



**\*\*\*FRIENDS OF CHASE SIDE WELLBEING FESTIVAL 2019 - PROGRAMME\*\*\***

		HEALTHY & ACTIVE			PEACEFUL & POSITIVE					
		MAIN HALL	PLAYGROUND	ORCHARD AREA/SEACOLE	WINTER HALL	SECRET GARDEN	SMALL LIBRARY	CLASSROOM (NEWTON)	CLASSROOM (GRYLLS)	CHILLOUT ZONE
Start 13:00				DANCE WARM-UP! (with Jo Bakhurst); 1.00-1.25pm; open to all; FREE	BOKWA (dance) (with Hazel Ferguson); 1-1.25pm; open to all; FREE					
13:15										MEDITATION (with Gemma Kirk); FREE; 1.15-1.45pm; OPEN TO ALL
13:30		DECORATE YOUR OWN PLANT POT; open to all ages; £TBC; 1-2.30pm	KICKBOXING (with Kickboxing Hoddesdon K1) 1.15-1.45pm; ages 6+; TICKETED £1; 20 SPACES	PARENT&CHILD FOOTBALL COACHING (provided by Touchline Development) TICKETED: £2/pair 1.15-1.55pm; 15 SPACES						
13:45						YOGA FOR CHILDREN (4-11 year olds) (with Zuhre Harrison); 1.35-2.05pm, Ticketed: £2; 25 SPACES	CAMP IMAGINATION EXPRESS (drama and foresty school art); Open house (but maximum capacity of 15 people at any one time); FREE; 1.30-3pm; Suitable for all ages	ALTERNATIVE THERAPIES AND MESSAGES Hand and foot reflexology Reiki Indian head, neck and shoulder massage Face, neck and shoulder massage Sign up outside door (first come first served) £3/15 mins (with Yvonne Alter)	PARENT-CHILD ART (ages 4+) - Roll a Henri Matisse collage game (with Lisa Howes from 'ArtStop') - TICKETED: £2; 1.30-2.15pm; 15 SPACES	
14:00	Available all afternoon: Healthy snacks, fresh soups and bread; smoothie bike 'Spa in a Jar' for sale		Family boxercise/challenges (ages 6+); Suley Gul; FREE; 2-2.30pm; OPEN TO ALL	BEAT YOUR PERSONAL BEST CHALLENGES (with our FoCS London marathon runner and Mr Millard); ages 4+; FREE; 1.25-3.30pm (OPEN TO ALL)		REFLEXOLOGY (with Toni Samwell); £3/15 mins; sign up outside door				
14:15			DANCE FITNESS/FUN FOR ALL AGES (with Amy Neal) FREE (OPEN TO ALL); 1.55-2.35pm;				PARENT & CHILD YOGA (with Zuhre Harrison); TICKETED: £2/pair; 2.15pm-2.45pm 20 SPACES			
14:30										
14:45		PLAYDOUGH AND DRAWING FOR TODDLERS (with Mrs Lewis) FREE; Under 5s only; 2.45-3.30pm		PARENT & CHILD FOOTBALL COACHING (provided by Touchline Development) TICKETED: £2/pair 2.35-3.15pm; 15 SPACES						
15:00			Bounce Enfield taster session: 2.50-3.05pm; TICKETED £1 15 SPACES							
15:15										
15:15			Bounce Enfield taster session: 3.05-3.20pm; TICKETED £1; 15 SPACES							
15:30		BIG SING FINALE (group singalong - lyric sheets will be provided) with Young Notes (OPEN TO ALL); FREE; 3.30-4pm								
15:45					YOGA FOR AGES 12+ (with Emily Gopaul); TICKETED £1; 3.30-4pm; 25 SPACES					
15:45										
End 16:00										

**PLEASE NOTE: CHILDREN AGED 12 AND UNDER MUST BE SUPERVISED AT ALL TIMES; ALL TICKETED EVENTS WILL BE SOLD ON FIRST COME FIRST SERVED BASIS SO PLEASE ARRIVE EARLY TO AVOID DISAPPOINTMENT**

**\*\*\* TIMETABLE SUBJECT TO CHANGE - SEE FOCS.ME FOR DETAILS \*\*\***