

Thursday 22nd								
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		Shanti Yoga Jamii	Somatic Movement Chelsea	Bhajans with Buddenath and Louise	Chi Gong Gill Croft			
8:00-9:00	Breakfast							
8:45-10:00					9:15 Morning meeting			
10:00-12:00	Healing Voice Eloise	Mindfulness Yoga Rob Simpson	Tantra Soul and Subjectivity Devamurti	Soundscapes for Men Herewood	Shakti Dance Debbie Reynolds	Creative flow Breath and Brush Simone Chester		Bunting Making with Liz
12:00-12:40	Lunchtime Satsang with Guest Speakers							
12:30-14:00	Lunch							
13:40-14:05	Yoga Nidra							
14:10-15:40	Sound Bath with Bhanu	Mindful Yoga Flow Thomas Crews	Restorative Yoga Nina Adwick	Womb Yoga Petra	Biodanza Lit	Vison Quest Rebirthing Timaeon	Sita Ram Leela Mark Raven	Feather Pen making with Yasmin and Lula
15:45-17-15		Contact improv Shanti	Hatha Yoga David Elias	Philosophy & Yoga Nidra - Barry Elms	Rebalance Body and Mind Mark Costa	Yoga Art dropping into flow Leah	Stop Faffing! Carole Stagg	
17:30-18:55	Dinner							
19:00-20:30	Tommy Woodsmoke McNair							
21:00 - 23:00	Babaji Temple Singers							
22:30	Sharing the day around the Fire							