**WOW Fest 2023**

**PRESS RELEASE**

**April 2023**

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WOW Fest 2023 returns to Surrey this summer

**WOW Fest, a unique wellbeing festival offering experiences like no other, returns to the stunning setting of Painshill Park in Surrey for two days on 8th & 9th July 2023.**

WOW Fest 2023 brings together a range of speakers, practitioners, and therapists to create a truly unique holistic wellness experience and a joyful day out for all the family. The festival provides a safe place to understand and develop mental, physical and spiritual wellbeing through holistic healing therapies, and creates a community of like-minded people for conversation that challenges expectations, stigma and stereotypes. Painshill Park is the backdrop to the hit Netflix series Bridgerton, providing stunning scenery for two days, featuring over 1,000 spaces for free and ticketed workshops, activities, and talks from industry leaders, with a vast wellness marketplace at the centre.

WOW Fest is dedicated to highlighting the importance of balancing mental, physical, and spiritual wellbeing. Mary Cox, Co-Founder: “I am proud that we have created a safe space for people to pause and unwind, nourishing their mind, body and soul. I want to encourage others to come back home to themselves, to share and explore what mental, physical, and spiritual wellbeing means to them. To share their own Wisdom on Wellness.”

For 2023, the tranquil walled gardens will be home to the ticketed workshops such as Yoga, Breathwork and Shamanic Drumming classes, whilst the Crystal Grotto caves provide the ideal setting for an immersive and unique sound bath experience. Guided forest bathing walks are the perfect way to explore the grounds to see the beautiful 18th century historical landscape gardens.

The Amphitheatre will be the setting for the Wellness Marketplace. With over 100 marketplace exhibitors, there will be an abundance of holistic products and services for the whole family’s wellness journey. You can expect crystals, organic natural skincare, jewellery, children’s products, eco-friendly homeware, products for our four-legged friends, and much more.

The Main Stage will be hosted by industry leaders, with live music, and free experiences such as Ecstatic Dance, Kirtan, Mass Meditation for all to enjoy. More immersive workshops from Macrame to Cacao Ceremonies will ensure everyone who takes part has fun, tries a new activity, and leaves WOW Fest having learnt something that can be incorporated into their daily lives to improve their wellbeing.

**New for 2023 -** The ‘Rewilding Meadows’ is where you will find the WOW Talks stage. Featuring well-known expert guest speakers sharing their wisdom and insight, you are guaranteed to leave feeling inspired and motivated. The WOW Talks stage line-up includes:

* Joe Marler, Harlequins rugby union player & mental health advocate.
* Milly Pickles, Motivational speaker, disability advocate and para-athlete.
* Raphael Rowe, British broadcast journalist wrongly convicted of murder.
* Emma Mumford, the UK’s leading Law of Attraction expert and award-winning life coach.
* David Maddock, Psychic to the stars.

The Children’s Mindfulness Area will hold fun, free activities and wellness resources, such as mindful workshops, physical activities and games to keep all ages entertained all weekend.

With all the excitement and activity throughout the day, you will have the opportunity to take a break to ‘refuel’ at “Nourishment on the Vines”, which hosts an array of nutritious food and drinks outlets that overlook the stunning grape vines and vista over Surrey. Catering for all dietary requirements, you will find outlets offering organic, ethically sourced meat products, vegetarian, vegan, gluten free and raw foods.

Throughout the weekend, you will have the chance to win some fantastic prizes with a charity raffle in aid of the [Grace Dear Trust](https://thegracedeartrust.co.uk/), a local mental health charity that works tirelessly to combat suicide in young people. Alix Bramwell, Co-Founder, said: “Following the challenges of my own mental health journey, I want to inspire, open conversations and challenge stigma around mental wellbeing. Fundraising and awareness for the Grace Dear Trust, a charity very close to my heart, was also an important motivation for founding this project.”

The debut festival, WOW Fest 2022, also held at Painshill Park saw over 3,500 visitors come through the doors. This year promises to be even bigger and better! To attend WOW Fest 2023, you only need to buy an entry ticket for Painshill Park, which is an incredible price of £15.00 for day guests, or free for members of the trust. So, whether you would prefer to attend on your own or need to rally your friends, family, colleagues and four-legged friends together, it is time to book your tickets for the best day out that Surrey has to offer this summer.

-ENDS-

**Notes for the Editor:**

Further information can be found at: [Wisdom on Wellness Festival (WOW Fest) (wisdomonwellnessfestival.co.uk)](https://www.wisdomonwellnessfestival.co.uk/)

**Company Background**

[Wisdom on Wellness (WOW) Ltd](https://www.wisdomonwellness.co.uk/). was created by co-founders Alix Bramwell and Mary Cox in 2022. It was born from their personal experiences with mental health, utilising holistic healing therapies, and conversation, which helped them understand the real need for creating a safe space and community.

WOW offers a simple pathway into the often-inaccessible wellbeing space. It delivers unique experiences to boost individuals’ wellbeing journey and provides a community for like-minded people to come together to share their own knowledge, their Wisdom on Wellness.

WOW Fest 2023 is just one event hosted by WOW. WOW also offers retreats, expos, such as the London Gem and Mineral Show, and corporate wellbeing packages.

**Social Media Accounts**

* Instagram – [@wisdomonwellness](https://www.instagram.com/wisdomonwellness/)
* Facebook – [Wisdom on Wellness](https://www.facebook.com/wisdomonwellness)
* Tik Tok – [@wisdomonwellness](https://www.tiktok.com/%40wisdomonwellness)

Associated hashtags: #wisdomonwellness #shareyourwow #wowfest23

**Media Enquiries**

Media enquiries should be directed to Alix Bramwell, Co-Founder via alix@wisdomonwellness.co.uk

