

Thursday 1st August 2024					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth 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	<b>Sound Check</b>				
18.00 - 18.30					
18.30 - 19.00		18:30 <b>Dr Kireet Butail</b> Value of 108 Surya Namaskar practice	18:30 <b>Satish Sharma</b> Red Pill Yoga	18:30 <b>Sandra Barnes</b> Welcome Home yoga	18:30 <b>Solo Visitors get-together</b>
19.00 - 19.30		19:30	19:30	19:30	19:30
19.30 - 20.00	19:30 <b>Drumming Circle*</b>				
20.00 - 20.30	20:00 <b>Welcome Ceremony</b>				
20.30 - 21.00	<b>Jyotsna Srikanth and friends</b>				
21.00 - 21.30					
21.30 - 22.00					
<b>Other Activities</b>		17.30 - 18.30 (Chai Tent) <b>Pūja</b>	22:00 - 23:00 (Fire Side) <b>Drumming Circle</b>		

\* Join us for a drumming call to help us open the festival with a bang; bring your own drum / percussion, or we have plenty for you to choose from.

**Friday 2nd August 2024**

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent				
7.00 – 7.30	7:00	7:00	7:00	7:00	7:00				
7.30 – 8.00	<b>Devki Desai</b> Iyengar Yoga Masterclass	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	<b>Audrajean</b> Self-Compassion meditation	<b>Ankit Kumar</b> Hatha Yoga for alignment	<b>Ram Banerjee</b> Meditation for beginners				
8.00 – 8.30						8:00	8:00	8:00	
8.30 – 9.00						8:30	8:30	8:30	
9.00 – 9.30	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Disya Viveka (Part 1)	<b>Dr Omanand</b> Third Eye Awakening	<b>Saurabh Srivastava</b> Vedic Astrology & Astronomy	<b>Donna Noble</b> Body Positive Yoga	<b>Daniel Gladwell</b> Massage workshop				
9.30 – 10.00						9:00	9:00	9:30	
10.00 – 10.30						10:00	10:00	10:00	
10.30 – 11.00						10:30	10:30	<b>Lucy Aldridge</b> Iyengar Yoga	<b>Sue Davies - children's</b> Mental health & Yoga
11.00 – 11.30						11:00	11:00		
11.30 – 12.00	<b>Sound Journey with</b> Tom Simenauer	<b>Helen and Andy</b> Pranayama with Chanting	<b>Ahbay Tulku Rinpoche</b> Wisdom teaching & Blessing	<b>Thimela Garcia</b> Kundalini Yoga	<b>Monisha Bharadwaj</b> Ayurveda Cooking Demo				
12.00 – 12.30						11:30	11:30	11:30	
12.30 – 13.00						12:30	12:30	12:30	
13.00 – 13.30	<b>Bhavani Vyas</b> Kirtan	<b>Jnandev</b> What is Yoga Therapy?	<b>Swami Sachidananda</b> Art of being	<b>Luci Trendle</b> Body Connection					
13.30 – 14.00						13:00	13:00	13:00	
14.00 – 14.30						14:00	14:00	<b>Polly Baldwin</b> Gut Health & Nutrition	
14.30 – 15.00						14:30	14:30		14:30
15.00 – 15.30						15:00	15:00	<b>Shohini Banerjee</b> Dance Workshop	<b>Myra Lewin</b> Introduction to Ayurveda
15.30 – 16.00	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Disya Viveka (Part 2)	<b>Joe Hoare</b> Laughter Yoga for joy	15:30	15:30					
16.00 – 16.30			16:00	16:00	16:00				
16.30 – 17.00			16:30	16:30	16:30				
17.00 – 17.30	<b>Devki Desai</b> Iyengar Yoga Masterclass	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	<b>Robert Sturman</b> Yoga of Seeing	<b>Karo Tak</b> Jivamukti Yogasana	<b>Katie Arcscott</b> Menopause talk				
17.30 – 18.00						17:00	17:00	17:00	
18.00 – 18.30						17:30	17:30	17:30	
18.30 – 19.00						18:00	18:00	<b>Nikki Jackson</b> Yoga Nature & 5 Elements	<b>Jenny De Pretto *</b> Mandala/Rock painting
19.00 – 19.30						18:30	18:30		
19.30 – 20.00	19:00	19:00	19:00	19:00					
20.00 – 20.30	Bharatanatyam dance by Shohini		20:00	20:00					
20.30 – 21.00	<b>Renu Gidoomal</b> Atmasphere								
21.00 – 21.30									
21.30 – 22.00									
<b>Other Activities</b>	07:30 - 09:00 (Outside Chai Tent)	10:00 - 11:30 (near Earth Tent)	22:00 - 23:00 (Fire Tent)	22:00 - 23:00 (Water Tent)	* This class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person if you wish to take your mandala home with you.				
	<b>108 Surya Namaskar</b> Dr Kireet Butail	<b>Ice Bath Workshop including Pranayama with Adam Bray</b>	<b>Quiet Contemplation</b>	<b>Sandra &amp; Sofia Barnes</b> Yoga Nidra & Sound Journey					
		14:00 - 15:30 (near Earth Tent)							
		<b>Ice Bath Workshop including Pranayama with Adam Bray</b>							

**Saturday 3rd August 2024**

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent	
7.00 – 7.30	7:00	7:00	7:00	7:00	7:00	
7.30 – 8.00	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Andrea Carrani Meditation	Leo Dey Drupad meditation	Jenny De Pretto * Mandala/Rock painting	
8.00 – 8.30			8:00	8:00		8:00
8.30 – 9.00	8:30	8:30	8:30	8:30	8:30	
9.00 – 9.30	9:00	9:00	Saurabh Srivastava Astrology & Spirituality	Sandra Barnes Shakti Rising Yoga Flow	Daniel Gladwell Healing workshop	
9.30 – 10.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Disya Viveka (Part 3)	Dr Omanand Pranayama techniques				10:00
10.00 – 10.30			10:30	10:30		
10.30 – 11.00			11:00	11:00	Swamini Chideka Discovering Īsvara	Atmarpit Shradhdhaji Pranayama & meditation
11.00 – 11.30	11:30	11:30	11:30	11:30		
11.30 – 12.00	Sika Sound journey	Stewart Gilchrist Vinyasa Workshop	12:00	12:00	12:00	
12.00 – 12.30			12:30	12:30	Anji Gopal Yoga for Back Care	Sonali & Ram Cooking Workshop
12.30 – 13.00			13:00	13:00		
13.00 – 13.30	13:30	Sumit Manav Alignment/Chakra wakening	Swami Sachidananda The illusion of Separation	Donna Noble Body Positive Yoga	Polly Baldwin Gut Health & Nutrition	
13.30 – 14.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Disya Viveka (Part 4)					14:00
14.00 – 14.30		14:30	14:30			
14.30 – 15.00		Jnandev Models for Yoga Chikitsa	Swami Ambikananda Value of Chanting	Shohini Banerjee Dance Workshop	Karo Tak Ayur-vegan Cooking Demo	
15.00 – 15.30	15:00					15:00
15.30 – 16.00	15:30	15:30	15:30	15:30	15:30	
16.00 – 16.30	Devki Desai Iyengar Yoga Masterclass	Ravi Dixit Hatha Yoga & Pranayama	16:00	16:00	Swami Nityananda Relax and Recharge	
16.30 – 17.00			16:30	16:30		16:30
17.00 – 17.30	17:00	17:00	17:00	17:00	17:00	
17.30 – 18.00	17:30	Kamal Singh Ashtanga Yoga Masterclass	17:30	17:30	Jyoti Manual Love in Action	
18.00 – 18.30	Sound Check		18:00	18:00		
18.30 – 19.00			18:30	18:30		
19.00 – 19.30		19:00	19:00	19:00		
19.30 – 20.00	19:30	19:30	19:30	19:30	19:30	
20.00 – 20.30	Kirtan with Radhika Das & Friends	20:00	20:00	20:00	20:00	
20.30 – 21.00		20:30	20:30	20:30	20:30	
21.00 – 21.30		21:00	21:00	21:00	21:00	

\* This class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person if you wish to take your mandala home with you.

<b>Other Activities</b>	07:15 - 08:45 (Outside Chai Tent)	10:00 - 11:30 (near Earth Tent)	22:00 - 23:00 (Fire Tent)	22:00 - 23:00 (Water Tent)
	108 Surya Namaskar Dr Kireet Butail	Ice Bath Workshop including Pranayama with Adam Bray	Quiet Contemplation	Sandra & Sofia Barnes Yoga Nidra & Sound Journey
		14:00 - 15:30 (near Earth Tent)		
Ice Bath Workshop including Pranayama with Adam Bray				

**Sunday 4th August 2024**

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent	
7.00 – 7.30	7:00	7:00	7:00	7:00	7:00	
7.30 – 8.00	<b>Devki Desai</b> Iyengar Yoga Masterclass	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	<b>Andrea Carrani</b> Meditation	<b>Luci Trendle</b> Postural Strength & Stability	<b>Ram Banerjee</b> Meditation for beginners	
8.00 – 8.30						8:00
8.30 – 9.00	8:30	8:30	8:30	8:30	8:30	
9.00 – 9.30	9:00	9:00	<b>Saurabh Srivastava</b> Yoga & Vedic Astrology	<b>Atmarpit Shraddhaji</b> Pranayama & meditation	<b>Myra Lewin</b> Ayurveda & Agni	
9.30 – 10.00	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Disya Viveka (Part 5)	<b>Ravi Dixit</b> Hatha Yoga & Pranayama				9:30
10.00 – 10.30			10:00	10:00	10:00	10:00
10.30 – 11.00			10:30	10:30	<b>Swami Sachidananda</b> Awakening, the Vedantic way	<b>Karo Tak</b> Jivamukti Yoga
11.00 – 11.30	11:00	11:00	11:30	11:30		
11.30 – 12.00	<b>Sika</b> Sound Journey	<b>Jnandev - Psychosomatics</b> and Yoga Therapy	11:30	12:00	12:00	
12.00 – 12.30			12:00	12:00	12:00	12:00
12.30 – 13.00			12:30	<b>Joe Hoare</b> Laughter Yoga for Joy	<b>Swamini Chideka</b> The Path to Self-Discovery	<b>Lucy Aldridge</b> Iyengar Yoga
13.00 – 13.30	13:00	13:00	13:00			
13.30 – 14.00	13:30	<b>Kalavati George</b> Raising vibrational energy	13:30	14:00	14:00	
14.00 – 14.30	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Disya Viveka (Part 6)		14:00	<b>Swami Dayananda</b> Inner Expansion	<b>Jenny De Pretto *</b> Mandala/Rock painting	
14.30 – 15.00			14:30			15:00
15.00 – 15.30		15:00	15:00	15:30	15:30	15:30
15.30 – 16.00	15:30	<b>Sumit Manav</b> Yoga Alignment/Yin Yoga	15:30	<b>Anandana Nadhavajhala</b> Hatha yoga for beginners	<b>Monisha Bharadwaj</b> Six tastes of Ayurveda	
16.00 – 16.30	16:00		16:00			16:00
16.30 – 17.00	<b>Devki Desai</b> Iyengar Yoga Masterclass	16:30	<b>Ram Banerjee</b> Why study Advaita Vedanta?	16:30	16:30	
17.00 – 17.30		17:00		17:00	17:00	17:00
17.30 – 18.00	17:30	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	17:30	<b>Sofia &amp; Sandra Barnes</b> Cacao Ceremony	<b>Anji Gopal</b> Teaching Back Care Yoga	
18.00 – 18.30	18:00		18:00			18:00
18.30 – 19.00	18:30	18:30	18:30	18:30	18:30	
19.00 – 19.30	19:00					
19.30 – 20.00	19:30					
20.00 – 20.30	20:00					
20.30 – 21.00	20:30					
<b>Other Activities</b>	21:30 - 23:00 (Space Tent)	07:30 - 09:00 (Outside Chai Tent)	10:00 - 11:30 (near Earth Tent)	21:30 - 23:00 (Fire Side)	* This class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person if you wish to take your mandala home with you.	
	<b>Chakra Dance Party</b> with <b>Rach Cox &amp; friends</b>	<b>108 Surya Namaskar</b> <b>Dr Kireet Butail</b>	<b>Ice Bath Workshop including Pranayama with Adam Bray</b>	<b>Drumming Circle</b>		
			14:00 - 15:30 (near Earth Tent)			
			<b>Ice Bath Workshop including Pranayama with Adam Bray</b>			

<b>Children's Tent (infants and Juniors)</b>			
Time	Friday 2 August	Saturday 3 August	Sunday 4 August
8.40 - 9.00	Wake Up with Dylan	Wake Up with Dylan	
9.00 - 9.30	Adventure Yoga with Lizzie	Calma Alma Singing Mama Sessions	Yoga with Sue, Jon and Katie
9.30 - 10.00			
10.00 - 10.30	Calma Alma for Babies & Toddlers	Fun Time with Anandana	
10.30 - 11.00			
11.00 - 11.30	<b>B R E A K</b>		
11.30 - 12.00	The Rainbow Fish with Lizzie and Vickie	Family Session with Jyoti	Fun Time with Anandana
12.00 - 12.30			
12.30 - 13.00	Break		
13.00 - 13.30	Yoga Mindfulness with Jon	Break	Break
13.30 - 14.00			
14.00 - 14.30	Believe in Yoga with Sue	ART - Creative Creatures of the Sea with Gemma	ART - Creative Community Bunting with Gemma
14.30 - 15.00			
15.00 - 15.30	ART - Create your own Flag with Gemma		Break
15.30 - 16.00		Break	Breath work with Adam
16.00 - 16.30		Family Yoga & Kirtan with Alan and Becky	
16.30 - 17.00		Break	Holiday for the Mind with Judy
17.00 - 17.30	Laughter Yoga & Mini Sound Bath with Anetta	Pom Poms with Katie	
17.30 - 18.00		Kolam Art	
18.00 - 18.30			
18.30 - 19.00			
	<b>GLITTER</b>	<b>FAIRIES</b>	<b>ON REQUEST</b>

<b>Teen Tent (Secondary school)</b>				
Friday 2 August	Saturday 3 August	Sunday 4 August	Time	
<b>Morning Gathering with Lisa &amp; Ruby</b>			9.00 - 9.30	
Words, Poetry and Movement with Mark	Release, Rest & Rewire with Claire	Teen Asana with Becky	9.30 - 10.00	
			10.00 - 10.30	
			10.30 - 11.00	
<b>B R E A K</b>			11.00 - 11.30	
Creative Journaling with Gemma	Words, Poetry and Movement with Mark	Words, Poetry and Movement with Mark	11.30 - 12.00	
			12.00 - 12.30	
Teen Zone		Kolam Art	12.30 - 13.00	
Break	Break	Break	13.00 - 13.30	
			13.30 - 14.00	
Drum Happy	Teen Zone	Teen Asana & Kirtan with Becky and Alan	14.00 - 14.30	
	Kolam Art		14.30 - 15.00	
Release, Rest & Rewire with Claire		Drum Happy	Break	15.00 - 15.30
			Fun Card & Board Games Workshop with Anetta and Ian	15.30 - 16.00
Break	Drum Happy	16.00 - 16.30		
		16.30 - 17.00		
Yoga Philosophy Chats with Alan	Visit with the Swamis	Evening Chill	17.00 - 17.30	
			17.30 - 18.00	
Evening Chill	Games, Movement & Sound Workshop with Anetta and Ian		18.00 - 18.30	
			18.30 - 19.00	