

SUNDARA 2023 PROGRAMME

WEDNESDAY 26TH 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		Kamaraj Morning Puja	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		Kamraj Therapeutic Yoga			Jamii Kizumba					Anna Desert Rose Practice
12:00-12:40										
12:30-14:00	Lunch									
13:40-14:05	Yoga Nidra Sarah Savitri									
14:10-15:40	Madhava and Guna Sound Healing		Ewen & Janine Ministry of Joy		Shaku Laughter Yoga	Timaeon Rebirthing				Ena Yoni Egg Workshop
15:45-17-15					Sarah Westwood African Drumming					Alex Talking Circle
17:30-18:55	Dinner									
19:00-20:00	Opening Ceremony									
19:00-23:00	Asha 20.00- 20.45pm	Julian 20.45 -21.30	Shunya Bell 21.30 -22.15		Buddhenath & Louisa 22.15 - 23.00					
22:30	Sharing the Day Around the Fire									

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