



An Open Day
On 21st September 2024
Cost (per head): £25*

*Includes a champagne lunch, £10 voucher, goodie bag and access to all the talks.



Timetable

- 9:30am 9.30 Doors open for light refreshments
- 10:00 Welcome from Penny and photo opportunity
for diploma presentation
- 10:15 Talk by Penny surrounding "breath of life"
(a look at 1.8 cineole and how it works)
- 11:00 Short Break
- 11:20 Ellie Dunmore Introducing our new look
Nurture breathing range
- 12:00 Champagne Lunch, Shopping opportunity and
networking
- 1:30 QiGong interactive Session with Lindsay Orton
- 2:30 Short break
- 2:45 Louise Mac - Asthma and the gentle essential
oils that can help.
- 3:45 Farewell and closing comments

