



Join Helen Barnes

**at the Norfolk Island Inaugural
Holistic Living Festival
November 2010**



Immerse yourself in Norfolk's beautiful Lemurian energies and enjoy a vast range of Festival delights.

**International and Local Guest Presenters
Informative and interactive seminars
Yoga and Tai Chi Classes
Breakfast Bush Walk
Massage and Healing Therapies
Closing Ceremony & Celebration Dinner**

Helen Barnes is an international spiritual teacher, healer and author. Having lived for the past four years in Egypt where she facilitated transformational journeys for spiritual seekers, she has returned to New Zealand to live. She conducts workshops, individual sessions, retreats and sacred soul immersion journeys as part of her diverse portfolio. The focus of Helen's work at this time is preparing people for the changes that are coming with the new earth. Using the language of light sound frequencies, she channels activations and recalibrations to assist the ascension process. Helen is also one of the Festival organisers.

www.kolmysteries.com

**Fully inclusive travel & festival packages available on
www.holisticlivingfestivals.com**

FESTIVAL PROGRAMME

November 2010

Daily (except Tuesday)	7.30 – 8.30 am	Yoga or Tai Chi Class	
Sunday 14th	7.30 - 9.30pm	Opening Meditation and Ceremony	
Monday 15th	10.30 - 12noon	The Miracle of Angels <i>(Melissa Bult)</i>	Natural Solutions for Aging <i>(Audrey Elford)</i>
		Lunch Break	
	2.30 – 4.00pm	Paths to Happiness <i>(Graeme Sait)</i>	Numerology & Your Destiny <i>(Michelle Buchanan)</i>
	8.00 – 9.00pm	Evening Group Meditation	
Tuesday 16th	7.30 - 9.30am	Breakfast Bush Walk through National Park	
	Morning	Free time	
	2.15 -3.45pm	Numerology & Your Destiny <i>(Michelle Buchanan)</i>	From the Other Side <i>(Presenter to be advised)</i>
	3.45 – 4.30pm	Afternoon Tea Break	
	4.30 – 5.30pm	Shift Happens!-get on with it <i>(Gaye Evans)</i>	Daily Fitness & Wellbeing <i>(Brett Thompson)</i>
Wednesday 17th	10.30 – 12.30pm	Past Lives & Spirit Guides <i>(Helen Barnes)</i>	Gardening for Health <i>(Graeme Sait, Robin Adams, Simon Bigg)</i>
		Lunch Break	
	3.00 - 4.30pm	Natural Solutions for Aging <i>(Audrey Elford)</i>	The Miracle of Angels <i>(Melissa Bult)</i>
	7.30 – 9.00pm	Healthy Soil, Hardy People, Happy Planet <i>(Graeme Sait)</i>	
Thursday 18th	Morning	Free time	
	2.00 -3.30pm	From the Other Side <i>(Presenter to be advised)</i>	Paths to Happiness <i>(Graeme Sait)</i>
	3.30 – 4.15pm	Afternoon Tea Break	
	4.15 – 5.15pm	Daily Fitness & Wellbeing <i>(Brett Thompson)</i>	Shift Happens!-get on with it <i>(Gaye Evans)</i>
Friday 19th	10.30 – 12.30pm	Gardening for Health <i>(Graeme Sait, Robin Adams, Simon Bigg)</i>	Past Lives & Spirit Guides <i>(Helen Barnes)</i>
	Afternoon	Free time	
	7.30pm till late	Closing Ceremony and Celebration Dinner	

Individual bodywork treatments will be scheduled during the free and non-allocated time periods. Lunches are NOT INCLUDED in the programme, however afternoon teas where specified are included. Presenters and Seminar Topics are featured on this website.