

Wednesday 25th							
VENUES	Temple of the Heart Sacred sound	Raj Yoga	Lotus Yoga	Big Lodge	Fruits of the Forest Dining /Dance	Elemental Yurt	Temple of Light
Times							
7:00-8:00		Open personal Practice space	Yin Yang Magic flow with Naomi	Bhajans with Habiba & Budenath	Dancing The Heart Path Guy Barrington	Silent Sitting	
8:00-9:00	Breakfast						
8:45-10:00	8:45 Heart song around the fire space with Eloise				9:15 Morning meeting		
10:00-12:00	West African Drumming Sarah Westwood		Yin Yoga Amanda Hamilton		Shakti Dance Debs	Art & Soul Leah Robinson	Find Your Voice Eloise
12:00-12:40	Talk By: Carole Stagg - Positive Psychology						
12:30-14:00	Lunch						
13:40-14:05	Yoga Nidra Amanda Hamilton						
14:10-15:40	Sound Bath Savitri		Full Spectrum Yoga Rob Simpson			Rebirthing Suleela	Walk the Crystal Labyrinth Kelly Peacey
15:45-17:15	Opening Ceremony						
17:30-18:55	Dinner						
19:00-20:00	Sound Scape performance with Petra and Matt and Helen Keeley			Story time with Josie			
20:30 - 22:30	Kirtan with The Sundara Stars						
22:30	Sharing the day around the Fire						