

Saturday 5th		Sundara Schedule 2017						
Venues	Temple of the Heart	Raji Yoga Space	Diamond Tenti	Big Lodge	Elemental Earth	Louts Yoga Space	The Yurt	Outdoor space See workshop details
Times		5.00 - 7.30		7.30-8.30				
7.00 - 8.00	Aarati with Tom And Thrisha	5.00 - 7.30 Sadhana Jenni	Silent Sitting Space	Bhajans Buddhanath & Habiba	Shakti Dance With Anjali	Shamanic Yoga With Chelsea	Mindfulness with Ewen	
8.00 - 9.00	Breakfast							
8.45 - 9.45	Camp Song around the Fire with Su Hart and Morning Meet Up Blessing the Element of Water With Vandita							
10.00 - 12.00	Gong Meditation John & Tanya	Full Spectrum Yoga Rob Simpson		Gates of Dreaming Gammadian & Ena	Burlesque Workshop Oriana and Kitty	Engaged Yoga Chris Gladwell	The Journey of the Eight Elements Ranchor	
12.00 - 14.00	Lunch							
13.45 - 14.00	Yoga Nidra				Su Hart			
14.10 - 15.40	Thai Yoga Massage Jen Collins	Healing the Wounded Heart with the 'Isis Quartz Master Crystal' with Kelly Peacey	Women's' circle Anjali & Abhijeeta	Exploring the Emotional Frequencies of Sound With Helen	Shakti Dance Debs	Anubhaun Yoga Sonia	"The Breathe of Life" (you must pre book) Suleela	
15.45 - 17.15	Drumming Sarah Westwood	Kundalin Yoga With Jenni	Human Love Story with Matt	Journey with Vedic Goddess with Vandita and Lilavat		Talk and Nidra with Theo		
17.30 - 18.30	Evening Meal							
19.00 - 20.00				Storytime Josie	Avalon Roots solo			
20:15 - 22.30	Jay Krishna, Tabla Tom and Friends							
22.30 - 23.00	Sharing the day around the fire & bedtime							