

Welcome to Soulfest



"Soulfest: A Weekend Retreat
Dedicated to Your Wellness"

October 11-14th
Investment £255

A Retreat for Your Mind Body and Soul

Join us for a fully immersive weekend
focused on nurturing your well-being.
Prioritise yourself and your needs as you take
a pause from daily life to truly focus on you.



Meet the team!

We are uniting top experts in wellness,
mental health, and holistic living to
nurture a healthy mind, body, and soul.



Soulfest Founder TJ Higgs

Soulfest evolved from a profound residential program called Trinity, which I and my team ran for five years. The feedback was transformative—our weekends did more than rebuild; they saved lives. Inspired to reach more people, especially given the current state of mental health, I expanded the concept. Soulfest is an all-inclusive, residential weekend where you can fully immerse yourself in an atmosphere of healing, togetherness, and acceptance. This event is designed to celebrate you being authentically you. We've brought together incredible wellness professionals, teachers, authors, and experts to create this life-enhancing experience."



Workshops & Talks

Workshops and talks begin at 8 AM and continue throughout the day across the village, all included in your weekend. From Breathwork, Sound Baths, and Journaling to Yoga, Salsasize, and much more, immerse yourself in a variety of activities designed to enhance your well-being.



Half Board Accommodation, Workshops, Talks and Classes, Evening Entertainment and Goody Bags!

Call From £255 Per Person



Kelly Knox

Kelly Knox, a Model and Disability Activist, will deliver an empowering talk on body confidence and self-love. Notably, she was the first model with a disability to grace the runway at London Fashion Week!



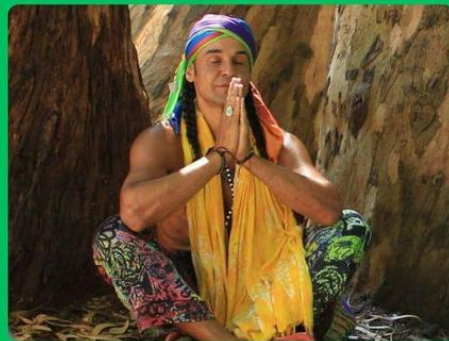
Eloise Skinner

Author, Psychotherapist, Dancer, Model Author of *But Are You Alive?* Join Eloise as she shares her expertise in a Pilates session that showcases how incredible this practice is for enhancing mobility and positively impacting mental health.



Marva Williams & Sue Moxley

Marva and Sue, our Menopause experts, embody their teachings and have invaluable insights to share. They truly walk the walk, offering deep understanding and guidance.



Yousseph Chico Slimani

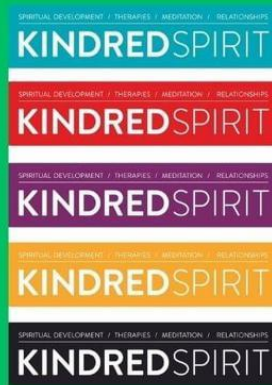
Chico will introduce the transformative benefits of Hu Breath, which combines ancient breathing techniques with movement and sensory activation. As a global retreat leader, Chico not only brings this unique practice to our weekend, but he also promises to add some fun surprises. Join us to discover what he has planned!



Scott Harrison

We're excited to announce that Scott Harrison, the founder of the transformative fitness program Six Pack Revolution, author, and motivational speaker, will be joining us. Scott is a strong advocate for manifesting your desires and refusing to take 'no' for an answer. He teaches strategies to create the life you want, without excuses.

Huge Thanks to our Goody Bag Contributors



Plus more amazing goodies for you bags...

Let's not forget, this event also supports two fantastic charities: Rhys Daniels Trust and Mind Waveney and Norfolk. Your participation helps us aid these incredible organisations.

For more details and to meet other contributors visit www.tjhiggs.com

See YOU There
TJ Xx

