

BOLTON

MIND BODY SPIRIT EVENT

Explore your inner journey

Bolton Football Stadium

Burnden Way, Bolton, BL6 6JW

Saturday 26th & Sunday 27th September 2026

Psychics

Crystals

Books

Mediums

Spiritual Art

Pagan Goods

Complementary
Therapists

Tarot Cards

Candles

Sound Bath

Tarot Readings

Jewellery

Essential Oils

Handcrafted
Spiritual Gifts

Witchy Emporium

Shamanic

**Talks all
weekend**

Admission

Adult

1 Day £6.00

2 Day £11.00

Concession

1 Day £5.00

2 Day £9.00

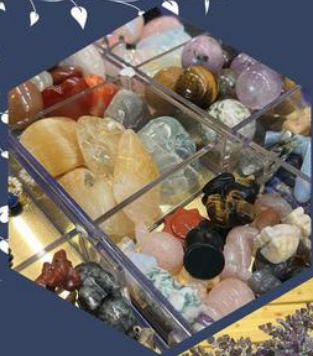
Child (Under 16)

Free

Concession - NHS, Disabled, Carer, Unemployed, Blue Light, etc...

www.whitelightevents.co.uk





adelescrystals
jewellery

Adelescrystaljewellery.com

Hi Im Adele from Adeles crystals & jewellery, I have always had a path that included crystals from being little and obsessed to growing and still being obsessed. I love to help people find the right crystal for them; the joy people feel from finding the right crystal always makes me smile. Im here to help with any kinds of crystals be them in any form. If you need any help or advice im always here to help.

EVENT INFORMATION

Experience a transformative journey at the Bolton Mind Body Spirit Event on the 26th & 27th of September 2026! Held at the Bolton Football Stadium, Burnden Way, Horwich, Bolton BL6 6JW. Use postcode BL6 6SF which is for the hotel as this tends to take you to the right car park. This inspiring event runs from 10 AM to 5 PM and offers a variety of enriching activities designed to nurture your mind, body, and spirit. ✨

Join us for:

- Meditation sessions to centre your mind 🧘
- Engaging Talks from renowned speakers 🎤
- Special Workshops covering diverse topics 🧑
- A vibrant Spiritual Marketplace featuring unique products 🛍️
- Mediumship and Psychic Readings to connect with the spiritual realm 🌌
- Holistic Therapies to rejuvenate your senses 🌿
- Sound Healing experiences to promote relaxation 🎵
- All held in a cosy relaxing venue

With a welcoming environment, this event is perfect for anyone looking to explore spirituality and well-being. Enjoy free parking (Enter your reg plate on the screen at our reception desk) and refreshments supplied by the venue. Don't miss out on this unique opportunity to connect, learn, and grow with like-minded individuals. Join us for a weekend of inspiration and healing! 🌈



SATURDAY ZONE A

9.30



7 Chakras & Meditation - Anna - Amazonite Griffin

Delve into the fascinating world of chakras learn about the seven main chakras in the body and how they correspond to different aspects of your physical, emotional, and spiritual well-being. We will explore how crystals can be used to balance and align these energy centers, promoting healing and harmony within yourself. Discover crystals that resonate with each chakra and how to effectively use them in your daily life.

Get ready to immerse yourself in a journey of self-discovery and empowerment with a guided meditation of the chakras to enhance your overall wellness. Join this transformative experience and awaken the power within you.

10.30



Richards Sound Therapy with Richard Hissitt

Join Richard as he gives us an insight and demonstration of the planetary tubes, set to the frequency of the eleven planets plus Sirius and moon Knott. He's made and tuned the set himself, with unbelievable reaction for those who experience their sound. A workshop not to be missed.

11.30



Crystals, Chakras & Energy with Adele Scott

An introduction to how crystals are commonly incorporated into chakra and energy-based spiritual practices.

12.30



Symbols, Shadows and the Soul with Pixie - Pixie will be taking an open and grounded exploration of occultism beyond the fear, stereotypes, and Hollywood nonsense that usually surrounds it. She will be looking at what the word "occult" actually means historically, why people are drawn to esoteric and spiritual traditions, and how symbolism, mysticism, psychology, and personal transformation often overlap. Pixie will also touch on the importance of approaching these subjects with balance, critical thinking, and emotional grounding rather than blind belief or stigma. From there, she will move into the idea of 'The Dark Night of the Soul', that intense period of inner collapse, identity loss, or spiritual crisis that many people experience at some point in life and explore how different mystical and psychological traditions have understood it as part of deep personal transformation rather than simply something to fear.



SPIRIT EARTH

- Sterling silver jewellery
- Sacred space sprays
- Resins and incense blends
- Altar ware
- Spell tools
- Sage

SACRED SPACE SPRAYS

Our Sacred Space Sprays are designed to purify and release negative energy or stressful energy, creating a serene environment in both your home and workplace. They can help restore calm and tranquility, fostering a positive atmosphere ideal for working, meditating, or simply being present.

These sprays are particularly beneficial in the workplace, counteracting the unwanted energy that can arise from computers and colleagues, thereby reducing your stress levels. In home settings, they enhance harmony, making them perfect for use before meditation, yoga, or other mindful practices to facilitate deep relaxation and presence.

We also have a spray to help protect your home and workspace and another specifically to cleanse your crystals.

Infused with pure essential oils, our sprays emit a gentle fragrance that elevates harmonious vibrations, helping you to centre yourself, feel grounded, and empowered. Use them to cleanse your space, foster a sense of stability, and inspire creativity.

Crafted with love, these sprays were specifically created to purify your home, workspace, meditation space and ritual space.

****Product Details:****

****Directions:**** Mist the spray in the four sacred directions of the room you wish to clear or bless.

****Storage:**** Keep in a cool, dry place, away from direct sunlight.

****Warning:**** Not for ingestion or application to the skin.



HARVEST FULL MOON

Cacao, Meditation & Sound Experience

WITH
AMAZONITE GRIFFIN



3.45PM
BOTH DAYS



£20.00



SATURDAY ZONE A

1.30



PAGAN MAGIC: GROUNDING & CENTRING **With Peter Loy – The Pagan Psychic**

NEW & EXCLUSIVE

Return to solid ground, reclaim your balance and stand firmly within your own power. In this practical workshop, Peter Loy teaches you how to release excess energy, quiet mental chaos and reconnect your body, mind and spirit with the stabilising force of the Earth.

You will learn powerful Pagan techniques to recognise when you have become energetically scattered, establish strong spiritual roots and create a calm, protected centre that remains steady even when life around you does not.

Channel your intentions through the ancient grounding energy of MoonGazing Hares and stone crystal hares to anchor your power, strengthen your boundaries and restore your natural equilibrium. End the session within a powerful group coven ritual, rooting our combined energy deep within the Earth before returning centred, balanced and renewed.

Stand firm. Find your centre.

2.30



Lets Talk Hypnosis with John Richardson

John's fascinating, and now legendary, mbs demonstration shows you why hypnosis is nothing to fear & how it can help with many of life's issues!

John Richardson has been a professional stage and holistic hypnotherapist for many years and his talks and demonstrations are packed with information and fun... yes fun! you will soon see all benefits hypnosis has to offer and how hypnotherapy can help you... yes you! apart from past life regression, John daily treats clients @ the feel better fast clinic suffering emotional, anxiety & nervous disorders... fears, phobias & panic attacks... weight loss, 98% stop! smoking therapy and much, much more... but more and more of his clients are seeking his help with physical/organic ailments and finding their relief from healing through the mind... come & join us!

3.30



Mediumship Demonstration with Jane the Taxi Psychic

Jane the Taxi Psychic has spent years helping people receive messages of love, healing, and reassurance from those who have passed on.

With a unique blend of intuition, humour, and authenticity, Taxi Psychic demonstrates that the bond between us and our loved ones continues beyond this life. Through detailed and meaningful messages, Taxi Psychic brings forward evidence and memories that remind us that spirit is always close by. Whether you are here seeking connection, curiosity, or simply an unforgettable experience, you are in for a powerful and uplifting demonstration!

Explore
Discover
Connect
♡

10TH & 11TH OCTOBER

AINTREE RACECOURSE

LIVERPOOL • L9 5AS

— 10AM – 5PM BOTH DAYS —



White Light Events

INSPIRE • DISCOVER • CONNECT

LIVERPOOL MIND BODY SPIRIT EVENT

HEALTH • WELLBEING • SPIRITUALITY • LIFESTYLE



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THERAPIES



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FREE

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Mind
Body
Spirit
Together
♡

SATURDAY ZONE B

11.45

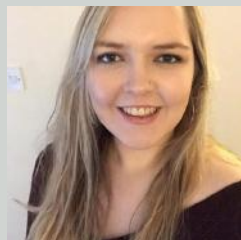


Embrace Your Inner Dragon: A Journey of Transformation with White Dragon Healing

Tap into the power of dragon energy for profound personal growth, wisdom, and the courage to manifest your deepest desires.

BREAK

1.45



Healing from Within with Hannah from Angelic Crystals

Understanding ourselves is the key to healing, and transformation. When we understand how we work psychologically and physically, then we can identify our triggers, patterns, behaviours, and coping mechanisms. From there, we can work on healing. During this talk, we'll talk through some basic principles and strategies to help start you on this path.

2.45



Essential Oils and Their Uses Over Time with Mel Foot Take a fascinating journey through the history of essential oils and discover how aromatic plants and natural extracts have been valued by different cultures throughout the ages. This talk explores their traditional uses, how knowledge and practices have evolved over time, and the ways essential oils continue to feature in modern wellbeing and everyday life. An interesting and accessible introduction for anyone curious about the history, traditions and enduring appeal of essential oils.

3.45



🌿 Harvest Full Moon: Cacao, Meditation & Sound Experience 🌿

Join Amazonite Griffin for an immersive, one-hour journey to honor the powerful energy of the Harvest Full Moon—a luminous time to pause, release what no longer serves, and harvest the rich fruits of your personal growth.

We will begin by communing with Mama Cacao to gently open the heart, enhance clarity, and deepen your inner connection. You'll then be guided through a grounding full moon meditation centered on gratitude, release, and celebrating your personal abundance. Finally, melt into a deeply restorative sound bath as soothing frequencies wash over you, calming the nervous system and bringing body, mind, and spirit into total alignment.

£20.00

Tickets for this workshop can be purchased on the website in advance or on the door on the day

**Special
Workshop**

HERBAL WITCH

YEAR & A DAY

Walk with Nature. Work with Magic.

A complete journey through the plants, the seasons
and the wisdom of the old ways

STARTS
SUNDAY
1 NOVEMBER
2026

ONE COURSE • THREE LAYERS

HERBAL WITCH TRAINING

Learn practical herb
lore, seasonal plant
magic and a deeper
relationship with
the land.

YEAR & A DAY PATH

Follow the full
witchcraft training
journey with structured
practice and a potential
path towards coven
initiation for those
who feel called.

TRADITIONAL HERBALISM DIPLOMA OPTION

Take the deeper herbal
training route and build
the knowledge needed
to recommend herbal
products to clients
appropriately.

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structured learning



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teaching and resources



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to revisit anytime



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training days



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practice and journal work



Traditional herbalism
woven through the whole year



Herbs explored practically,
energetically and magically

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Practical days at
The Amethyst Centre, Coventry

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Connor Boyd - Spiritual Medium

SUNDAY ZONE A

9.30



7 Chakras & Meditation - Anna - Amazonite Griffin

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11.30



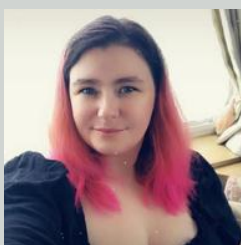
Crystals for sleep and relaxation with Adele - Discover how the soothing energy of crystals can enhance your sleep and relaxation practices. In this talk, we'll explore the principles of crystal healing, techniques for incorporating these natural elements into your nighttime routine, and how they can promote tranquility, reduce stress, and create a peaceful environment for restorative rest.

12.30



Pagan Magic: Psychic Awakening & Intuition With Peter Loy – The Pagan Psychic NEW & EXCLUSIVE Activate your third eye and unlock your natural ability to receive clear divine guidance. Led by professional psychic Peter Loy, this practical workshop teaches you how to quiet mental chatter, interpret signs from the universe, and trust your gut instincts. You will explore sacred Pagan methods to sharpen your clairvoyance and read subtle energetic fields. Use the high-vibrational frequency of MoonGazing Hares and stone crystal hares to amplify your innate psychic senses and connection to spirit. End the session by opening your intuitive channels within a high-energy group coven awakening ritual. See the unseen. So mote it be.

1.30



Mediumship Demonstration With Rebecca with Rebecca Stretton

Join Rebecca as she brings you messages from loved ones. A not to be missed demonstration.



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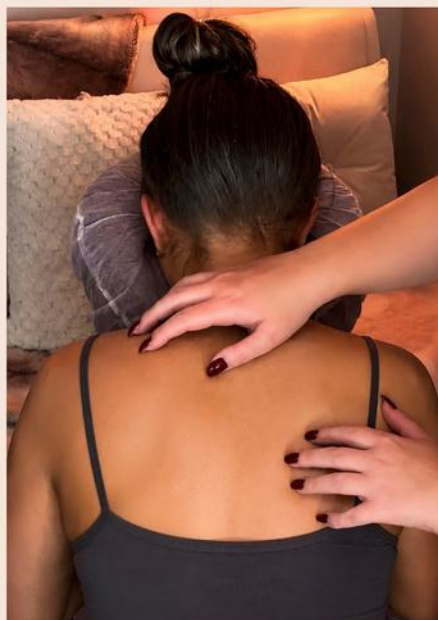


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relaxation treatment at
Mind Body Spirit

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SUNDAY ZONE A

2.30



Journeying into the Unknown within the Tree of Life with Pixie Raven

In this talk, Pixie explores the Sephirot of the Kabbalah not simply as abstract mystical concepts, but as symbolic stages of inner development, psychological transformation, and spiritual crisis. Pixie will help you to understand how the Tree of Life can be understood as a map of consciousness charting everything from identity, emotion, desire, intellect, suffering, balance, and transcendence and how periods of collapse, confusion, and existential darkness relate to what mystics have called 'The Dark N

light of the Soul'. Rather than treating the Dark Night as punishment or failure, Pixie will show you how to explore it as a transformative process reflected throughout the Tree's journey: the breaking down of ego structures, confrontation with shadow, imbalance between the spheres and the difficult movement toward integration, wisdom and spiritual wholeness. The aim is to approach the Tree of Life in a grounded and accessible way, connecting ancient symbolism with deeply human experiences of loss, awakening, identity, and transformation

3.30



Mediumship Demonstration with Connor Boyd

Join Connor, a gifted spiritual medium for a demonstration of mediumship. With a direct, honest, and compassionate approach, heartfelt messages from spirit bring comfort, clarity, and reassurance to support you on your journey.

WHITE LIGHT EVENTS

PRESENTS

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BOLTON MIND BODY SPIRIT EVENT
26TH & 27TH SEPTEMBER



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EVENTS WITH HEART

WWW.WHITELIGHTEVENTS.CO.UK



SUNDAY ZONE B

11.45



The Intuitive Power of Essential Oils with Mel Foot

Experience a unique talk offering a personal reading that intertwines the senses with intuition. In this engaging talk, participants will explore essential oils, selecting scents that resonate with them. Each chosen aroma will guide a personalised reading, revealing insights and reflections based on the fragrance. Join us for this immersive journey of self-discovery, where scent and insight harmoniously converge.

BREAK

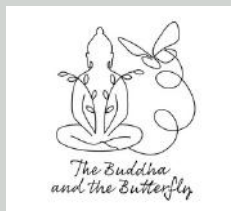
1.45



Guided Meditation with Shamanic Drum journey with Jenny Moonlight

Feel the power of the sacred drum as Jenny Moonlight takes you on a channeled journey to deeper connect with yourself, your guides, the cycles of nature and the sacred energy of the earth.

2.45



Join Claire from The Buddha and the Butterfly for an introduction to Crystal Grids and the magic of Sacred Geometry.

In this talk, we'll explore how crystal grids can be used to amplify intentions, energy, manifestation, protection, healing, and connection. You'll learn the meanings behind sacred geometric patterns such as the Flower of Life and Seed of Life, along with practical guidance on how to set up and activate your own grids with purpose and intention. Perfect for beginners or those wanting to deepen their spiritual practice. Crystal grids and complete grid packs will also be available to purchase on the day.

3.45



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Join Amazonite Griffin for an immersive, one-hour journey to honor the powerful energy of the Harvest Full Moon—a luminous time to pause, release what no longer serves, and harvest the rich fruits of your personal growth.

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Dave Green has been working for the last 30 years to help people to understand their personality, clear blockages, develop real skills and confidence and train to help others. We give you the tools so you can genuinely help yourself, or train you to help others. Get in touch for a FREE personality report.

Upcoming

MIND BODY SPIRIT EVENTS IN THE NORTHWEST

25/26 APRIL	26/27 SEPTEMBER	BOLTON Bolton Wanderers Football Stadium, De Havilland Way, Bolton, BL6 6SF
16 MAY	24 OCTOBER	CHESHIRE Holiday Inn Runcorn Wood Lane, Runcorn, WA7 3HA
17 MAY	25 OCTOBER	HEYWOOD Heywood Civic Centre LCpl Stephen Shaw MC Way Heywood, OL10 1LW
4/5 JULY	10/11 OCTOBER	LIVERPOOL Aintree Race Course Ormskirk Road, Aintree, Liverpool, L9 5AS
29/30 AUGUST		BLACKPOOL Grand Hotel North Promenade Sea Front, Blackpool, FY1 2JQ
8 NOVEMBER		URMSTON The Venue 15 Westbourne Road, Urmston, M41 0XQ



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