

Thursday 3rd August 2023 v0.4 (Provisional - subject to change)

Time	Space Tent	Air Tent	Fire Tent	Water Tent
15.00 - 15.30	<p align="center"><b>Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)</b></p>			
15.30 - 16.00				
16.30 - 16.30				
16.30 - 17.00				
17.00 - 17.30	<p align="center"><b>Festival Open to All Ticket Holders</b></p>			
17.30 - 18.00				
18.00 - 18.30		18:30	18:30	18:30
18.30 - 19.00				
19.00 - 19.30	<b>Sound Check</b>	<b>Donna Noble</b> Body Positive Yang Yin Yoga	<b>Satish Sharma</b> Dharma talk	<b>Sandra Barnes</b> Goddess Chakra Flow
19.30 - 20.00	20:00	20:00	20:00	20:00
20.00 - 20.30	<b>Welcome Ceremony</b>			
20.30 - 21.00	<b>Performance with Sanju Sahai musicians + Dance</b>			
21.00 - 21.30				
21.30 - 22.00				
	22:00			
<b>Other Activities</b>	17:30 - 18:30 (Chai Tent)		22:00 - 23:00 (Fire Side)	Key:  Asana (postures) and Pranayama  Yoga Philosophy  Other
	<b>Meet the festival team</b>		<b>Drum circle</b>	

**Friday 4th August 2023 v0.4 (Provisional - subject to change)**

Time	Space Tent	Air Tent	Fire Tent	Water Tent		
7.00 – 7.30	7:00 <b>Devki Desai</b>	7:00 <b>Kamal Singh</b>	7:00 <b>Andrea Carrani</b>	7:00 <b>Jennifer Lye</b>		
7.30 – 8.00	Iyengar Yoga ▲	Ashtanga Yoga ▲	Meditation ◡	Sivananda Yoga ▲		
8.00 – 8.30	8:30	8:30	8:30	8:30		
8.30 – 9.00	9:00	9:00	9:00	9:00		
9.00 – 9.30	<b>Sheila Whittaker</b>	<b>Yogacharini Deepika</b>	<b>Dr Parthasarathy</b>	<b>Anji Gopal</b>		
9.30 – 10.00	Gong Meditation ★	Pranayama ▲	Ayurveda ◻	Backcare Yoga ▲		
10.00 – 10.30	10:30	10:30	10:30	10:30		
10.30 – 11.00	11:00	11:00	11:00	11:00		
11.00 – 11.30	<b>Swami Sarvapriyananda</b>	<b>Frances Monika</b>	<b>Dr Parthasarathy</b>	<b>Luci Trendle</b>		
11.30 – 12.00	Vedanta Non-Duality ○	Art therapy ◡	Ayurveda ◻	Traditional Yoga ▲		
12.00 – 12.30	12:30	12:30	12:30	12:30		
12.30 – 13.00	<b>Lunch Break (with live music)</b>					
13.00 – 13.30	13:30	13:30	13:30	13:30		
13.30 – 14.00	<b>Shakti Caterina Maggi</b>	<b>Stewart Gilchrist</b>	<b>Swami Brahmavidananda</b>	<b>Siri Sādhana Kaur</b>		
14.00 – 14.30	○	Ashtanga Yoga ▲	Vedanta Non-Duality ○	Kundalini yoga ▲		
14.30 – 15.00		15:00	15:00	15:00		
15.00 – 15.30		15:30	15:30	15:30		
15.30 – 16.00	16:00	16:00	16:00	16:00		
16.00 – 16.30	<b>Devki Desai</b>	<b>Annie Clarke</b>	<b>Ram Banerjee</b>	<b>Marc J Acquaviva</b>		
16.30 – 17.00	Iyengar Yoga ▲	Asana practice ▲	Vedanta Non-Duality ○	Scaravelli Yoga ▲		
17.00 – 17.30	17:30	17:30	17:30	17:30		
17.30 – 18.00	17:30	17:30	17:30	17:30		
18.00 – 18.30	<b>Sound Check</b>	<b>Kamal Singh</b>	<b>Sw. Brahmajnananda</b>	<b>Lisa Colclough</b>		
18.30 – 19.00		Ashtanga Yoga ▲	Vedanta Non-Duality ○	Fun Time Yoga ▲		
19.00 – 19.30		19:00	19:00	19:00		
19.30 – 20.00	20:00	20:00	20:00	20:00		
20.00 – 20.30	<b>Music with Leo Dey &amp; friends</b>	<b>Key:</b> ○ Advaita Vedanta (Non-Dual Teaching)	◡ Yoga Nidra	07:30 - 09:00 (Outside Chai Tent)		
20.30 – 21.00					▲ Asana (postures) and Pranayama (Breath control)	◡ Meditation
21.00 – 21.30					◻ Ayurveda (knowledge of life and longevity)	◡ Other
21.30 – 22.00					★ Sound Therapy	◡ Yoga Philosophy
22.00 – 22.30	22:00	22:00	22:00	22:00		
<b>Other Activities</b>	14:00 - 15:00 (Chai Tent)	16:00 - 17:30 (Chai Tent)	22:00 - 23:00 (Fire Side)	22:00 - 23:00 (Water Tent)		
	<b>Katie Arscott</b> Menopause Workshop ▲	<b>Kimberley Soni</b> Ayurvedic Cooking ◻	<b>Storytelling</b> ◡	<b>Sandra Barnes</b> ◡ Nurturing Nidra & Sound Journey		

**Saturday 5th August 2023 v0.4 (Provisional - subject to change)**

Time	Space Tent	Air Tent	Fire Tent	Water Tent
7.00 – 7.30	7:00	7:00	7:00	7:00
7.30 – 8.00	<b>Devki Desai</b>	<b>Kamal Singh</b>	<b>Andrea Carrani</b>	<b>Atmarpit Shraddhaji</b>
8.00 – 8.30	Iyengar Yoga ▲	Ashtanga Yoga ▲	Meditation ◡	Pranayama & meditation ▲
8.30 – 9.00	8:30	8:30	8:30	8:30
9.00 – 9.30	9:00	9:00	9:00	9:00
9.30 – 10.00	<b>Sheila Whittaker</b>	<b>Yogachariya Jnandev</b>	<b>Dr Parthasarathy</b>	<b>Ravi Dixit</b>
10.00 – 10.30	Gong Meditation ★	Prānāyāma ▲	Ayurveda ◻	Haṭha yoga & Pranayama ▲
10.30 – 11.00	10:30	10:30	10:30	10:30
11.00 – 11.30	11:00	11:00	11:00	11:00
11.30 – 12.00	<b>Swami Sarvapriyananda</b>	<b>Swami Ambikananda</b>	<b>Leo Day</b> ★	<b>Marc J Acquaviva</b>
12.00 – 12.30	Vedanta Non-Duality ○	Blind-folded Yoga ▲	Voice & Breathing workshop	Scaravelli Yoga ▲
12.30 – 13.00	12:30	12:30	12:30	12:30
13.00 – 13.30	<b>Lunch Break (with live music)</b>			
13.30 – 14.00	13:30	13:30	13:30	13:30
14.00 – 14.30	<b>Rupert Spira</b>	<b>Stewart Gilchrist</b>	<b>Sw. Brahmajprananda</b>	<b>Jyoti Manuel</b>
14.30 – 15.00	Vedanta Non-Duality ○	Ashtanga Yoga ▲	Vedanta Non-Duality ○	Love in action ▲
15.00 – 15.30	15:00	15:00	15:00	15:00
15.30 – 16.00	15:30	15:30	15:30	15:30
16.00 – 16.30	16:00	16:00	16:00	16:00
16.30 – 17.00	<b>Devki Desai</b>	<b>Kiran Ratna</b>	<b>Dr Parthasarathy</b>	<b>Echo Elliott</b>
17.00 – 17.30	Iyengar Yoga ▲	Bharatanatyam Dance workshop ◡	Ayurveda ◻	Yin Yoga ▲
17.30 – 18.00	17:30	17:30	17:30	17:30
18.00 – 18.30	<b>Sound Check</b>	<b>Kamal Singh</b>	<b>Swami Brahmavidananda</b>	18:00
18.30 – 19.00		Ashtanga Yoga ▲	Vedanta Non-Duality ○	<b>Sofia Barnes</b> ◡
19.00 – 19.30		19:00	19:00	19:30
19.30 – 20.00	20:00	<b>Mindful Juggling</b> ◡		
20.00 – 20.30	<b>Shammi Pithia and his Band</b>	<b>Key:</b>		07:30 - 09:00 (Outside Chai Tent)
20.30 – 21.00		○ Advaita Vedanta (Non-Dual Teaching)	◡ Yoga Nidra	<b>Suriya Namasker</b> ▲
21.00 – 21.30		▲ Asana (postures) and Pranayama (Breath control)	◡ Meditation	
21.30 – 22.00		◻ Ayurveda (knowledge of life and longevity)	◡ Other	
		★ Sound Therapy	◡ Yoga Philosophy	
<b>Other Activities</b>	14:00 - 15:30 (Chai Tent)	16:30 - 17:30 (Chai Tent)	22:00 - 23:00 (Fire Side)	22:00 - 23:00 (Water Tent)
	<b>Kimberley Soni</b> Ayurvedic Cooking ◻	<b>Trish-Tucker-May</b> Gut health ◡	<b>Storytelling</b> ◡	<b>Sandra Barnes</b> ◡ Nurturing Nidra & Sound Journey

**Sunday 6th August 2023 v0.4 (Provisional - subject to change)**

Time	Space Tent	Air Tent	Fire Tent	Water Tent
7.00 – 7.30	7:00	7:00	7:00	7:00
7.30 – 8.00	Devki Desai Iyengar Yoga <span style="float:right">△</span>	Kamal Singh Ashtanga Yoga <span style="float:right">△</span>	Leo Dey <span style="float:right">◩</span> Meditations with Drupad raga	Fay Goodman <span style="float:right">△</span> Anahatha opening Yoga
8.00 – 8.30				
8.30 – 9.00	9:00	9:00	9:00	9:00
9.00 – 9.30	Swami Sarvapriyananda Vedanta Non-Duality <span style="float:right">○</span>	Kalavathi Devi Yoga Nidra <span style="float:right">△</span>	Dr Parthasarathy Ayurveda <span style="float:right">◻</span>	Sunil Kalsi <span style="float:right">△</span> Vinyasa Yōga and meditation
9.30 – 10.00				
10.00 – 10.30	11:00	11:00	11:00	11:00
10.30 – 11.00	Dr Nader <span style="float:right">○</span> <i>Consciousness: A new paradigm?</i>	Satish Sharma Dharma talk <span style="float:right">◻</span>	Swami Brahmavidananda Vedanta Non-Duality <span style="float:right">○</span>	Ravi Dixit <span style="float:right">△</span> Hatha yoga & Pranayama
11.00 – 11.30				
11.30 – 12.00	12:30	12:30	12:30	12:30
12.00 – 12.30	12:30	12:30	12:30	12:30
12.30 – 13.00	<b>Lunch Break</b>			
13.00 – 13.30	<b>(with live music)</b>			
13.00 – 13.30	13:30	13:30	13:30	13:30
13.30 – 14.00	Nikki Slade Kirtan <span style="float:right">★</span>	Stewart Gilchrist Ashtanga Yoga <span style="float:right">△</span>	Sw. Brahmajprajananda Vedanta Non-Duality <span style="float:right">○</span>	Sumit Manav <span style="float:right">△</span> Hatha Yoga
14.00 – 14.30				
14.30 – 15.00	15:30	15:30	15:30	15:30
15.00 – 15.30	16:00	16:00	16:00	16:00
15.30 – 16.00	Devki Desai Iyengar Yoga <span style="float:right">△</span>	Kamal Singh Ashtanga Yoga <span style="float:right">△</span>	Ram Banerjee Vedanta Non-Duality <span style="float:right">○</span>	Luci Trendle <span style="float:right">△</span> Traditional Yoga
16.00 – 16.30				
16.30 – 17.00	17:30	17:30	17:30	17:30
17.00 – 17.30	17:30	17:30	17:30	17:30
17.30 – 18.00	Sound Check		Dr Parthasarathy Q&A <span style="float:right">◻</span>	Joe Hoare <span style="float:right">◩</span> Laughter Yoga
18.00 – 18.30				
18.30 – 19.00	19:00	19:00	19:00	19:00
19.00 – 19.30	<b>Closing Ceremony</b>			
19.30 – 20.00	Gaiea Sanskrit with Cosmic Choir			
20.00 – 20.30				
20.30 – 21.00				
21.00 – 21.30				

- Key:**
- Advaita Vedanta (Non-Dual Teaching)
  - △ Asana (postures) and Pranayama (Breath control)
  - ◻ Ayurveda (knowledge of life and longevity)
  - ★ Sound Therapy
  - ◩ Yoga Nidra
  - ◩ Meditation
  - ◩ Other
  - ◻ Yoga Philosophy