

Friday 29th								
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			Siri Sadhana Aquarian Sadhana			Silent Sitting Space		
7:00-8:00		Hatha Yoga David Elias		Bhajans with Budenath and Louisa				
8:00-9:00	<b>Breakfast</b>							
9:00-10:00					9:15 Morning meeting			
10:00-12:00	Emma Relph DUP	Tanya Frequency and Light Meditation	Jen Collins Thai Yoga Massage		Rainbow Dragon Dance Mark Keane	11:11 Activation Patrick Jeffs		Bringing the Sea to Sundara Simone Chester
12:00-12:40	Lunchtime Satsang with Guest Speakers							
12:30-14:00	<b>Lunch</b>							
13:40-14:05	Yoga Nidra							
14:10-15:40	Savitri Sound Bath	Yoga Flow Nina Adwick	Yoga Kam	Shamanic Journeying Gay Jones	Yael Conscious Dance	Devamurti Heart of Tantra	Radha Krishna Lila Mark Forzani	Cath Tester
15:45-17:15	Madhava & Guna Sound Bath	Yoga Meditation Rob Simpson	Timeon Holy Tropicana	Matt & Petra Spirit Song	Shakti Dance Debs	Lucy Crisfield Sanskrit Chants	Ask the Village Herewood Gabriel	
17:30-18:55	<b>Dinner</b>							
19:00-20:30	Leah & Gus 8.00 - 9.00							
21:00 - 23:00	Siri Sadhana 9.30 - 11.00							
22:30	Sharing the day around the Fire							