

Friday 23rd								
VENUES	Temple of the Heart Sacred sound	Raj Yoga	Lotus Yoga	Big Lodge	Fruits of the Forest Dining /Dance	Elemental Yurt	Small yurt	craft area
Times								
5:00-7:00						Silent Sitting Space		
7:00-8:00	Babaji Aarati with Tom and Thrisha	Hatha Yoga David Elias	Dynamic Yoga Kamaraj	Bhajans with Buddenath and Louise	Chi Gong Gill Croft			
8:00-9:00	<b>Breakfast</b>							
8:45-10:00					9:15 Morning meeting			
10:00-12:00	Belinda Betony Herb Walk							
10:00-12:00	Gong and Meditation John & Tanya	Reflex Yoga Veronika	Inner Beloved Yoga Flow Sophia & Sandra	Shaking medicine Petra & Matt	Biodanza Lit	Stepping into silence Ena and Gammadian	Savouring Carole Stagg	Sewing Rajasthani Birds with Suzi
12:00-12:40	Lunchtime Satsang with Vandita Sacred Activism							
12:30-14:00	<b>Lunch</b>							
13:40-14:05	Yoga Nidra							
14:10-15:40	Kirtan with Tim Chalice	Restorative Yin Yoga Mahala	Vinyassa Flow Lisa Colclough	Shamanic Journeying Gay Jones	Somatic Movement Exploration Chelsea	Creative Flow Breath and Brush Simone	Introduction to Sanskrit with Barry Elms	
15:45-17-15	Ask the Village Herewood Gabriel	Mindful Yoga Flow Thomas Crews	The Journey Nina Adwicke	Chakra toning Suleela	Shakti Dance Debs	Rebirthing Timaeon	Radha Krishna Lila Mark Raven	
17:30-18:55	<b>Dinner</b>							
19:00-20:30	Leah 7.00 - 8.00 Su Hart 8.00- 9.30							
21:30 - 23:00	Sirisadhana							
22:30	Sharing the day around the Fire							