

Saturday 24th								
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			Kundalini Aquarian Sadhana with Sirisadana			Silent Sitting Space		
7:00-8:00		Mindful Yoga Flow Thomas Crews	Hatha Yoga David Elias	Bhajans with Buddenath and Louise				
8:00-9:00	Breakfast							
8:45-10:00					9:15 Morning meeting			
10:00-12:00	Soundscapes for All Herewood	Restorative Aromatherapy Yoga Mahala	In Kindness we Connect with Tanya	Spirit Song Petra and Matt	Shakti Dance Debbie	Sensuality a door to seeing Ena and Gammadian	Creative Flow Breath and Brush Simone Chester	Spoon Carving with Simon
12:00-12:40	Lunchtime Satsang with Guest Speaker - Lucy Arnsby Wilson							
12:30-14:00	Lunch							
13:40-14:05	Yoga Nidra							
14:10-15:40	Celstial Sound Bath Helen Keeley	Mindfulness Meditation Yoga Rob Simpson	Earth Salutation Sophia and Sandra Barnes	Getting Older, Growing Stronger Carole Stagg	Biodanza Lit	Comedy Improv Prabuddho	Gut Health Trish Tucker May	Sewing Rajasthani Birds with Suzi
15:45-17-15	Sound Healing Rebecca McCorquodale	Empowering people through introspection Sarah Warde	The Heart of Tantra Devamurti	Shamanic drum Gay Jones	Clay forms and Somatic movements Shanti	Yoga Art - Dropping into flow Leah Robinson	Rebalance body and Mind Mark Costa	
17:30-18:55	Dinner							
19:00-20:30	7.30 Cacao Offering - 8.00 - 9.00 DJ set							
21:00 - 23:00	9.00 - 11.00 Madhava Norton and Guests							
22:30	Sharing the day around the Fire							