

Hi there!

In Bristol's Harbourside - this is a big weekend! The Bristol Harbour Festival starts this Friday! And there's an enormous amount of choice – such a lot to do.

It's that time of year and I will be hanging out the bunting and getting into the spirit of it all!

We are blessed for this year's event with a multitude of music acts, dance performances and taster sessions, theatre groups, circus performances and much, much more!

There's plenty going on in the water this festival - and new for this year there are the Power8 Sprints rowing teams from all around the country.

We have the regular Newfoundland rescue dogs showing off their skills in the water, and the man in the air Aeronautical display!

All of these promise to be captivating to watch - And then there's the cardboard boat race - how could you miss that!

The Circus area this year will be in Queen's Square - and will celebrate the 250 year anniversary of Circus in Britain. I'll be heading over to take a look.

Then there's Batala Bristol Samba Drummers - just about recovered from St Pauls Carnival! - playing outside the Ostrich Pub. One of my neighbours plays for them - so I'll be dancing around to their amazing beats and rhythms.

And fireworks! Did I mention them? They provide the fantastic highlight for Saturday night!



The Grain Barge on Hotwells Road is one of the music settings - and is opposite me in Bristol Marina. So I can watch from the roof of my boat - or perhaps I'll row over in my dinghy! Steering well clear of any super fast Power8 rowers of course!

So that's great - when you can go home when you have had enough! Buuuut when you live here ..... you have to just enjoy it all - it's then vital that you have an escape plan for when you need some peace and quiet over the weekend! So I have a plan, and I also have some earplugs on hand!

And how lucky we are - this astonishing festival is all free! There's truly is something for everyone here (I even found out there is an origami session!).

Click here for the festival details <https://www.bristolharbourfestival.co.uk/>



And whilst your here - don't forget to tick off your Gromit Unleashed 2 sightings - as I'm sure you know the small cost of the App raises funds for Bristol Children's Hospital. Gromit this year is joined by Wallace and the baddy Feathers McGraw. Or you could pick up a map from various spots, including the Tourist Information office.

So enjoy whatever you do this weekend  
Stay safe near the water - and have fun!

Do give me a call, email or message if you'd like to book in or would like to book someone else in, for a treatment with me. To find out more about me click here <https://healingintheharbour.co.uk/>

Many blessings to you all!

With love

Helen  
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And do feel free to pass this email on to anyone you think it might like it!