

# Event Overview: ELEMENT CAMP UK END-TO-END



## ELEMENT CAMP 6 WEEK TOUR

JOIN US AS WE TOUR ACROSS DIFFERENT PARTS OF LONDON & THE UK BRINGING ELEMENT CAMP TO YOU.

FIND OUT WHEN WE ARE LOCAL TO YOU AND GET BOOK IN FOR THE ELEMENT CAMP EXPERIENCE.

THIS IS A WELLNESS EVENT LIKE NO OTHER. WE COMBINE BODY & MIND TO HELP YOU FIND YOUR ELEMENT. FIND YOUR FLOW / YOUR ZONE. THAT'S YOUR ELEMENT.

THAT SPACE WE ENTER WHERE WE ARE HIGHLY PRESENT, IN THE MOMENT AND LOVING IT!

## EVENT BREAKDOWN:

THE DIFFERENT ELEMENTS OF WELLNESS / HEALTH



### FOOD [NUTRITION]

GOOD FOOD PROVIDED. WHOLESOME FOOD COOKED BY SELECTED CHEFS TO BRING YOU NUTRIOUS MEALS THAT TASTE GOOD AND MAKE YOU FEEL GOOD!

### MARKET SPACE

WE HAVE THE HEALTH PRODUCTS YOU NEED. OUR MARKETPLACE PROVIDES ALL THAT YOU NEED TO SUPPORT YOUR HEALTHY LIFESTYLE. FROM HERBS TO TEAS, CRYSTALS AND HEALING JEWELLERY TO NATURAL MADE PRODUCTS FOR HAIR & SKIN. EVERYTHING YOU NEED FOR A HEALTHY BODY INSIDE & OUT.

### EXPERT ADVICE

ASK QUESTIONS AND GET THEM ANSWERED BY OUR PANEL OF EXPERTS ON ALL THINGS INVOLVED IN A HEALTHY LIFESTYLE. FROM FOOD TO MENTAL & PHYSICAL WELLNESS, CREATING THE LIFE YOU WANT AND ALIGNING MIND & BODY AND MORE.

### ELEMENTAL MIND & BODY ALIGNMENT

GETTING THE BODY MOVING & FLOWING. THROUGH GUIDED MEDITATIONS, MOVEMENT & BREATHWORK WE TAKE THE MIND&BODY OF A JOURNEY



## EVENT DETAILS:

- EVENTS WILL BE HOSTED AT DIFFERENT VENUES ACROSS LONDON & THE UK.
- THE TOUR STARTS IN APRIL 2024 WITH 6 STOPS.
- EACH EVENT WILL FOLLOW A SIMILAR FORMAT AND BE BROKEN DOWN INTO DIFFERENT SESSIONS / WORKSHOPS THAT PEOPLE CAN ATTEND. THEY CAN BOOK THE WHOLE DAY OR SELECTED SESSIONS ONLY. FOOD AND MARKETPLACES WILL BE OPEN TO THE GENERAL PUBLIC.
- THE END OF THE TOUR WILL BE CELEBRATED WITH MOVE ELEMENTAL – THE FITNESS PARTY.
- THIS WILL BE A TICKETED EVENT COLLABORATING WITH INSTRUCTORS & VENDORS TO MAXIMISE THE EXPERIENCE FOR PARTICIPANTS.
- THERE WILL BE LIVE MUSIC PERFORMANCES FROM ARTISTS & MUSICIANS SUCH AS DRUMMERS.
- THE COLLABORATIONS WILL PROVIDE A PLATFORM FOR OTHER BUSINESS AND INDIVIDUALS TO PROMOTE THEIR SERVICES AND SKILLS.
- TICKETS WILL BE ALLOCATED FOR INSTRUCTORS AND PERFORMERS WITH A CODE TO TRACK THE SALES.