

FREE YOUR SOUL | EVENT FLOW

SOFT WELCOME

Time to just arrive in your own energy, with herbal tea, smoothies & gut-loving muffins on arrival

MOVE & CREATE

Start slow with intuitive doodling & somatic flow. Gently drop into your body and let your hands meet the page - no rules, just expression.

CREATIVE JOURNALING

Sink deeper. Let your inner world come to life on paper.

BOILER SUIT STUDIO

Express yourself without limits! Throw on a paint-friendly suit and let your creative wild child loose.

FOOD & INTUITION

'Eat the Rainbow' lunch - a vibrant, delicious meal made with love, using nourishing mood-food of the season. Think colour, soul, plants and joy.

GUIDED SENSORY NATURE WALK

Time to connect with nature and make your own smudge stick/wild-herb posy foraged from the land.

MOVE

Barefoot ecstatic dance and closing circle. A moment to land, reflect, and take a piece of this energy back with you.

bhuti

Bingham

RIVERHOUSE