

Thursday 3rd August 2023				
Time	Space Tent	Air Tent	Fire Tent	Water Tent
15.00 - 15.30	<p align="center">Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)</p>			
15.30 - 16.00				
16.30 - 16.30				
16.30 - 17.00				
17.00 - 17.30	<p align="center">Festival Open to All Ticket Holders</p>			
17.30 - 18.00				
18.00 - 18.30		18:30	18:30	18:30
18.30 - 19.00				
19.00 - 19.30	Sound Check	Donna Noble Body Positive Yang Yin Yoga	Satish Sharma Dharma Talk	Sandra Barnes Goddess Chakra Flow
19.30 - 20.00	20:00	20:00	20:00	20:00
20.00 - 20.30	Welcome Ceremony			
20.30 - 21.00	Performance with Sanju Sahai musicians + Dance			
21.00 - 21.30				
21.30 - 22.00		22:00		
Other Activities	17:00 - 18:00 (Chai Tent)	18:00 - 18:30 (Shrine)	22:00 - 23:00 (Fire Side)	Key: <ul style="list-style-type: none"> △ Asana (postures) and Pranayama □ Yoga Philosophy ⬡ Other
	Solo Visitors Get-together	Pūja	Drum Circle	

Friday 4th August 2023

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	Kamal Singh	Andrea Carrani	Jennifer Lye
8.00 – 8.30	Iyengar Yoga ▲	Ashtanga Yoga ▲	Meditation ◐	Sivananda Yoga ▲
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	Sheila Whittaker	Yogacharini Deepika	Dr Parthasarathy	Anji Gopal
10.00 – 10.30	Gong Meditation ★	Pranayama ▲	Wisdom of Ayurveda ◐	Backcare Yoga ▲
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	Swami Sarvapriyananda	Sumit Manav ▲	Dr Parthasarathy	Luci Trendle
12.00 – 12.30	Vedanta Non-Duality ◐	Alignment & Chakra Awakening	Wisdom of Ayurveda ◐	Traditional Yoga ▲
12.30 – 13.00	12:30	12:30	12:30	12:30
13.00 – 13.30	Lunch Break (live music with Brett Randell)			
13.30 – 14.00	13:30	13:30	13:30	13:30
14.00 – 14.30	Shakti Caterina Maggi	Stewart Gilchrist	Swami Brahmavidananda	Siri Sāghanā Kaur
14.30 – 15.00	Awakening to the Heart ◐	Ashtanga Yoga ▲	Vedanta Non-Duality ◐	Kundalini Yoga ▲
15.00 – 15.30	15:30	15:30	15:30	15:30
15.30 – 16.00	16:00	16:00	16:00	16:00
16.00 – 16.30	Devki Desai	Frances Monika	Ram Banerjee ◐	Marc J Acquaviva
16.30 – 17.00	Iyengar Yoga ▲	Art Therapy ◐	Practical Guide to Vedanta	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	18:00	18:00	18:00	18:00
18.30 – 19.00	Sound Check	Kamal Singh	Swamini Chideka	Lisa Colclough
19.00 – 19.30	19:00	Ashtanga Yoga ▲	Chanting and Vedanta ◐	Fun Time Yoga ▲
19.30 – 20.00	19:30	19:30	19:30	19:30
19.30 – 20.00	20:00	Mindful Juggling ◐		Joe Hoare
20.00 – 20.30	20:00	20:00	20:00	20:00
20.30 – 21.00	Music with	Key: ◐ Advaita Vedanta (Non-Dual Teaching)	◐ Yoga Nidra	07:30 - 09:00 (Outside Chai Tent)
21.00 – 21.30	Leo Dey & friends	▲ Asana (postures) and Pranayama (Breath control)	◐ Meditation	Lisa Colclough
21.30 – 22.00		◐ Ayurveda (knowledge of life and longevity)	◐ Other	
		★ Sound Therapy	◐ Yoga Philosophy	Suriya namasker ▲
Other Activities	14:00 - 15:00 (Chai Tent)	22:00 - 23:00 (Air tent)	22:00 - 23:00 (Fire tent)	22:00 - 23:00 (Water Tent)
	Katie Arscott	Sanskrit Film Screening	Laura Merri ◐	Sandra Barnes
	Menopause Workshop ▲		Recital - Path of the Mystics	
	16:00 - 17:30 (Chai Tent)	Episode 1	22:00 - 23:00 (Fire Side)	Nurturing Nidra & Sound Journey
	Kimberley Soni		Get-together ◐	
	Ayurvedic Cooking ◐			

Saturday 5th August 2023

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	Kamal Singh	Andrea Carrani	Atmarpit Shraddhaji		
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	Sheila Whittaker	Yogachariya Jnandev	Dr Parthasarathy	Ravi Dixit ▲		
10.00 – 10.30	Gong Meditation ★	Practice of Trantra ▲	Wisdom of Ayurveda ◐	Hatha 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	Swami Sarvapriyananda	Swami Ambikananda	Leo Day ★	Marc J Acquaviva		
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	Lunch Break (live music with Atmarpit Shraddhaji)					
13.30 – 14.00	13:30	13:30	13:30	13:30		
14.00 – 14.30	Rupert Spira	Stewart Gilchrist	Swamini Chideka	Jyoti Manuel		
14.30 – 15.00	Vedanta Non-Duality ○	Ashtanga Yoga ▲	Chanting and Vēdantā ○	Love in Action ▲		
15.00 – 15.30	15:30	15:00	15:00	15:00		
15.30 – 16.00	16:00	15:30	15:30	15:30		
16.00 – 16.30	Devki Desai	Kiran Ratna ◐	Dr Parthasarathy	Sunil Kalsi ▲		
16.30 – 17.00	Iyengar Yoga ▲	Bharatanatyam Dance workshop	Wisdom of Ayurveda ◐	Vinyasa Yoga and Meditation		
17.00 – 17.30	17:30	17:00	17:00	17:00		
17.30 – 18.00		17:30	17:30			
18.00 – 18.30	Sound Check	Kamal Singh	Swami Brahmavidananda	18:00		
18.30 – 19.00		Ashtanga Yoga ▲	Vedanta Non-Duality ○	Sofia Barnes ◐		
19.00 – 19.30		19:00	19:00			
19.30 – 20.00	20:00	Mindful Juggling ◐		19:30		
20.00 – 20.30	Bharatanatyam Dance by Vibha followed by Shammi Pithia and his Band	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	07:30 - 09:00 (Outside Chai Tent)		
20.30 – 21.00						Jennifer Lye Suriya Namasker ▲
21.00 – 21.30						
21.30 – 22.00						
Other Activities	14:00 - 15:30 (Chai Tent)	22:00 - 23:00 (Air tent)	22:00 - 23:00 (Fire tent)	22:00 - 23:00 (Water Tent)		
	Kimberley Soni Ayurvedic Cooking ◐	Sanskrit Film Screening Episode 2 ◐	Laura Merri ◐ Recital - Path of the Mystics	Sandra Barnes Nurturing Nidra & Sound Journey ◐		
	16:30 - 17:30 (Chai Tent)		22:00 - 23:00 (Fire Side)			
Trish-Tucker-May Gut Health ◐		Get-together ◐				

Sunday 6th August 2023

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 △	Kamal Singh Ashtanga Yoga △	Leo Dey Meditations with Drupad raga ◻	Fay Goodman Anahatha Opening Yoga △
8.00 – 8.30				
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	Swami Sarvapriyananda Vedanta Non-Duality ○	Kalavathi Devi Yoga Nidra △	Dr Parthasarathy Wisdom of Ayurveda ◻	Sumit Manav Yin Yoga & Patanjali Ashtanga △
10.00 – 10.30				
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	Dr Nader <i>Consciousness: a New Paradigm</i> ○	Karo Tak Jivamukti Yoga △	Swami Brahmavidananda Vedanta Non-Duality ○	Ravi Dixit Hatha yoga & Pranayama △
12.00 – 12.30				
12.30 – 13.00	Lunch Break (live music with Little Big Wings)			
13.00 – 13.30	13:30	13:30	13:30	13:30
13.30 – 14.00	Nikki Slade Kirtan ★	Joe Hoare Laughter Yoga ◻	Dr Parthasarathy Wisdom of Ayurveda ◻	Sunil Kalsi Vinyasa Yoga and Meditation △
14.00 – 14.30				
14.30 – 15.00	15:00	15:00	15:00	15:00
15.00 – 15.30	15:30	15:30	15:30	15:30
15.30 – 16.00	16:00	Kamal Singh Ashtanga Yoga △	Ram Banerjee Practical Guide to Vedanta ○	Luci Trendle Traditional Yoga △
16.00 – 16.30				
16.30 – 17.00	Devki Desai Iyengar Yoga △	17:00	17:00	17:00
17.00 – 17.30		17:30	17:30	17:30
17.30 – 18.00	Sound Check	Satish Sharma Dharma Talk ◻	Swamini Chideka Chanting and Vedanta ○	Sandra & Sofia Barnes A Return to Love △
18.00 – 18.30				
18.30 – 19.00	19:00	19:00	19:00	19:00
19.00 – 19.30	Closing Ceremony			
19.30 – 20.00	Gaiea Sanskrit with Cosmic Choir	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	22:00 - 23:00 (fire Side)
20.00 – 20.30				
20.30 – 21.00				
21.00 – 21.30				Drum Circle ◻