

PROGRAMME
Pop-Up Herbal Event 2022
Cwmdu House field,
Bethlehem,
Llandeilo,
SA19 6YY
www.cwmdu-retreat.com

FRIDAY 15th July

From Noon

Arrival of wild campers to set up tents and pitches.

2pm onwards

Mobile catering - The Warren Restaurant/cafe providing organic vegan, vegetarian and gluten free food options and non alcoholic drinks (<https://www.warrenmanselst.co.uk/>) available from drive way of Cwmdu House (cost of food and drink not included in ticket price).

7pm

Tent 1 - Welcome evening
Sudam Kariyakarawana (10yrs old) Sri Lanka dance
Kathrin Huzelmann - Drumming session
Other music yet tbc (bring your instruments if you want to join in).

SATURDAY 16th July

8.30am-9.30am

Tent 1 - Dr Sunil Kariyakaraana - Mindfulness Meditation session

9.45 - 10am

Tent 1 - Opening Welcome from Nadia Brydon

10am-11.15am

Tent 1 - Sarah Atkinson (Medical Herbalist - The Medicine Garden Cumbria): Herbal Meldings
Tent 2 - Alex Laird (Medical Herbalist - Living Medicine London)
Food as Medicine

11.30am-12.45pm

Tent 1 - Anne McIntyre - (TBC)
Tent 2 - Louise Idoux (The Herbarium Oswestry) : 'The Business of Being a Herbalist'.

1pm-2pm

Lunch - Available from Independent mobile catering The Warren Restaurant/cafe located in the Cwmdu House driveway. Seating in the barn: Vegan, vegetarian, gluten free options, alcohol free food and drinks (cost not included in ticket price).

2pm-3.15pm

Tent 1 - Dr Kathrin Huzelmann (Integrative Dentist) : 'Teeth Health Awareness: The impact of teeth on general state of health'.
Tent 2 - Lucie Scott - Liliwen Herbs (Llandeilo): 'Growing Herbs at Liliwen Herbs'.

3.30-5pm

Tent 1 - Gosia Gorna (www.gosiagorna.com): 'The power of intuition and

blessing in creating miracles'.

Tent 2 - Nadia Brydon: Founder of Cwmdru House Retreat:

'Fresh common 'weeds' and vegetables for therapeutic green smoothies'. Demo and tasting.

6pm onwards

Dinner - available from Independent mobile caterer: The Warren

Restaurant/cafe located in the Cwmdru House driveway and seating in the barn: organic Vegan, vegetarian, gluten free options, alcohol free food and drinks (cost of food and drinks not included in ticket).

7pm - 9pm

Twmpath (Welsh Barn Dance) with the amazing Gwenith Gwyn folk band <https://www.facebook.com/gwenithgwynband/>

SUNDAY 17th July

10am-11.15am

Herb walk - with Alex Laird (Living Medicine, London)

Tent 1 - Sarah Atkinson (Medical Herbalist - The Medicine Garden

Cumbria) : 'My Herbal Practice and Why I wrote my book Herbal Chronicles'.

11.30am-1pm

Tent 1 - Panel of all the speakers + Beatriz Linares (Medical Herbalist and TCM practitioner) Q&A session.

1pm-2pm

Lunch - available from Independent mobile caterer The Warren

Restaurant/cafe located in the Cwmdru House driveway with seating in the barn: organic Vegan, vegetarian, gluten free, alcohol free food and drinks (cost of food and drinks not included in ticket price).

2pm onwards

Event closed - packing up of tents and exhibits.