




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

Time	Space Tent	Air Tent	Fire Tent	Water Tent
15.00 - 15.30	<b>Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)</b>			
15.30 - 16.00				
16.30 - 16.30				
16.30 - 17.00				
17.00 - 17.30	<b>Festival Open to All Ticket Holders</b>			
17.30 - 18.00				
18.00 - 18.30		18:30	18:30	18:30
18.30 - 19.00				
19.00 - 19.30		<b>Donna Noble</b> Body Positive Yang Yin Yoga	<b>Satish Sharma</b> Dharma talk	<b>Sandra Barnes</b> Goddess Yoga
19.30 - 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 tent)	Key:  Asana (postures) and Pranayama  Yoga Philosophy  Other
	Meet the festival team		TBA	

**Friday 4th August 2023 v0.3 (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>Yogacharini Deepika</b>	<b>Andrea Carrani</b>	<b>Jennifer Lye</b>	
8.00 – 8.30	Iyengar Yoga <span style="float:right">△</span>	Pranayama <span style="float:right">△</span>	Meditation <span style="float:right">◑</span>	Sivananda Yoga <span style="float:right">△</span>	
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>Kamal Singh</b>	<b>Dr Parthasarathy</b>	<b>Anji Gopal</b>	
10.00 – 10.30	Gong Meditation <span style="float:right">★</span>	Ashtanga Yoga <span style="float:right">△</span>	Ayurveda <span style="float:right">◻</span>	Backcare Yoga <span style="float:right">△</span>	
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>Frances Monika</b>	<b>Dr Parthasarathy</b>	<b>Luci Trendle</b>	
12.00 – 12.30	Vedanta Non-Duality <span style="float:right">◯</span>	Art therapy <span style="float:right">◑</span>	Ayurveda <span style="float:right">◻</span>	Traditional Yoga <span style="float:right">△</span>	
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>TBA</b>	<b>Stewart Gilchrist</b>	<b>Swami Brahmavidananda</b>	<b>Siri Sādhana Kaur</b>	
14.30 – 15.00		Ashtanga Yoga <span style="float:right">△</span>	Vedanta Non-Duality <span style="float:right">◯</span>	Kundalini yoga <span style="float:right">△</span>	
15.00 – 15.30	15:30	15:30	15:30	15:30	
15.30 – 16.00	16:00	<b>Annie Clarke</b>	<b>Ram Banerjee</b>	<b>Marc J Acquaviva</b>	
16.00 – 16.30	<b>Devki Desai</b>	Asana practice <span style="float:right">△</span>	Vedanta Non-Duality <span style="float:right">◯</span>	Scaravelli Yoga <span style="float:right">△</span>	
16.30 – 17.00	Iyengar Yoga <span style="float:right">△</span>	17:00	17:00	17:00	
17.00 – 17.30	17:30	17:30	17:30	17:30	
17.30 – 18.00		<b>Kamal Singh</b>	<b>Sw. Brahmajnananda</b>	<b>Lisa Colclough</b>	
18.00 – 18.30		Ashtanga Yoga <span style="float:right">△</span>	Vedanta Non-Duality <span style="float:right">◯</span>	Fun Time Yoga <span style="float:right">△</span>	
18.30 – 19.00		19:00	19:00	19:00	
19.00 – 19.30		<b>Mindful Juggling</b>		<b>Joe Hoare</b>	
19.30 – 20.00	20:00	20:00		Laughter Yoga <span style="float:right">△</span>	
20.00 – 20.30	<b>Music with Leo Dey &amp; friends</b>	<b>Key:</b> ◯ 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		<b>07:30 - 09:00 (Outside Chai Tent)</b>	
20.30 – 21.00				<b>Suriya namasker</b> <span style="float:right">△</span>	
21.00 – 21.30					
21.30 – 22.00			22:00		

Other Activities	16:00 - 17:30 (Chai Tent)	22:00 - 23:00 (Air Tent)	22:00 - 23:00 (Fire tent)	14:00 - 15:00 (Chai Tent)
	<b>Kimberley Soni</b> Ayurvedic Cooking <span style="float:right">◻</span>	<b>Sandra Barnes</b> Yoga Nidra <span style="float:right">◊</span>	<b>TBA</b> <span style="float:right">◑</span>	<b>Katie Arcscott</b> Menopause Workshop <span style="float:right">△</span>

## Saturday 5th August 2023 v0.3 (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>Yogachariya Jnandev</b>	<b>Andrea Carrani</b>	<b>Atmarpit Shraddaji</b>
8.00 – 8.30	Iyengar Yoga ▲	Pranayama ▲	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>Kamal Singh</b>	<b>Dr Parthasarathy</b>	<b>Ravi Dixit</b>
10.00 – 10.30	Gong Meditation ★	Ashtanga Yoga ▲	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>Kamal Singh</b>	<b>Swami Brahmavidananda</b>	<b>Sofia Barnes</b>
18.30 – 19.00		Ashtanga Yoga ▲	Vedanta Non-Duality ○	Cacao Ceremony ◑
19.00 – 19.30		19:00	19:00	19:00
19.30 – 20.00		<b>Mindful Juggling</b> ◑		
20.00 – 20.30	20:00	<b>Key:</b> ○ 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		07:30 - 09:00 (Outside Chai Tent)
20.30 – 21.00	<b>Shammi Pithia and his Band</b>			<b>Suriya namasker</b> ▲
21.00 – 21.30				
21.30 – 22.00				
22:00				

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> Ayurvedic Cooking ◑	<b>Sandra Barnes</b> Yoga Nidra ◑	<b>TBA</b> ◑	<b>Trish-Tucker-May</b> Gut health ◑

**Sunday 6th August 2023 v0.3 (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> Iyengar Yoga <span style="float:right">△</span>	<b>Kalavathi Devi</b> Yoga Nidra <span style="float:right">△</span>	<b>Leo Dey</b> <span style="float:right">◻</span> Meditations with Drupad raga	<b>Fay Goodman</b> <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	<b>Dr Nader</b> <span style="float:right">○</span> Transcendental Meditation	<b>Kamal Singh</b> Ashtanga Yoga <span style="float:right">△</span>	<b>Dr Parthasarathy</b> Ayurveda <span style="float:right">◻</span>	<b>Sunil Kalsi</b> <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	<b>Swami Sarvapriyananda</b> Vedanta Non-Duality <span style="float:right">○</span>	<b>Satish Sharma</b> Dharma talk <span style="float:right">◻</span>	<b>Swami Brahmavidananda</b> Vedanta Non-Duality <span style="float:right">○</span>	<b>Ravi Dixit</b> <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	<b>Nikki Slade</b> Kirtan <span style="float:right">★</span>	<b>Stewart Gilchrist</b> Ashtanga Yoga <span style="float:right">△</span>	<b>Sw. Brahmajprananda</b> Vedanta Non-Duality <span style="float:right">○</span>	<b>Sumit Manav</b> <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	<b>Devki Desai</b> Iyengar Yoga <span style="float:right">△</span>	<b>Kamal Singh</b> Ashtanga Yoga <span style="float:right">△</span>	<b>Ram Banerjee</b> Vedanta Non-Duality <span style="float:right">○</span>	<b>Luci Trendle</b> <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		<b>Mindful Juggling</b> <span style="float:right">◻</span>	<b>Dr Parthasarathy Q&amp;A</b> <span style="float:right">◻</span>	<b>Joe Hoare</b> <span style="float:right">△</span> Laughter Yoga
18.00 – 18.30				
18.30 – 19.00	19:00	18:30	18:30	18:30
19.00 – 19.30	<b>Closing Ceremony</b>			
19.30 – 20.00	<b>Gaiea Sanskrit with Cosmic Choir</b>	<b>Key:</b> ○ 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				