

Thursday 26th							
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	Dance of Life Chelsea	Sattva Yoga Nina		Bhajans with Habiba & Budenath		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	Family Constellations Sarasi		Soma Yoga Nicole Arrons	Lucid Dreaming Ena & Gammadian		Positive Psychology Carole Stagg	
12:00-12:40	Talk By: Theo Wildcroft - Research Findings						
12:30-14:00	Lunch						
13:40-14:05	Yoga Nidra Theo Wildcroft						
14:10-15:40	Pluto Gong & Meditation John Carter		Shanti Yoga Jamii	Power Animal Journey Gay Jones		Shakti Dance Anjali	Thai Yoga Massage workshop Kamaraj
15:45-17:15	Soundscapes Hereward Gabriel Male Voice	Conscious Yoga Tanya	Creative Calm Janine		Dances of Universal Peace Emma	Trauma informed Mindfulness Ewen	
17:30-18:55	Dinner						
19:00-20:00	Eternal Heart Band			Story time with Josie			
20:30-22:30	Kirtan with Jim Fox followed by shakuhachi zen flute with Adrian Freeman						
22:30	Sharing the day around the Fire						