

SUNDARA 2023 PROGRAMME

SATURDAY 29TH 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	Havan and Aartii									
7:00-8:00	Yael Hochenberg Embodied Dance Transformational Breath	David Elias Hatha Yoga	Hayley Court Rise, Shine and Flow	Bhajans with Budenath & Louisa		Chelsea Isis Meditation with Sacred Oils	Kids Story Time with Josie			
8:00-9:00	Breakfast									
9.15	Morning Meeting									
10:00-12:00	Sandra & Sophia Yoga Nidra and Sound Journey	Har Nal Awakening to the Universal Rays	Jen Collins Thai Massage workshop	Gay Jones Shamanic Journey		Patrick & Anna Energy Vibration	Chris Potions and herbs	Cath Needlefelt	Phil Mens Sharing Circle	Anna Desert Rose Practice
12:00-12:40	Lunchtime Satsang with Guest Speakers									
12:30-14:00	Lunch									
13:40-14:05	Yoga Nidra with Amanda Hamilton									
14:10-15:40	Bards Of Avalon The Miracle Of Water	Kamaraj Ayurveda Workshop	Devamurti Tantric Yoga	Debs Women's Anointing Ceremony	Mark Keane Dragon Dance	Nina & Chelsea Sekhmet Transformative Movement Meditation	Belinda Bettony Herb Walk		Community Sharing Circle	Alex The Divine Feminine Revealed
15:45-17:15	Helen Keeley Celestial Sound Bath	Rob Simpson Yoga	Ena & Gammadian Dreaming Awake		Luna Tang Harmony Singing	Trish Tucker May Gut Health	Mark Forzani Stories Of Krishna			Veronika The Empowered Feminine
17:30-18:55	Dinner									
19:00-20:30	Temple of the Heart Bhakti Space - 19.00 Cacao Offering 19.45 - 21.15 DJ SET BY WARRIORS OF THE LIGHT Let your light shine, illuminate oneself in any which way one can 21.30 - 23.00 Madhava and Friends 23.00 - Midnight Silent Disco									
22:30	Sharing the day around the Fire									

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