

SUNDARA 2023 PROGRAMME

FRIDAY 28TH JULY

	Temple of the Heart Bhakti Space	Raj Yoga	Lotus Yoga	Big Lodge	Fruits of the Forest Dining /Dance	Elemental Yurt	Sky Yurt	Craft Area	Shiva Space	Shakti Space
5:00-7:00	Silent Sitting Space									
7:00-8:00	Yael Embodied Dance Transformational Breath	David Elias Hatha Yoga	Jen Collins Kundalini Yoga	Bhajans with Budenath and Louisa		Chelsea Canovas Mary Magdalene Meditation Circle				
8:00-9:00	Breakfast									
9.15	Morning Meeting									
10:00-12:00	John & Tanya Sound meditation & Gong bath	Devamurti Tantric Yoga		Patrick & Anna Cacao	Debs Shakti Dance	Jewels Wingfield Wombdala	Belinda Bettony Herb Walk	Mim Printing	Phil Mens Sharing Circle	Ena Yoni Egg Workshop
12:00-12:40	Lunchtime Satsang with Guest Speakers									
12:30-14:00	Lunch									
14:10-15:40	Bards of Avalon Bounce Back Journeys		Adi Priya Survival Technology - the Vagus Nerve	Carole Staggs Soul Care	Ena & Gammadian Sex Magic	Vandit Santayana Dharma workshop	Mark Forzani Stories of Durga	Imogen Crafting	Community Sharing Circle	Anna Girls Group
15:45-17:15	Sandra & Sophia Earth Salutation	Lit - Self Care Gentle Movement & Yoga Nidra	Siri Sadhana Mantra Dance	Amanda Hamilton The Four Elements in Practice	Eloise Harmony Singing	Timaeon Rebirthing				Veronika Yoni Shakti
17:30-18:55	Dinner									
19:00-23:00	Temple of the Heart Bhakti Space - 19.00-19.45 Julian & Angie 20.00 - 21.15 David Small/Drifta 21.30 - 23.00 Siri Sadhana & Adi Priya Sky Yurt - 19.00 Kids Story Time with Josie Big Lodge - 19.30 - 20.30 Valerie Russell & Emmott Shabbat									
22:30	Sharing the day around the Fire									

ALL OF THESE LOVELY OFFERINGS ARE SUBJECT TO CHANGE IN FLOW AND EASE