

Thursday 1st August 2024					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
15.00 - 15.30	Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)				
15.30 - 16.00					
16.30 - 16.30					
16.30 - 17.00					
17.00 - 17.30	Festival Open to All Ticket Holders				
17.30 - 18.00	Sound Check				
18.00 - 18.30					
18.30 - 19.00		18:30 Dr Kireet Butail Value of 108 Surya Namaskar practice	18:30 Satish Sharma Red Pill Yoga	18:30 Sandra Barnes Welcome Home yoga	18:30 Solo Visitors get-together
19.00 - 19.30		19:30	19:30	19:30	19:30
19.30 - 20.00	19:30 Drumming Circle*				
20.00 - 20.30	20:00 Welcome Ceremony				
20.30 - 21.00	Jyotsna Srikanth and friends				
21.00 - 21.30					
21.30 - 22.00					
Other Activities		17.30 - 18.30 (Chai Tent)	22:00 - 23:00 (Fire Side)		
		Pūja	Drumming Circle		

* 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	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Audrajean Self-Compassion meditation	Ankit Kumar Hatha Yoga for alignment	Ram Banerjee 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	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 1)	Dr Omanand Third Eye Awakening	Saurabh Srivastava Vedic Astrology & Astronomy	Donna Noble Body Positive Yoga	Daniel Gladwell Massage workshop			
9.30 – 10.00						9:00	9:00	9:00
10.00 – 10.30						9:30	9:30	9:30
10.30 – 11.00						10:00	10:00	10:00
11.00 – 11.30						10:30	10:30	10:30
11.30 – 12.00	Sound Journey with Tom Simenauer	Helen and Andy Pranayama with Chanting	Ahbay Tulku Rinpoche Wisdom teaching & Blessing	Lucy Aldridge Iyengar Yoga	Sue Davies - children's Mental health & Yoga			
12.00 – 12.30						11:00	11:00	11:00
12.30 – 13.00						11:30	11:30	11:30
13.00 – 13.30	Bhavani Vyas Kirtan	Jnandev What is Yoga Therapy?	Swami Sachidananda Art of being	Luci Trendle Body Connection	Monisha Bharadwaj Ayurveda Cooking Demo			
13.30 – 14.00						12:30	12:30	12:30
14.00 – 14.30						13:00	13:00	13:00
14.30 – 15.00						13:30	13:30	13:30
15.00 – 15.30						14:00	14:00	14:00
15.30 – 16.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 2)	Joe Hoare Laughter Yoga for joy	Swamini Chideka Vedanta's help in Life	Shohini Banerjee Dance Workshop	Myra Lewin Introduction to Ayurveda			
16.00 – 16.30						14:30	14:30	14:30
16.30 – 17.00						15:00	15:00	15:00
17.00 – 17.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Robert Sturman Yoga of Seeing	Karo Tak Jivamukti Yogasana	Katie Arcscott Menopause talk			
17.30 – 18.00						15:30	15:30	15:30
18.00 – 18.30						16:00	16:00	16:00
18.30 – 19.00						16:30	16:30	16:30
19.00 – 19.30						17:00	17:00	17:00
19.30 – 20.00	Sound Check	Leo Dey Kirtan & Storytelling	Ram Banerjee Why Study Advaita Vedanta?	Nikki Jackson Yoga Nature & 5 Elements	Jenny De Pretto * Mandala/Rock painting			
20.00 – 20.30						17:30	17:30	17:30
20.30 – 21.00						18:00	18:00	18:00
21.00 – 21.30	Renu Gidoomal Atmasphere			Anji Gopal Yoga for back Care				
21.30 – 22.00						18:30	18:30	18:30
20.00 – 20.30	Bharatanatyam dance by Shohini							
20.30 – 21.00	Renu Gidoomal Atmasphere							
21.00 – 21.30						19:00	19:00	19:00
21.30 – 22.00	20:00	19:30	20:00	20:00	19:30			
Other Activities	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 adult (16+) class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person to cover the cost of materials.			
	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						

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	
8.30 – 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 Drisya Viveka (Part 3)	Dr Omanand Pranayama techniques			
10.00 – 10.30			10:30	10:30	10:30
10.30 – 11.00	11:00	11:00	Swamini Chideka Discovering Īsvara	Atmarpit Shradhdhaji Pranayama & meditation	Myra Lewin Ayurveda & Graceful Aging
11.00 – 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	12:30
12.30 – 13.00	13:00	13:00	Swami Sachidananda The illusion of Separation	Anji Gopal Yoga for Back Care	Sonali & Ram Cooking Workshop
13.00 – 13.30	13:30	13:30			
13.30 – 14.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 4)	Sumit Manav Alignment/Chakra wakening	14:00	14:00	14:00
14.00 – 14.30			14:30	14:30	14:30
14.30 – 15.00	15:00	Jnandev Models for Yoga Chikitsa	Swami Ambikananda Value of Chanting	Donna Noble Body Positive Yoga	Polly Baldwin Gut Health & Nutrition
15.00 – 15.30	15:30				
15.30 – 16.00	16:00	16:00	16:00	16:00	16:00
16.00 – 16.30	Devki Desai Iyengar Yoga Masterclass	Ravi Dixit Hatha Yoga & Pranayama	16:30	16:30	16:30
16.30 – 17.00			17:00	17:00	17:00
17.00 – 17.30	17:30	17:30	Bhavani Vyas Essence of Immortality	Swami Nityananda Relax and Recharge	Karo Tak Ayur-vegan Cooking Demo
17.30 – 18.00	18:00	18:00			
18.00 – 18.30	Sound Check	Kamal Singh Ashtanga Yoga Masterclass	Robert Sturman Yoga of Seeing	Nikki Jackson Yoga Nidra	Jyoti Manual Love in Action
18.30 – 19.00					
19.00 – 19.30	19:30	19:30	19:30	19:30	19:30
19.30 – 20.00	Kirtan with Radhika Das & Friends				
20.00 – 20.30					
20.30 – 21.00					
21.00 – 21.30					
Other Activities	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)	* This adult (16+) class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person to cover the cost of materials.
	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	7:00	7:00	7:00	7:00
7.00 – 7.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Andrea Carrani Meditation	Luci Trendle Postural Strength & Stability	Ram Banerjee Meditation for beginners
7.30 – 8.00					
8.00 – 8.30					
8.30 – 9.00		8:30	8:00	8:00	8:30
9.00 – 9.30	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 5)	Ravi Dixit Hatha Yoga & Pranayama	Saurabh Srivastava Yoga & Vedic Astrology	Atmarpit Shraddhaji Pranayama & meditation	Myra Lewin Ayurveda & Agni
9.30 – 10.00					
10.00 – 10.30					
10.30 – 11.00					
11.00 – 11.30					
11.30 – 12.00		Jnandev - Psychosomatics and Yoga Therapy	Swami Sachidananda Awakening, the Vedantic way	Karo Tak Jivamukti Yoga	Trish Tucker-May Gut health & Nutrition
12.00 – 12.30					
12.30 – 13.00	Sika Sound Journey	Joe Hoare Laughter Yoga for Joy	Swamini Chideka The Path to Self-Discovery	Lucy Aldridge Iyengar Yoga	Myra Lewin Ayurveda with Yoga
13.00 – 13.30					
13.30 – 14.00					
14.00 – 14.30	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 6)	Kalavati George Raising vibrational energy	Swami Ambikananda Value of Chanting	Swami Dayananda Inner Expansion	Jenny De Pretto * Mandala/Rock painting
14.30 – 15.00					
15.00 – 15.30					
15.30 – 16.00		Sumit Manav Yoga Alignment/Yin Yoga	Ram Banerjee Why study Advaita Vedanta?	Anandana Nadhavajhala Hatha yoga for beginners	Monisha Bharadwaj Six tastes of Ayurveda
16.00 – 16.30					
16.30 – 17.00					
17.00 – 17.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Satish Sharma Red Pill Yoga	Sofia & Sandra Barnes Cacao Ceremony	Anji Gopal Teaching Back Care Yoga
17.30 – 18.00					
18.00 – 18.30					
18.30 – 19.00	19:00		18:30		
19.00 – 19.30	Closing Ceremony				
19.30 – 20.00	Kirtan with glow in the dark movement meditation Atmarpit Shraddhaji				
20.00 – 20.30					
20.30 – 21.00					
Other Activities	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 adult (16+) class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person to cover the cost of materials.
	Chakra Dance Party with Rach Cox & friends	108 Surya Namaskar Dr Kireet Butail	Ice Bath Workshop including Pranayama with Adam Bray	Drumming Circle	
			14:00 - 15:30 (near Earth Tent)		
			Ice Bath Workshop including Pranayama with Adam Bray		