





Thursday 28th July 2022 (Provisional - subject to change)

Time	Space Tent	Air Tent	Fire Tent	Water Tent
17.00 – 17.30	Gates Open to All Ticket Holders			
17.30 – 18.00				
18.00 – 18.30		18:30	18:30	18:30
18.30 – 19.00				
19.00 – 19.30		Sandra Barnes The Goddess within	Satish Sharma	
19.30 – 20.00				
20.00 – 20.30	20:00 Welcome Ceremony	20:00	20:00	20:00
20.30 – 21.00	Sitar recital by Roopa Panesar			
21.00 – 21.30				
21.30 – 22.00				
	22:00			
Other Activities	17:30 - 18:30 (Chai Tent)		22:00 - 23:00 (Fire tent)	Key:  Asana (postures) and Pranayama  Yoga Philosophy  Other
	Meet the festival team		Laura Gubbins  Recital - Path of the Mystics	

Friday 29th July 2022 (Provisional - subject to change)

Time	Space Tent	Air Tent	Fire Tent	Water Tent
7.00 – 7.30	7:30	7:30	7:30	7:30
7.30 – 8.00	Kamal Singh Ashtanga Yoga △	Deepika Saini Pranayama △	Ram Vakkalanka ◐	André Riehl Prana Kriya Sadhana △
8.00 – 8.30				
8.30 – 9.00				
9.00 – 9.30	9:00	9:00	9:00	9:00
9.30 – 10.00	Usha Devi Iyengar Yoga △	Helena Turner Yoga & Yantra △	Ram Banerjee ○	Luci Trendle △
10.00 – 10.30				
10.30 – 11.00				
11.00 – 11.30	11:00	11:00	11:00	11:00
11.30 – 12.00	11:30	11:30	11:30	11:30
12.00 – 12.30	Biet Simkin ○	Tarik Dervish ◻	Sw. Brahmajprananda Patanjali Yoga Sutras ◻	Varun Raj △
12.30 – 13.00				
13.00 – 13.30				
13.30 – 14.00	13:30	13:30	13:30	13:30
14.00 – 14.30	Sheila Whittaker Gong bath ★	Pallavi Dodia △	Swami Brahmanandananda Advaita Vēdantā ○	Jyoti Manuel △
14.30 – 15.00				
15.00 – 15.30				
15.30 – 16.00	15:30	15:30	15:30	15:30
16.00 – 16.30	Usha Devi Iyengar Yoga △	Tarik Dervish ◻	Swamini Brahmajprananda Patanjali Yoga Sutras ◻	Joe Hoare Laughter Yoga ◑
16.30 – 17.00				
17.00 – 17.30				
17.30 – 18.00	17:00	17:00	17:00	17:00
18.00 – 18.30	17:30	17:30	17:30	17:30
18.30 – 19.00	19:00	19:00	19:00	19:00
19.00 – 19.30	19:30	19:00	19:00	19:00
19.30 – 20.00	Manish Vyas in Concert 21:00	Key: ○ Advaita Vedanta (Non-Dual Teaching) ◇ Yoga Nidra △ Asana (postures) and Pranayama (Breath control) ◐ Meditation ◻ Ayurveda (knowledge of life and longevity) ◑ Other ★ Sound Therapy ◻ Yoga Philosophy		
20.00 – 20.30				
20.30 – 21.00				
21.00 – 21.30				

Other Activities	16:00 - 17:30 (Chai Tent)	21:30 - 22:30 (Air Tent)	21:30 - 22:30 (Fire tent)	07:30 - 09:00 (Near Teen Tent)
	Kimberley Soni ◻ Ayurvedic Cooking	Sandra Barnes ◇ Yoga Nidra with Sound Bath	Laura Gubbins ◑ Recital - Path of the Mystics	Angela Cresswell △ 108 Sun Salutations






























Saturday 30th July 2022 (Provisional - subject to change)

Time	Space Tent	Air Tent	Fire Tent	Water Tent
7.00 – 7.30	7:30	7:30	7:30	7:30
7.30 – 8.00	Kamal Singh Ashtanga Yoga	Deepika Saini Pranayama	Ram Vakkalanka	Uday Bhosale Iyengar Yoga
8.00 – 8.30				
8.30 – 9.00				
9.00 – 9.30	9:00	9:00	9:00	9:00
9.30 – 10.00	Usha Devi Iyengar Yoga	Echo Elliot Power Hour	Ram Banerjee	Luci Trendle
10.00 – 10.30				
10.30 – 11.00				
11.00 – 11.30	11:00	Siri Sadhana Kaur Kundalini Yoga	Sw. Brahmajnananda Living a Life of purpose	André Riehl Mantra Sadhana
11.30 – 12.00				
12.00 – 12.30				
12.30 – 13.00	Sheila Whittaker Gong bath	12:00	13:00	13:00
13.00 – 13.30				
13.30 – 14.00				
14.00 – 14.30	Rupert Spira	14:00	Bobby Sira	Sumit Manav
14.30 – 15.00				
15.00 – 15.30				
15.30 – 16.00	15:30	Manish Vyas	15:00	15:00
16.00 – 16.30				
16.30 – 17.00				
17.00 – 17.30	Usha Devi Iyengar Yoga	16:00	Kiran Ratna	Ravi Dixit
17.30 – 18.00				
18.00 – 18.30				
18.30 – 19.00	18:30	Kamal Singh Ashtanga Yoga	Swami Brahmavidananda Advaita Vēdantā	Joe Hoare Laughter Yoga
19.00 – 19.30				
19.30 – 20.00				
20.00 – 20.30	Bharatanatyam Dance by Vibha followed by Radhika Das and Friends	19:30	19:00	19:00
20.30 – 21.00				
21.00 – 21.30				
21.30 – 22.00				
	22:00			

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

Other Activities	14:00 - 15:30 (Chai Tent)	22:00 - 23:00 (Air Tent)	22:00 - 23:00 (Fire tent)	07:30 - 09:00 (Chai Tent)
	Kimberley Soni Ayurvedic Cooking	Sandra Barnes Yoga Nidra with Sound Bath	Laura Gubbins Recital - Path of the Mystics	Angela Cresswell 108 Sun Salutations

Sunday 31st July 2022 (Provisional - subject to change)

Time	Space Tent	Air Tent	Fire Tent	Water Tent	
7.00 – 7.30	7:30	7:30	7:30	7:30	
7.30 – 8.00	Kamal Singh Ashtanga Yoga 	Deepika Saini Pranayama 	Ram Vakkalanka 	Uday Bhosale Iyengar Yoga 	
8.00 – 8.30					
8.30 – 9.00					
9.00 – 9.30	9:00	9:00	9:00	9:00	
9.30 – 10.00	Usha Devi Iyengar Yoga 	Leon Ballie Dharma Yoga Masterclass 	Ram Banerjee 	Sumit Manav 	
10.00 – 10.30					
10.30 – 11.00					
11.00 – 11.30	11:00	11:30	11:00	11:00	
11.30 – 12.00	12:00	12:00	Sw. Brahmajprananda The seeker is the sought 	Varun Raj 	
12.00 – 12.30	Nikki Slade (Kirtan) 	Andy Kobelinsky Yin Yoga 			
12.30 – 13.00					
13.00 – 13.30	13:00	13:30	13:00	13:00	
13.30 – 14.00	Kamal Singh Ashtanga Yoga 	14:00	Swami Brahmadevananda Advaita Vēdantā 	Debbie Farrar 	
14.00 – 14.30					
14.30 – 15.00					
15.00 – 15.30	15:00	Krishna Khunti 	15:00	15:00	
15.30 – 16.00	Usha Devi Iyengar Yoga 		15:30	Satish Sharma 	Helena Turner Yoga & Yantra 
16.00 – 16.30					
16.30 – 17.00					
17.00 – 17.30	17:00	Sofia & Sandra Barnes Cacao ceremony with elemental alchemy dance 	17:00	16:30	
17.30 – 18.00	17:30		Dan Joy Mindful Meditation 	17:00	
18.00 – 18.30	18:30			18:30	18:30
18.30 – 19.00	19:00				
19.00 – 19.30	Closing Ceremony				
19.30 – 20.00	Odissi Dance by Maryam followed by Adrian Atma	Key:  Advaita Vedanta (Non-Dual Teaching)  Yoga Nidra  Sound Therapy	 Asana (postures) and Pranayama (Breath control)  Meditation  Yoga Philosophy		
20.00 – 20.30					 Ayurveda (knowledge of life and longevity)  Other
20.30 – 21.00					
21.00 – 21.30					

Other Activities	14:00 - 15:30 (Chai Tent)			07:30 - 09:00 (Chai Tent)
	Kimberley Soni  Ayurvedic Cooking			Angela Cresswell  108 Sun Salutations