

Thursday 31st July 2025					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
3pm	Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)				
4pm					
5pm	Festival Open to All Ticket Holders				
6pm	Sound Check				
		6 : 30	6 : 30	6 : 30	6 : 30
7pm	7:00 Elk Burland Drumming Circle	Lisa Colclough Playtime Yoga	Satish Sharma Yoga in the age of Kali	Sandra & Sofia Barnes Welcome Home Heart Opening Yoga Flow	Solo visitors meet-up
8pm	8:00 Opening Ceremony				
	8:30				
9pm	Roopa Panesar				
Other Activites	10:00	5.30 - 6.30pm at Chai tent	10 -11pm near Fire tent		
		Puja	Elk Burland Drumming Circle		

Friday 1st August 2025

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
7am	<div>7:15</div> <div>Babaji Bhakti Band</div> <div>Sound Journey</div>	<div>7:00</div> <div>Kamal Singh /Andy</div> <div>Ashtanga Masterclass</div>	<div>7:00</div> <div>Swamini Brahmaprajnananda</div> <div>Meditation</div>	<div>7:00</div> <div>Clare Allen</div> <div>Dynamic Daoist movement</div>	<div>7:00</div> <div>Mel Fisher - Science of Breath,</div> <div>Movement & Healthspan</div>
8am			<div>8:15</div>	<div>8:15</div>	<div>8:15</div>
9am	<div>9:00</div> <div>Swami Sarvapriyananda</div> <div>Ashtavakra Gita</div>	<div>8:45</div> <div>Dr. Rajlaxmi</div> <div>Iyengar Masterclass</div>	<div>Purnesh & Rowena</div> <div>The Power of Being</div>	<div>Deepika Siani</div> <div>Healing Pranayamas</div>	<div>Myra Lewin</div> <div>Ayurveda Talk</div>
10am		<div>10:30</div>	<div>10:00</div> <div>Ahbay Tulku Rinpoche</div> <div>Wisdom teaching & Blessing</div>	<div>9:30</div> <div>Thimela Garcia</div> <div>Kundalini Yoga</div>	<div>9:30</div> <div>Jo Winterton</div> <div>Gong Bath</div>
11am	<div>11:00</div>	<div>11:45</div> <div>Dr. Tahir Sharief</div> <div>Art of Living</div>		<div>10:45</div> <div>Luci Trendle</div> <div>Body Connection</div>	<div>10:45</div> <div>Dr Parthasarathy & Dr Saraniya</div> <div>Ayurveda Cooking Workshop</div>
12am	<div>11:45</div> <div>Bhavini Vyas & Friends</div> <div>Kirtan</div>	<div>12:15</div> <div>Sumit Manav</div> <div>Yin Yoga</div>	<div>11:45</div> <div>Ram Banerjee</div> <div>The elimination of Sorrow</div>	<div>12:00</div> <div>Nikki Jackson</div> <div>Yoga Therapy</div>	<div>12:30</div> <div>ChokuReiki Healing</div> <div>Emy & Simon - Sound Bath</div>
1pm			<div>1:00</div> <div>Swami Brahmavidananda</div> <div>Hidden teaching beyond Yoga</div>	<div>1:15</div> <div>Lucy Aldridge</div> <div>Iyengar Yoga</div>	
2pm	<div>2:00</div> <div>Dr Parthasarathy</div> <div>Busting western health myths</div> <div>with Ayurveda</div>	<div>2:00</div> <div>Myra Lewin</div> <div>Yoga with Ayurveda</div>		<div>2:30</div> <div>Clare Allen</div> <div>Yin Yoga with Gita</div>	<div>2:00</div> <div>Sonali & Ram</div> <div>Cooking Workshop</div>
3pm		<div>3:45</div>	<div>2:45</div> <div>Swamini Brahmaprajnananda</div> <div>Essentials of Hinduism</div>	<div>3:45</div> <div>Lisa Colclough</div> <div>Playtime Yoga</div>	<div>3:45</div> <div>Jyoti Jo Manuel</div> <div>Love in action</div>
4pm	<div>4:00</div> <div>In Conversation:</div> <div>Swami Sarvapriyananda</div> <div>and Rupert Spira</div>	<div>Kamal Singh / ravi</div> <div>Ashtanga Masterclass</div>	<div>4:30</div> <div>Dr Saraniya Parthasarathy</div> <div>Ayurveda for Women’s Health</div>	<div>5:00</div> <div>Fay Rosamond</div> <div>Flow Yoga & Rose Ritual</div>	<div>5:00</div> <div>Kate Codrington</div> <div>How to be a Peri-Queen</div>
5pm		<div>5:30</div> <div>Dr. Rajlaxmi</div> <div>Iyengar Masterclass</div>	<div>6:15</div> <div>Bhavini Vyas</div> <div>Essence of Immortality</div>	<div>6:15</div> <div>Anji Gopal</div> <div>Yoga for BackCare</div>	<div>6:15</div> <div>Adam Bray</div> <div>Pranayama</div>
6pm	<div>6:00</div> <div>Sound check</div>	<div>7:00</div>	<div>7:30</div>	<div>7:30</div>	<div>7:30</div>
7pm	<div>7:30</div> <div>Acro Dance</div>				
8pm	<div>8:00</div>				
9pm	<div>Radhika Das & friends</div>				
Other Activites	<div>10:00</div>	<div>7.15am to 8.45am</div> <div>Near Chai tent</div> <div>Aleigh Dindar</div> <div>108 Sun Salutations</div>	<div>10.00pm to11.30pm</div> <div>Fire Tent</div> <div>Leo Dey</div> <div>Storytelling & Kirtan Meditation</div>	<div>10.00pm to11.30pm</div> <div>Water tent</div> <div>Sandra & Sofia Barnes</div> <div>Yoga Nidra & Sound Journey</div> <div>(Bring warm layers)</div>	<div>11am to 1pm & 4pm to 5pm</div> <div>Near Earth tent</div> <div>Adam Bray</div> <div>Ice baths</div>

4pm to 5.30pm in the Dining Area - **Mandala Art Workshop** with **Jenny de Pretto** (*book at Info tent - £12 materials fee applies*)

Saturday 2nd August 2025

Time	Space Tent 7 : 00	Air Tent 7 : 00	Fire Tent 7 : 00	Water Tent 7:00	Earth Tent 7:00
7am	Purnesh & Rowena The Power of Being	Kamal Singh / Andy Ashtanga Masterclass	Andrea Carrani Self-Love Meditation	Fay Rosamond Flow Yoga & Rose Ritual	Julli Dunman Nature Bathing
8am					
9am	Swami Sarvapriyananda Ashtavakra Gita	Dr. Rajlaxmi Iyengar Masterclass	Swamini Brahmajprajnananda Psychology to Yoga to Vedanta	Thimela Kundalini Yoga	Joe Hoare Laughter Yoga
10am			Jnandev Giri Santan Dharma - Paths to Liberation	Sandra & Sofia Barnes Partner & Mandala Yoga	Daniel Gladwell Massage workshop
11am	Leo Dey and friends Kirtan	Sumit Manav Yin Yoga		Nikki Jackson Subtle Energy	Monisha Bharadwaj Cooking Workshop
12am		Stewart Gilchrist Vinyasa Workshop	Dr Saraniya Parthasarathy Ayurveda for women’s health	Lisa Colclough Playtime Yoga	Devi Ananda Kaivalya Kriya Yoga
1pm	Rupert Spira Essence of non-duality	Ravi Dixit Hatha Yoga & Pranayama	Swami Brahmavidananda Hidden teaching beyond Yoga	Luci Trendle Body Connection	Ananya Chatterjee Dance Workshop
2pm				Angela Ashwin Pranayama	Monisha Bharadwaj Wellness through Food
3pm	Sound Journey with Harevis & Nani Sounds of the Distant Land	Kamal Singh / Tarif Ashtanga Masterclass	Ram Banerjee The elimination of Sorrow	Leo Dey Voice Workshop	
4pm				Dr Parthasarathy Busting western health myths with Ayurveda	Sarah Gilbert Kundalini Yoga
5pm	Swami Sarvapriyananda & Sadhvi Bhagawati - Yoga for the Soul: Finding Truth Through Spiritual Practice	Dr. Rajlaxmi Iyengar Masterclass		Eugene Butcher Acro Yoga	Polly Baldwin Gut health & nutrition
6pm	Sound check				
7pm	Kalakunj Dance Group				
8pm	Manish Vyas and Band				
9pm					
Other Activites		7.15am to 8.45am Near Chai tent	10.00pm to11.30pm Fire Tent	10.00pm to11.30pm Water tent	11am to 1pm & 4pm to 5pm Near Earth tent
		Aleigh Dindar 108 Sun Salutations	Leo Dey Storytelling & Kirtan Meditation	Sandra & Sofia Barnes Yoga Nidra & Sound Journey (Bring warm layers)	Adam Bray Ice baths

4pm to 5.30pm in the Dining Area - Mandala Art Workshop with Jenny de Pretto (book at Info tent - £12 materials fee applies)

Sunday 3rd August 2025					
Time	Space Tent 7:00	Air Tent 7:00	Fire Tent 7:00	Water Tent 7:00	Earth Tent 7:00
7am	Purnesh & Rowena The Power of Being	Kamal Singh / Andy Ashtanga Masterclass	Andrea Carrani Soul Consciousness Meditation	Deepika Siani Healing Pranayamas	Julli Dunman Nature Bathing
8am					
9am	Swami Sarvapriyananda Ashtavakra Gita	Dr. Rajlaxmi Iyengar Masterclass	Dr Saraniya Parthasarathy Ayurveda for women's health	Anandana Nadhavajhala Hatha Yoga for beginners	Emma Bonnici Kanga Yoga
10am					
11am	Sadhvi Bhagawati Healing Through Yoga: Overcoming Trauma and Finding Inner Peace	Manish Vyas Mantra Workshop	Jnandev Giri Santan Dharma - Scientific Way of Living	Sarah Gilbert Kundalini Yoga	Devi Ananda Kaivalya Kriya Yoga
Noon					
1pm	Nikki Slade & Friends Kirtan	Dr. Tahir Sharief Art of Living	Dr Parthasarathy Busting western health myths with Ayurveda	Sandra & Sofia Barnes Mother Earth Yoga Flow	Myra Lewin Cooking Workshop
2pm					
3pm	In Conversation: Improving Western health Drs Parthasarathy, Dr Rajlaxmi	Ravi Dixit Hatha Yoga & Pranayama	Swamini Brahmaprajnananda Vijnana Bhairava Tantra	Luci Trendle Body Connection	Jo Winterton Gong Bath
4pm					
5pm	Sound Journey with Harevis & Nani Sounds of the Distant Land	Kamal Singh /Sumit Ashtanga Masterclass	Swami Brahmavidananda Hidden teaching beyond Yoga	Anji Gopal Yoga for BackCare	Trish Tucker-May Fermenting Workshop
6pm					
7pm	Sound check	Dr. Rajlaxmi Iyengar Masterclass	Satish Sharma Yoga in the age of Kali	Eugene Butcher Heart Dance meditation	Joe Hoare laughter Yoga
8pm					
9pm	Closing Ceremony				
	Alok Verma & Friends				
Other Activites		7.15am to 8.45am Near Chai tent Lisa Colclough 108 Sun Salutations	10.00pm to 11.30pm Near Fire tent Elk Burland Drumming Circle		11am to 1pm & 4pm to 5pm Near Earth tent Adam Bray Ice baths

2pm to 3.30pm in the Dining Area - Mandala Art Workshop with Jenny de Pretto (book at Info tent - £12 materials fee applies)

	Children's Tent (infants and Juniors)		
Time	Friday 1 August	Saturday 2 August	Sunday 3 August
	GLITTER	FAIRIES	ON REQUEST
9.00 – 9.30	Yoga Adventure with Sophie	Family Yoga with Jaz	Yoga / Music and Stories with Jon, Vaishali and Claire
9.30 – 10.00			
10.00 – 10.30	Fun time with Anandana	Kids Story Yoga + Kirtan with Becky + Alan	
10.30 – 11.00			
11.00 – 11.30	B R E A K		
11.30 – 12.00	Family Session with Jyoti	Family Session with Jyoti	Family Session with Jyoti
12.00 – 12.30			
12.30 – 13.00	B R E A K		
13.00 – 13.30	Yoga mindfulness with Jon	Sun Catcher Art with Katy	Creative Textiles with Venus & Emma
13.30 - 14.00			
14.00 – 14.30	Creative Textiles with Venus and Emma	Kolam Art with Rachael	Nature Minfulness, Crafts and Yoga with Jaz and Anandana
14.30 – 15.00			
15.00 – 15.30			
15.30 – 16.00	Yoga and Stories with Vaishali	Chillax Yoga with Claire H	Creative play with the family Yoga team
16.00 – 16.30			
16.30 – 17.00	B R E A K		
17.00 – 17.30	Family Chakra dance with Nicole	Yoga and Stories with Vaishali	
17.30 – 18.00			
18.00 – 18.30			
18.30 – 19.00			
19.00 - 19.30			
	GLITTER	FAIRIES	ON REQUEST

Teen Tent (Secondary school)			
Friday 1 August	Saturday 2 August	Sunday 3 August	Time
M O R N I N G G A T H E R I N G			9.00 – 9.30
Movement & Words with Mark	Mindful Movement Experience with Claire	Inclusive Family Yoga with Lisa	9.30 – 10.00
			10.00 – 10.30
B R E A K			10.30 – 11.00
Teen Yoga + Art with Nicole	Inclusive Family Yoga with Lisa	Express yourself with word and flow with Mark and Claire	11.00 – 11.30
			11.30 – 12.00
			12.00 – 12.30
B R E A K			12.30 – 13.00
			13.00 – 13.30
Rope walking with Mia / Kolam Art with Rachael and Nick	Creative textiles and clothes mending with Venus & Emma	Rope walking with Mia / Kolam Art with Rachael and Nick	13.30 - 14.00
			14.00 – 14.30
		Teen Asana + Kirtan with Becky and Alan	14.30 – 15.00
Mindful Movement Experience with Claire	Visit with the Swamis		15.00 – 15.30
			15.30 – 16.00
Yoga Philosophy chats with Alan	Rope walking with Mia / Kolam Art with Rachael and Nick	Evening Chill with the Teen Yoga Team	16.00 – 16.30
			16.30 – 17.00
Teen Asana + Kirtan with Becky and Alan			17.00 – 17.30
			17.30 – 18.00
	Estatic Dance with Nicole		18.00 – 18.30
			18.30 – 19.00
			19.00 - 19.30
			19.30 – 20.00