





Thursday 28th July 2022

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		<b>Sandra Barnes</b> The Goddess within	<b>Satish Sharma</b> Rebooting Yoga in Britain	
19.30 - 20.00		20:00	20:00	20:00
20.00 - 20.30	<b>Welcome Ceremony</b>			
20.30 - 21.00	<b>Sitar recital by Roopa Panesar</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 tent)	Key:  Asana (postures) and Pranayama  Yoga Philosophy  Other
	<b>Meet the festival team</b>		<b>Laura Gubbins</b>  Recital - Path of the Mystics	

## Friday 29th July 2022

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	<b>Kamal Singh</b> Ashtanga Yoga <span style="float: right;">△</span>	<b>Deepika Saini</b> Pranayama <span style="float: right;">△</span>	<b>Ram Vakkalanka</b> <span style="float: right;">◐</span>	<b>André Riehl</b> Prana Kriya Sadhana <span style="float: right;">△</span>
8.00 – 8.30				
8.30 – 9.00				
9.00 – 9.30	9:30	9:30	9:30	9:30
9.30 – 10.00	<b>Usha Devi</b> Iyengar Yoga <span style="float: right;">△</span>	<b>Helena Turner</b> Yoga & Yantra <span style="float: right;">△</span>	<b>Ram Banerjee</b> FastTrack to Freedom <span style="float: right;">◐</span>	<b>Luci Trendle</b> <span style="float: right;">△</span>
10.00 – 10.30				
10.30 – 11.00				
11.00 – 11.30	11:30	11:30	11:30	11:30
11.30 – 12.00	<b>Rupert Spira</b> <span style="float: right;">◻</span>	<b>Tarik Dervish</b> <span style="float: right;">◻</span>	<b>Sw. Brahmajnananda</b> Patanjali Yoga Sutras <span style="float: right;">◻</span>	<b>Lisa Colclough</b> Yoga Fun Time <span style="float: right;">△</span>
12.00 – 12.30				
12.30 – 13.00				
13.00 – 13.30	13:30	13:30	13:30	13:30
13.30 – 14.00	<b>Sheila Whittaker</b> Gong bath <span style="float: right;">★</span>	<b>Pallavi Dodia</b> <span style="float: right;">△</span>	<b>Swami Brahmananda</b> Connections: Yoga & Vēdantā <span style="float: right;">◐</span>	<b>Jyoti Manuel</b> <span style="float: right;">△</span>
14.00 – 14.30				
14.30 – 15.00				
15.00 – 15.30	15:30	15:30	15:30	15:30
15.30 – 16.00	<b>Usha Devi</b> Iyengar Yoga <span style="float: right;">△</span>	<b>Tarik Dervish</b> <span style="float: right;">◻</span>	<b>Swamini Brahmajnananda</b> Patanjali Yoga Sutras <span style="float: right;">◻</span>	<b>Joe Hoare</b> Laughter Yoga <span style="float: right;">◐</span>
16.00 – 16.30				
16.30 – 17.00				
17.00 – 17.30	17:30	17:30	17:30	17:30
17.30 – 18.00		<b>Kamal Singh</b> Ashtanga Yoga <span style="float: right;">△</span>	<b>Swami Brahmananda</b> Connections: Yoga & Vēdantā <span style="float: right;">◐</span>	<b>Debbie Farrar</b> <span style="float: right;">△</span>
18.00 – 18.30				
18.30 – 19.00				
19.00 – 19.30	19:30	19:30	19:30	19:30
19.30 – 20.00	20:00	20:00	20:00	20:00
20.00 – 20.30	<b>Manish Vyas</b> in Concert			
20.30 – 21.00				
21.00 – 21.30				
21.30 – 22.00				

<b>Key:</b> <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; border-radius: 50%; margin-right: 0.5em;"></span> Advaita Vedanta (Non-Dual Teaching) <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Asana (postures) and Pranayama (Breath control) <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Ayurveda (knowledge of life and longevity) <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Sound Therapy	<span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Yoga Nidra <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Meditation <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Other <span style="display: inline-block; width: 1em; height: 1em; border: 1px solid black; margin-right: 0.5em;"></span> Yoga Philosophy
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Other Activities	16:00 - 17:30 (Chai Tent)	22:00 - 23:00 (Air Tent)	22:00 - 23:00 (Fire tent)	07:30 - 09:00 (Outside)
	<b>Kimberley Soni</b> <span style="float: right;">◻</span> Ayurvedic Cooking	<b>Sandra Barnes</b> <span style="float: right;">◊</span> Yoga Nidra with Sound Bath	<b>Laura Gubbins</b> <span style="float: right;">◐</span> Recital - Path of the Mystics	<b>Angela Cresswell</b> <span style="float: right;">△</span> 108 Sun Salutations

## Saturday 30th July 2022

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	<b>Kamal Singh</b> Ashtanga Yoga <span style="float: right;">△</span>	<b>Deepika Saini</b> Pranayama <span style="float: right;">△</span>	<b>Ram Vakkalanka</b> <span style="float: right;">◐</span>	<b>Uday Bhosale</b> Iyengar Yoga <span style="float: right;">△</span>
8.00 – 8.30				
8.30 – 9.00				
9.00 – 9.30	9:00	9:00	9:00	9:00
9.30 – 10.00	<b>Usha Devi</b> Iyengar Yoga <span style="float: right;">△</span>	<b>TBC</b> <span style="float: right;">△</span>	<b>Ram Banerjee</b> <span style="float: right;">○</span> FastTrack to Freedom	<b>Luci Trendle</b> <span style="float: right;">△</span>
10.00 – 10.30				
10.30 – 11.00				
11.00 – 11.30	<b>Sheila Whittaker</b> Gong bath <span style="float: right;">★</span>	<b>Siri Sadhana Kaur</b> Kundalini Yoga <span style="float: right;">△</span>	<b>Sw. Brahmajnananda</b> Living a Life of purpose <span style="float: right;">◐</span>	<b>André Riehl</b> Mantra Sadhana <span style="float: right;">★</span>
11.30 – 12.00				
12.00 – 12.30				
12.30 – 13.00	12:00	12:30	13:00	13:00
13.00 – 13.30	<b>Rupert Spira</b> <span style="float: right;">◐</span>	<b>Stuart Gilchrist</b> <span style="float: right;">△</span>	<b>Bobby Sira</b> <span style="float: right;">◐</span> Ayurveda & Western medicine	<b>Sumit Manav</b> <span style="float: right;">△</span>
13.30 – 14.00				
14.00 – 14.30				
14.30 – 15.00	14:30	14:30	15:00	15:00
15.00 – 15.30	<b>Usha Devi</b> Iyengar Yoga <span style="float: right;">△</span>	<b>Manish Vyas</b> <span style="float: right;">△</span>	<b>Kiran Ratna</b> <span style="float: right;">◐</span> Bharatanatyam Dance Workshop	<b>Ravi Dixit</b> <span style="float: right;">△</span>
15.30 – 16.00				
16.00 – 16.30				
16.30 – 17.00	16:00	16:00	17:00	17:00
17.00 – 17.30	<b>Radhika Das</b> Kirtan Workshop <span style="float: right;">★</span>	<b>Sandra Barnes</b> <span style="float: right;">△</span>	<b>Swami Brahmavidananda</b> <span style="float: right;">◐</span> Connections: Yoga & Vēdantā	<b>Joe Hoare</b> Laughter Yoga <span style="float: right;">◐</span>
17.30 – 18.00				
18.00 – 18.30				
18.30 – 19.00	18:30	18:00	17:30	17:30
19.00 – 19.30	<b>Kamal Singh</b> Ashtanga Yoga <span style="float: right;">△</span>	<b>Kamal Singh</b> Ashtanga Yoga <span style="float: right;">△</span>	19:00	19:00
19.30 – 20.00				
20.00 – 20.30				
20.30 – 21.00	<b>Bharatanatyam Dance by Vibha followed by Radhika Das and Friends</b>	<b>Bharatanatyam Dance by Vibha followed by Radhika Das and Friends</b>	<b>Bharatanatyam Dance by Vibha followed by Radhika Das and Friends</b>	<b>Bharatanatyam Dance by Vibha followed by Radhika Das and Friends</b>
21.00 – 21.30				
21.30 – 22.00				
	22:00			

**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

**Bonus: 07:30 - 09:00 (Outside)**

**Angela Cresswell** △  
108 Sun Salutations

Other Activities	14:00 - 15:30 (Chai Tent)	22:00 - 23:00 (Air Tent)	22:00 - 23:00 (Fire tent)	16:30 - 17:30 (Chai Tent)
	<b>Kimberley Soni</b> <span style="float: right;">◐</span> Ayurvedic Cooking	<b>Sandra Barnes</b> <span style="float: right;">◇</span> Yoga Nidra with Sound Bath	<b>Laura Gubbins</b> <span style="float: right;">◐</span> Recital - Path of the Mystics	<b>Trish Tucker-May</b> <span style="float: right;">◐</span> Impact of gut on hormones

## Sunday 31st July 2022

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	<b>Kamal Singh</b> Ashtanga Yoga ▲	<b>Deepika Saini</b> Pranayama ▲	<b>Ram Vakkalanka</b> ◐	<b>Uday Bhosale</b> 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	<b>Usha Devi</b> Iyengar Yoga ▲	<b>Leon Ballie</b> Dharma Yoga Masterclass ▲	<b>Ram Banerjee</b> FastTrack to Freedom ◐	<b>Angela Cresswell</b> Shivananda Yoga ▲
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	11:30	11:30
12.00 – 12.30	<b>Nikki Slade (Kirtan)</b> ★	<b>Andy Kobelinsky</b> Yin Yoga ▲	<b>Sw. Brahmajprananda</b> The seeker is the sought ◐	<b>Sumit Manav</b> ▲
12.30 – 13.00				
13.00 – 13.30				
13.30 – 14.00	<b>Kamal Singh</b> Ashtanga Yoga ▲	<b>Helena Turner</b> Yoga & Yantra ▲	<b>Swami Brahmavidananda</b> Connections: Yoga & Vēdantā ◐	<b>Debbie Farrar</b> ▲
14.00 – 14.30				
14.30 – 15.00				
15.00 – 15.30	15:00	15:30	15:00	15:30
15.30 – 16.00	<b>Usha Devi</b> Iyengar Yoga ▲	<b>Echo Elliot</b> Power Hour ▲	<b>Satish Sharma</b> ◐	<b>Krishna Khunti</b> ★
16.00 – 16.30				
16.30 – 17.00				
17.00 – 17.30	17:00	17:00	17:00	17:00
17.30 – 18.00	<b>Closing Ceremony</b>	<b>Sofia &amp; Sandra Barnes</b> Cacao ceremony with elemental alchemy dance ◐	<b>Dan Joy</b> Mindful Meditation ◐	<b>André Riehl</b> Nidra Yoga ◆
18.00 – 18.30				
18.30 – 19.00				
19.00 – 19.30	19:00	18:30	18:30	18:30
19.30 – 20.00	<b>Odissi Dance by Maryam</b> followed by <b>Adrian Atma</b>			
20.00 – 20.30				
20.30 – 21.00				
21.00 – 21.30				

**Key:**

<p>○ Advaita Vedanta (Non-Dual Teaching)</p> <p>▲ Asana (postures) and Pranayama (Breath control)</p> <p>◐ Ayurveda (knowledge of life and longevity)</p> <p>★ Sound Therapy</p>	<p>◆ Yoga Nidra</p> <p>◐ Meditation</p> <p>◐ Other</p> <p>◐ Yoga Philosophy</p>
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	<b>Children's Tent (up to age 12)</b>		
Time	Friday 29 July	Saturday 30 July	Sunday 31 July
9.00 – 9.30	<b>Glitter time / Mindfulness with Sarah</b>	<b>Rise and Shine Yoga with Katie</b>	<b>Exploring your special Gifts Yoga with Susan</b>
9.30 – 10.00			
10.00 – 10.30	<b>Gruffalo Yoga with Katie</b>	<b>Glitter Time / Water Yoga with Claire</b>	<b>Yotism Yoga</b>
10.30 – 11.00			
11.00 – 11.30	<b>Fire Yoga with Claire</b>	<b>Mindfulness with Sarah</b>	<b>Glitter Time / Storytelling Yoga with Katie</b>
11.30 – 12.00			
12.00 – 12.30	<b>High Flying Birds and Butterflies (Part 1) Art with Gemma</b>	<b>Family Yoga with Jyoti</b>	<b>High Flying Birds and Butterflies (Part 3) Art with Gemma</b>
12.30 – 13.00			
13.00 – 13.30			
13.30 – 14.00			
14.00 – 14.30	<b>Glitter Time / Journey to the Seaside Yoga with Lizzie</b>	<b>High Flying Birds and Butterflies (Part 2) Art with Gemma</b>	<b>Glitter Time / Earth Yoga with Claire</b>
14.30 – 15.00			
15.00 – 15.30	<b>Finding your Inner Warrior Yoga with Susan</b>	<b>Glitter Time / Wisdom for Kids</b>	<b>The Wonders of the Amazon Storytelling Yoga with Lizzie</b>
15.30 – 16.00			
16.00 – 16.30	<b>Yotism Yoga</b>	<b>Finding your wings of change Yoga with Susan</b>	<b>Mindfulness with Sarah</b>
16.30 – 17.00			
17.00 – 17.30	<b>Soothing Sounds with Heather</b>	<b>Kind Minds Yoga with Lizzie</b>	<b>Soothing Sounds with Heather</b>
17.30 – 18.00			
18.00 – 18.30		<b>Soothing Sounds with Heather</b>	
18.30 – 19.00			
19.00 – 19.30			
19.30 – 20.00			

<b>Teen Tent (Age 13+ only)</b>		
Friday 29 July	Saturday 30 July	Sunday 31 July
<b>Life Hacks to start the day</b>	<b>Life Hacks to start the day</b>	<b>Life Hacks to start the day</b>
<b>Upbeat Yoga</b>	<b>Upbeat Yoga</b>	<b>Upbeat Yoga</b>
<b>Drum Happy Workshop &amp; Instrument Making (open to all ages)</b>	<b>Drum Happy Workshop &amp; Instrument Making (open to all ages)</b>	<b>Drum Happy Workshop &amp; Instrument Making (open to all ages)</b>
<b>Yoga for Me with Lisa (Fun class for all)</b>	<b>Yoga for Me with Lisa (Fun class for all)</b>	<b>Yoga for Me with Lisa (Fun class for all)</b>
<b>Survival skills with Ruby</b>	<b>Survival skills with Ruby</b>	<b>Thriving Post-Covid with Charlotta</b>
		<b>Chilled Yoga with Mark</b>
<b>Ayurvedic cooking with Kimberley</b>	<b>Ayurvedic health with Angela</b>	<b>Drum Happy (open to all ages)</b>
<b>Chilled Yoga with Mark</b>	<b>Chilled Yoga with Mark</b>	
<b>Drum Happy (Open to all ages)</b>	<b>Drum Happy &amp; Fire pit (open to all ages)</b>	