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Exhibitors

Hepatitis C Team - Come and see us in our van! - Free screenings and advice on liver health.

Ice Cream Van - Because... why not?

Information Gazebo - Find main-arena updates, speaker schedules, and what's on throughout the day. Plus Rendez-vous point and Lost Children.

Institute of Metabolic Science - “Spikes and Steady: Understanding Insulin Peaks” - Test your knowledge of food and blood sugar! Learn how insulin peaks differ in healthy and diabetic bodies, and what this means for everyday choices.

Joyful Menopause & Amanda Ryder Nutrition - Nutritional therapy and support for women navigating menopause.

Kumbhaka Kissed Breathwork - Meet breathwork expert Casey - learn how to reconnect to your vibrant self.

Lighthouse Charity - Free 24/7 emotional, physical and financial wellbeing support for construction workers and their families.

LiveBrighterNOW - Workshops on sleep, stress, and habits rooted in neuroscience, plus 1:1 coaching.

Louise Sheridan Coaching - Helping women declutter their inner and outer worlds to create balance.

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Exhibitors

Maggie's - Cancer support specialists offering free emotional and practical support.

Mindful Explorers - Creative Mindfulness for Children and Families.

NIHR BioResource - Chat about how your DNA can help health research, especially in underrepresented groups.

Occupational Health - Support for workplace wellbeing and health needs.

Pets As Therapy Dogs - Meet our friendly therapy dogs - gentle, grounding, and always up for a cuddle.

Prostate/Testis Cancer Awareness - Resources and advice on screening and support.

Royal Papworth Hospital Charity - Learn how the charity supports patients, staff, and cutting-edge research. Kindly co-sponsoring the Smoothie Bikes with Addenbrooke's Charitable Trust.

Royal Voluntary Service - Volunteering Opportunities

Sing! Choirs @ CBC - Come meet the Campus Choir and discover how singing boosts mood and connection.
Singing at 12 noon.

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Exhibitors

The Blackbird's Nest - Outrageously good coffee, cakes & pastries. Ethically produced beans. Sustainable practices.

Tropic Skincare - Award-winning natural skincare with a sustainability mission.

Well:o - Dental Wellness Made Easy - Simple tools and products to make oral care a joy.

Your Time To Grow Coaching - A calming space for high-achieving women to explore burnout recovery and self-mastery.

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