





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	20:00	20:00
20.00 – 20.30	20:00			20:00
20.30 – 21.00	Welcome Ceremony			
21.00 – 21.30	Followed by			
21.30 – 22.00	Evening Concert			
	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 ◻	Swamini Brahmaprajnanda 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 Brahmavidananda Advaita Vedanta ○	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 Brahmaprajnanda 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
17.30 – 18.00	17:30	17:30	17:30	17:30
18.00 – 18.30		Kamal Singh Ashtanga Yoga △	Swami Brahmavidananda Advaita Vedanta ○	Debbie Farrar △
18.30 – 19.00				
19.00 – 19.30				
19.30 – 20.00	19:30	19:00	19:00	19:00
19.30 – 20.00	Manish Vyas in Concert	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		
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 - Journey of Love	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	Swamini Brahmajprajnanda 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	Swami Brahmanandananda Advaita Vedanta	Sumit Manav
14.30 – 15.00				
15.00 – 15.30				
15.30 – 16.00	15:30	Manish Vyas	Kiran Ratna Indian Dance Workshop	Ravi Dixit
16.00 – 16.30				
16.30 – 17.00				
17.00 – 17.30	Usha Devi Iyengar Yoga	16:00	17:00	17:00
17.30 – 18.00				
18.00 – 18.30				
18.30 – 19.00	Radhika Das Kirtan Workshop	18:30	Bobby Sira	Joe Hoare Laughter Yoga
19.00 – 19.30				
19.30 – 20.00				
20.00 – 20.30	Bharatanatyam Dance + Radhika Das with 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 - Journey of Love	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	07:30	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	09:00	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	Swamini Brahmaprajnanda 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	13:30	
13.30 – 14.00	Kamal Singh Ashtanga Yoga	14:00	Swami Brahmavidananda Advaita Vedanta	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	15:30		15:30		
16.00 – 16.30	Usha Devi Iyengar Yoga		16:30	Satish Sharma	Helena Turner Yoga & Yantra
16.30 – 17.00		Sandra & Sophie Barnes Cacao ceremony	16:30		
17.00 – 17.30			17:00		
17.30 – 18.00	17:00	18:00	17:00	André Riehl Nidra Yoga	
18.00 – 18.30	18:30	18:00	18:30		
18.30 – 19.00	19:00	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			
19.00 – 19.30	Closing Ceremony followed by Adrian Atma 21:00				
19.30 – 20.00					
20.00 – 20.30					
20.30 – 21.00					

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