



SOUTHSIDE WELLBEING FESTIVAL

Sep 1st - 3rd 2023

Join us for a weekend of wellness in the southside! With a huge variety of wellbeing tasters, outdoor activities, kids classes & more... there is something for everyone!

southsidewellbeingfestival.co.uk

facebook.com/southsidewellbeingfestival

brought to you by



FINN'S
PLACE



The
WEE
RETREAT™



Day One - Friday 1st Sep 2023

Start the festival off with some nourishing wellbeing activities, followed by the Labyrinth Walk and then join us to celebrate all things wellbeing at our big Wellbeing Fayre with stalls, dance, music and shiatsu tasters & delicious refreshments by the fabulous MILK Cafe See you there!

10:15 AM	Gentle Yoga (online + in person) @The Wee Retreat CIC
12:00 PM	EFT - Emotional Freedom Technique @The Wee Retreat CIC
2:00 PM	A Wee Mindfulness Retreat @The Wee Retreat CIC
2:00 PM	Labyrinth Walk @Finns Place (runs until 5pm)
7:00 PM	Wellbeing Fayre @Finns Place

Day Two (AM) - Saturday 2nd Sep 2023

A full day of wellbeing opportunities with our taster day at Finns Place, ladies hand massage over at The Well and a variety of outdoor wellbeing activities at The Wee Retreat with kids/ family classes dotted in between!

8:00 AM	Early-bird Yoga @The Wee Retreat CIC
10:00 AM	Labyrinth Walk @Finns Place (runs until 5pm)
10:00 AM	Wellbeing Audio Walk @The Wee Retreat CIC (runs until 5pm)
10:00 AM	Women's Peaceful Hand Massage @The Well
10:00 AM	Yoga Taster @Finns Place
10:15 AM	Kids Yoga for 4-8 year olds @The Wee Retreat CIC
11:00 AM	Singing for Wellbeing @Finns Place
11:30 AM	Parent & Child Yoga @The Wee Retreat CIC
11:30 AM	Dance Movement Therapy Taster Session @ Finns Place



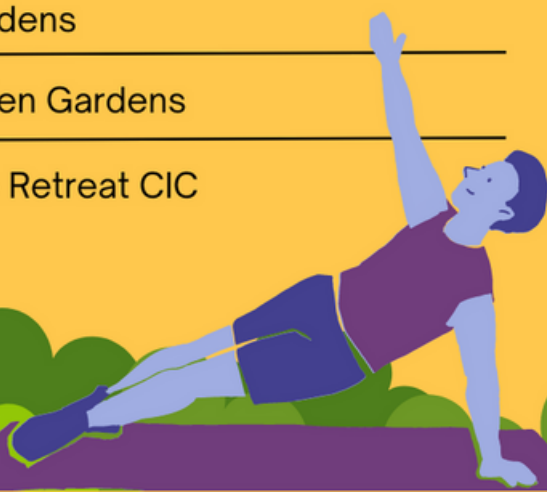
Day Two (PM) - Saturday 2nd Sep 2023

1:00 PM	Group Led Cycle to Finn's Place @The Wee Retreat CIC
1:00 PM	Grassroots Foraging Walk @The Wee Retreat CIC
1:00 PM	Women's Peaceful Hand Massage @The Well
2:00 PM	Contakids Taster @Finns Place
2:30 PM	Tai Chi & Qigong Taster Session @Finns Place
3:30 PM	Family Friendly Mindful Walk @The Wee Retreat CIC

Day Three - Sunday 3rd Sep 2023

Our final day with the main event -our family friendly Wellbeing Day at The Hidden Gardens 12 to 5pm, bring a picnic & stay for the afternoon! With a wee selection of tempting retreats at our other venues on offer as well.

10:00 AM	Labyrinth Walk @Finns Place (runs until 5pm)
11:00 AM	Relaxed Creative Writing Workshop @The Wee Retreat CIC
12:00 PM	Sunday Kitchen Herbal Remedies Workshop @The Hidden Gardens
1:00 PM	Family Nature Connection Workshop @The Hidden Gardens
1:00 PM	Guitar Taster Session 10+ yr olds @The Hidden Gardens
2:00 PM	Family Yoga Taster Session @The Hidden Gardens
2:00 PM	The Fullness of Yoga Retreat @Finns Place
3:00 PM	Guitar Taster Session 7-9 yr olds @The Hidden Gardens
3:30 PM	Tai Chi Taster Session @The Hidden Gardens
4:00 PM	Storytelling for All Workshop @The Hidden Gardens
6:30 PM	Yin Cacao Sound retreat @The Wee Retreat CIC



For more info on the festival & booking for all our events, scan the QR code, follow the links below, or pop in to one of our venues.



(We recommend pre-booking events to avoid disappointment)

Festival website: www.southsidewellbeingfestival.co.uk

Eventbrite booking : bit.ly/eventbriteswf

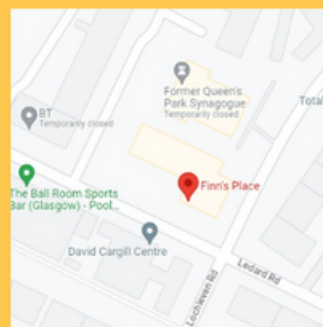
FB page: @southsidewellbeingfestival

Meet our Venues



The Wee Retreat CIC
2 Myrtle Park,
G42 8UQ

SC610360



Finn's Place
167 Ledard Rd,
G42 9QU

SC045350



The Hidden Gardens
25a Albert Drive,
G41 2PE

SC036881



The Well
53 Niddrie Road,
G42 8NT

SC042300

Get in touch: info@southsidewellbeingfestival.co.uk