

## London Vegan Festival 2014 speakers/ workshops/ performers and activities timetable

	12 – 12.45	1 - 1.50	2 - 2.50	3 - 3.50	4 - 4.50	5 - 5.50	6 - 6.50
Room A Downstairs in main building	<u>Healthy chocolate that's good for you!</u> Theresa Webb	<u>Superfoods for super kids!</u>  Theresa Webb	<u>Veganism and anarchism</u>  Gerard Bane	<u>Learn about the threats facing the world's oceans from the fishing industry</u>  Charlee Bennett The Black Fish	<u>My Book – Grow!: life lessons, hard truths and bold strategies from an animal advocate</u> Kim Stallwood	<u>Animals Asia – special focus on bear bile farming and the current huge project, conversion of a bear bile farm into a sanctuary</u> Maren Dallmann	<u>Raw Foodism 16 years on – what I have learnt about raw foodism in the UK</u>  Gina Shaw
Room B Downstairs in main building	12 – 12.50	1 – 1.30	<u>Children's art workshop – Create your own sea creature using a variety of items and recycled things</u>  Claire Gilbert	<u>Vegan Children/parents meet up/ support/ sharing ideas</u>  Andy Barnes	<u>How to ensure that your living space fully supports a sustainable vegan lifestyle</u> Sophie Christopher - Bowles	<u>Afrikan Yoga Hudu ( African Tai Chi )</u> Workshop with Pablo Imani and Lenea Herew ( mats not needed)	<u>London Vegan Societies</u> Raising awareness and promoting veganism in London
	<u>Vegan Body Builders – diet and training to improve health, physique and physical performance</u> Alex Mitchell and Pete Ryan	<u>Vegan performance poet and trumpet player</u>  Philip Elston	<u>“How Special Branch spied on the animal rights movement”</u>  AR spycatcher	<u>Not only beagles: A talk on the Italian anti-vivisection movement</u>  Tino Verducci	<u>Anti – Vivisection Coalition - Topical talk on animal research</u>  Andre Menache Sophie Kennerley	<u>Vegan for the children – a practical talk on veganism for children and adults</u>  Dean Bracher	<u>Ethics, truth and Occam's razor.. The New swiss Army Knife</u>  Phillip Wollen
Committee room 1 Upstairs in opposite building	<u>Sea Shepherd - Direct action campaigns in the UK</u>  Brendan Kelly	1 – 1.50 <u>Try the vegan approach – interested in becoming vegan? this workshop is for you</u> Chrissy Leyland	<u>Kiirtan - spiritual chanting that purifies the mind and prepares it for meditation</u>  Bratiisha Norman and Meeta Lovage	<u>Exhale Massage workshop intensive hands on workshop using key techniques and working in pairs wear loose clothing, bring water.</u> Geneve Edwards	<u>Plant based living foods for health and wellbeing</u> How to add to one's present food lifestyle without making dramatic changes Jill Swyers	<u>SPEAK – ten years of campaigning against horrific animal abuse at Oxford University</u>  SPEAK Campaigns	<u>Yehoeshanfaht Ben Israel</u> A return of the vegan culture and awareness set the tone for the consciousness and desire for health and life
Committee room 2 Upstairs in opposite building	<u>Veganism in India – History, Opportunities and Challenges.</u>  Krishna Shastry	<u>Ananda Marga - Short Meditation and talk on community projects in London and overseas by</u>  Dada Jyotirupananda	<u>Kiirtan - spiritual chanting that purifies the mind and prepares it for meditation</u>  Bratiisha Norman and Meeta Lovage	<u>Exhale Massage workshop intensive hands on workshop using key techniques and working in pairs wear loose clothing, bring water.</u> Geneve Edwards	<u>Plant based living foods for health and wellbeing</u> How to add to one's present food lifestyle without making dramatic changes Jill Swyers	<u>SPEAK – ten years of campaigning against horrific animal abuse at Oxford University</u>  SPEAK Campaigns	<u>Yehoeshanfaht Ben Israel</u> A return of the vegan culture and awareness set the tone for the consciousness and desire for health and life

## London Vegan Festival 2014 timetable – continued

Open Space downstairs	12.00 – 12.50	4.00 – 4.45
	<u>LUSH – bath bomb making workshop</u> Make a bath bomb to take home - with LUSH	<u>Children's art workshop</u> – with Alison Make amazing patterns on paper using dip dyed paper technique
Outside	12.00 – 12.30	
	Flashmob meditation - Organised by Wake Up London	

Room / location	11.45 – 12.10	12.20 -12.45	12.55 – 1.25	1.35 – 2.00	2.10 – 2.35	2.45 – 3.10	3.20 – 3.45	4.05 – 5.35
Small hall Upstairs in main building	<u>Blabbermouth</u> Unique style of contemporary folk	<u>Lenea Herew-Pablo Imani</u> Multidisciplinary artist, Soul toning and African Hudo demonstration (African Tai Chi)	<u>Martin Livewire and Ideal artist</u> Vegan hip hop	<u>Love Revolution</u> Innovative mix of rock, 60's psychedelia and contemporary influences	<u>Andy Prince</u> Chapman stick player and versatile instrumentalist	<u>Gareth Evans</u> Your taste in music will find something special in his music	<u>Helen Sewell</u> Weaves blues and Jazz chords into a folky mix of finger picking styles	<u>Vegan Body Builders</u> – Body weight push-ups contest. Visit Vegan Body Builders stall for info.
Small hall Upstairs in main building	5.50 – 6.30	6.50 – 8.20	<div style="border: 1px solid black; padding: 5px; display: inline-block;">                     Milda Bandzaite will be signing her new book " A RAT'S TALE" throughout the day in the <b>main hall</b> </div>					
	<u>Centre for Conscious Awareness</u> – Spiritual /relaxing music and short meditation	<u>Speed meeting Facilitated by Ian</u> Max 45 people Over 16's only, Teens welcome ( to mingle with other teens – facilitated ) Visit teen vegan stall for info.						