

FESTIVAL OF WELLBEING PROGRAMME

- 9.15am **Doors open**
- 9.45am **Welcome**
Sharon Garfinkel, The Resurgence Trust
- 10.00am **Protecting and improving public health –
The opportunity arising from Nature Recovery**
Tony Juniper, environmental campaigner
- 10.25am **The Reality of Interdependence**
*Marjatta van Boeschoten, general secretary,
Anthroposophical Society in Great Britain*
- 10.50am **Give up giving up – pleasure, sacrifice
and the environment**
Tom Heap, BBC Countryfile presenter
- 11.15am **Elegant Simplicity**
Satish Kumar, editor emeritus, The Resurgence Trust
- 11.40am **The Sacred Act of Rebellion**
Dr Gail Bradbrook, co-founder Extinction Rebellion
- 12.05pm **Our Dying Future and How To Save It**
Noga Levy-Rapoport UK Student Climate Network
- 12.30pm **'Wilding – the return of nature to a British farm'**
Isabella Tree, author of Wilding
- 1pm **LUNCH**
*Lunch available at Rudolf Steiner House to those who have
pre-ordered; opportunity to buy speakers' books*
- 2.15pm **The Life I want – how improving your quality of life
reduces your carbon footprint**
Mukti Kumar Mitchell, low carbon expert
- 2.40pm **To sustain or to regenerate: That is the question**
Herbert Girardet, cultural ecologist
- 3.05pm Singing from Catty Pearson, musician
- 3.30pm **Walking the Salt Path**
Raynor Winn, author of The Salt Path
- 3.55pm **TEA**
Music from Tallulah Rendall, Sacred Song & Mantra
- 4.40pm **Being in Nature and the Outdoors**
Lord Chris Smith, former chairman of the Environment Agency
- 5.05pm **Panel Discussion chaired by Sharon Garfinkel**
- 5.45pm **Vote of thanks & drawing of the raffle**
James Sainsbury, chairman of The Resurgence Trust
- 6pm **Close**

With thanks to our sponsors & supporters: Network of Wellbeing,
The Bertha Foundation, Alara Wholefoods and Action for Happiness

