

SUNDARA 2023 PROGRAMME

THURSDAY 27TH 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	Tabla Tom Aarti					Silent Sitting Space				
7:00-8:00		Maite Morning Yoga		Bhajans with Buddhenath & Louisa	Richard Parke 5 Element Qi Gung					
8:00-9:00	Breakfast									
9.15	Morning Meeting									
10:00-12:00	Sandra & Sophia Shakti Chakra experience	Kamaraj Therapeutic Yoga	Veronika Reflex Yoga	Amanda Hamilton Plant Spirit Medicine	Ena & Gammadian Spirit Dance	Mark Keane Riding the Kundalini Serpent	Jewels Wingfield Circles of Belonging	Embroidered fabric badges with Mim	Phil Mens Sharing Circle	Veronika The Empowered Feminine
12:00-12:40	Lunchtime Satsang with Guest Speakers									
12:30-14:00	Lunch									
13:40-14:05	Yoga Nidra Sarah Savitri									
14:10-15:40	Helen Keeley Sounding for Peace	Har Nal Kundalini Yoga	Hayley Court Summer Loving Yin	Valerie Russell Emmott 'Shirtan' Jewish chanting	Kelly Peacey Crystals	Chris Potions and Herbs	Mark Forzani Stories of Shiva	Cath Tester Bunting		
15:45-17-15	Luna Tang Harmony Singing	Shaku Laughter Yoga	Patrick & Anna Awakening the DNA Frequency	Carole Stagg Be your own best friend	Lit Biodanza	Emma Relph Astrology	Rob Simpson Yoga Philosophy			Alex - The Divine Feminine Revealed
17:30-18:55	Dinner									
19:00-23:00		Tom Woodsmoke McNair		Savitri 20.15 - 21.15	Ravi 21.30 - 23.00		Kids Story Time with Josie			
22:30	Sharing the Day Around the Fire									

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