

Saturday 30th								
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								
7:00-8:00		Hatha Yoga David Elias	Veronika Pena Reflex Yoga	Bhajans with Budenath and Louisa		Silent Sitting Space		
8:00-9:00	<b>Breakfast</b>							
9:00-10:00	<b>9:15 Morning Meeting</b>							
10:00-12:00	Helen Keeley Sounding for Peace	The Ground of Being Devamurti	Kundalini Yoga Har Nal	Shaking Medicine Petra and Matt	Tango Medicine The Loving Collaborative	Carole Stagg The Art of Transformation		Spoon Carving with Simon
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	Sound Bath Rebecca	Yin Yoga Lindi Lu	Herewood & Vittoria Birthing your Supreme Sound Voice Activation		Biodanza Lit		Uma Mahesh Lila Mark Forzani	Leather work with Marissa
15:45-17-15		Laughter Yoga Shaku		Gay Shamanic Journey	Jamii Kizomba	Mark Keane Alchemy		
17:30-18:55	<b>Dinner</b>							
19:00-20:30	7.30 Cacao Offering - 8.00 - 9.00 Dance to the rhythm of your Heart with Live DJ set							
21:00 - 23:00	9.00 - 11.00 Kirtan with Madhava & guests							
22:30	Sharing the day around the Fire							