

Thursday 1st August 2024 (Provisional - subject to change)

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>				<small>17:30</small> <b>Pūja</b>
18.00 - 18.30					<small>18:30</small>
18.30 - 19.00		<small>18:30</small> <b>Dr Kireet Butail</b> Value of 108 Surya Namaskar practice	<small>18:30</small> <b>Satish Sharma</b> Dharma Talk	<small>18:30</small> <b>Sandra Barnes</b> Welcome Home yoga	<small>18:30</small> <b>Solo Visitors get together</b>
19.00 - 19.30		<small>19:30</small>	<small>19:30</small>	<small>19:30</small>	<small>19:30</small>
19.30 - 20.00	<b>Drumming Circle</b> <small>20:00</small>				
20.00 - 20.30	<b>Welcome Ceremony</b>				
20.30 - 21.00	<b>Jyotsna Srikanth and friends</b>				
21.00 - 21.30					
21.30 - 22.00		<small>22:00</small>			
<b>Other Activities</b>			22:00 - 23:00 (Fire Side)		
			<b>Drumming Circle</b>		

**Friday 2nd August 2024 (Provisional - subject to change)**

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>	<b>Kamal Singh</b>	<b>Audrajean</b>	<b>Ankit Kumar</b>	<b>Ram Banerjee</b>		
8.00 – 8.30	<b>Iyengar Yoga Masterclass</b>	<b>Ashtanga Yoga Masterclass</b>	<b>Meditation</b>	<b>Hatha Yoga for alignment</b>	<b>Meditation for beginners</b>		
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>	<b>Donna Noble</b>	<b>Daniel Gladwell</b>		
9.30 – 10.00	<b>Swami Sarvapriyananda</b>	<b>Dr Omanand</b>	<b>Vedic Astrology</b>	<b>Body Positive Yoga</b>	<b>Healing workshop</b>		
10.00 – 10.30				<b>Advaita Vedanta</b>	<b>Third Eye Awakening</b>	<b>Lucy Aldridge</b>	<b>Sue Davies children's</b>
10.30 – 11.00				10:00	10:30	<b>Iyengar Yoga</b>	<b>mental health &amp; Yoga</b>
11.00 – 11.30	11:00	11:00	<b>Ahbay Tulku Rinpoche</b>	11:00	11:00		
11.30 – 12.00	11:30	11:30	<b>Buddhist Philosophy</b>	11:30	11:30		
12.00 – 12.30	<b>Sound Journey with</b>	<b>Dante Harker</b>		<b>Thimela Garcia</b>	<b>Sonali &amp; Ram</b>		
12.30 – 13.00	<b>Tom Simenauer</b>	<b>Past lives</b>	12:00	<b>Kundalini Yoga</b>	<b>Cooking Workshop</b>		
13.00 – 13.30	12:30	12:30	12:30	12:30	12:30		
13.30 – 14.00	<b>Bhavani Vyas</b>	<b>Jnandev</b>	<b>Swami Sachidanada</b>	<b>Luci Trendle</b>	13:00		
14.00 – 14.30	<b>Kirtan</b>	<b>Yoga Therapy</b>	<b>Advaita Vedanta</b>	<b>Body Connection</b>	<b>Gut health by Jollyallotment</b>		
14.30 – 15.00	14:00	14:30	14:00	14:00			
15.00 – 15.30	14:30	15:00	<b>Swamini Chideka</b>	<b>Dante Harker</b>	14:30		
15.30 – 16.00	<b>Dr Nader</b>	<b>Laughter Yoga</b>	<b>Advaita Vedanta/Chanting</b>	<b>Yin Yoga</b>	<b>Myraji (Hale Pule)</b>		
16.00 – 16.30	<b>Consciousness is all there is</b>	15:30		16:00	15:30	<b>Arurveda and Yoga</b>	
16.30 – 17.00	16:00	16:00	16:00	16:00	16:00		
17.00 – 17.30	16:30	<b>Kamal Singh Ashtanga</b>	<b>Ram Banerjee</b>	<b>Karo Tak</b>	<b>Katie Arscott</b>		
17.30 – 18.00	<b>Iyengar Yoga Masterclass</b>			16:30	<b>Jivamukti Yoga</b>	<b>Menopause talk</b>	
18.00 – 18.30	<b>Devki Desai</b>	17:00	16:30	17:00	16:30		
18.30 – 19.00	<b>Sound Check</b>	<b>Leo day</b>	<b>Why Study Advaita Vedanta?</b>	<b>Nikki Jackson</b>	17:30		
19.00 – 19.30	18:30	18:00	18:00	17:30	18:00		
19.30 – 20.00	<b>Sound Check</b>	<b>Kirtan/Story telling</b>	<b>Robert Sturman</b>	<b>Calming Yoga Flows</b>	<b>Jenny De Pretto</b>		
20.00 – 20.30	19:30	19:30	18:30	18:30			
20.30 – 21.00	<b>Renu Gidoomal + band</b>	<b>Yoga Photography</b>	19:00	<b>Anji Gopal</b>	<b>Mandala/Rock painting</b>		
21.00 – 21.30	20:00	20:00	20:00	19:00	19:30		
	20:00	20:00	20:00	20:00	20:00		

<b>Other Activities</b>	07:30 - 09:00 (Outside Earth Tent)	10:00 - 11:30 (near Earth Tent)		22:00 - 23:00 (Water Tent)	
	<b>108 Surya Namaskar</b> <b>Dr Kireet Butail</b>	<b>Ice Bath Workshop incl.</b>		<b>Sandra Barnes</b> <b>Yoga Nidra</b>	
		<b>Pranavama with Adam Bray</b>			
		14:00 - 15:30 (near Earth Tent)			
	<b>Ice Bath Workshop incl.</b>				
	<b>Pranavama with Adam Bray</b>				

**Saturday 3rd August 2024 (Provisional - subject to change)**

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
7.00 – 7.30	7:00 <b>Devki Desai</b>	7:00 <b>Kamal Singh</b>	7:00 <b>Andrea Carrani</b>	7:00 <b>Leo Day</b>	7:00 <b>Jenny De Pretto</b>
7.30 – 8.00	<b>Iyengar Yoga Masterclass</b>	<b>Ashtanga Yoga Masterclass</b>	<b>Meditation</b>	<b>Drupad Raga meditation</b>	<b>Mandala/Rock painting</b>
8.00 – 8.30					
8.30 – 9.00	8:30	8:30	8:30	8:30	8:30
9.00 – 9.30	9:00	9:00	9:00	9:00	9:00
9.30 – 10.00	<b>Swami Sarvapriyananda</b>	<b>Dr Omanand</b>	<b>Saurabh Srivastava</b>	<b>Sandra Barnes</b>	<b>Daniel Gladwell</b>
10.00 – 10.30					
10.30 – 11.00	10:30	10:30	10:30	10:30	10:30
11.00 – 11.30	<b>Advaita Vedanta</b>	<b>Prānāyāma techniques</b>	<b>Swamini Chideka</b>	<b>Anji Gopal</b>	<b>Myraji (Hale Pule)</b>
11.30 – 12.00					
12.00 – 12.30	11:30	11:30	11:30	11:30	11:30
12.30 – 13.00	<b>Sika.</b>	<b>Stewart Gilchrist</b>	<b>Advaitha Vedanta/Chanting</b>	<b>Yoga for back care</b>	<b>Avurveda and Yōga</b>
13.00 – 13.30					
13.30 – 14.00	12:30	12:30	12:30	12:30	12:30
14.00 – 14.30	<b>Sound journey</b>	<b>Swami Sachidanada</b>	<b>Advaitha Vedanta</b>	<b>Atmarpit Shraddha</b>	<b>Cooking workshop</b>
14.30 – 15.00					
15.00 – 15.30	13:30	13:30	13:30	13:30	13:30
15.30 – 16.00	<b>Dr Nader</b>	<b>Sumit Manav</b>	<b>Swami Ambikananda</b>	<b>Donna Noble</b>	<b>Kimberley Soni</b>
16.00 – 16.30					
16.30 – 17.00	14:30	14:30	14:30	14:30	14:30
17.00 – 17.30	<b>Consciousness is all there is</b>	<b>Jnandev</b>	<b>Value of Chanting</b>	<b>Body Positive Yoga</b>	<b>Gut Health with Jollyallotment</b>
17.30 – 18.00					
18.00 – 18.30	15:30	15:30	15:30	15:30	15:30
18.30 – 19.00	<b>Devki Desai</b>	<b>Ravi Dixit</b>	<b>Bhavani Vyas</b>	<b>Sivananda Yoga</b>	<b>Cooking workshop</b>
19.00 – 19.30					
19.30 – 20.00	16:30	16:30	16:30	16:30	16:30
20.00 – 20.30	<b>Iyengar Yoga Masterclass</b>	<b>Hatha Yōga/Prānāyāma</b>	<b>Essence of Immortality</b>	<b>Shohini Banerjee</b>	<b>Karo tak</b>
20.30 – 21.00					
21.00 – 21.30	17:30	17:30	17:30	17:30	17:30
	<b>Sound Check</b>	<b>Kamal Singh</b>	<b>Robert Sturman</b>	<b>Nikki Jackson</b>	<b>Jyoti Manual</b>
	18:30	18:30	18:30	18:30	18:30
	<b>Indian Dance with Shohini</b>	<b>Ashtanga Yoga Masterclass</b>	<b>Yoga Photography</b>	<b>Yoga Nidra</b>	<b>Love in Action</b>
	19:30	19:30	19:30	19:30	19:30
20.00 – 20.30	<b>Kirtan with Radhika Das &amp; Friends</b>				
20.30 – 21.00					
21.00 – 21.30					

<b>Other Activities</b>	07:30 - 09:00 (Outside Earth Tent)	10:00 - 11:30 (near Earth Tent)		22:00 - 23:00 (Water Tent)	
	108 Surya Namaskar Dr Kireet Butail	Ice Bath Workshop incl. Pranavama with Adam Brav		Sandra Barnes Yoga Nidra	
		14:00 - 15:30 (near Earth Tent)			
		Ice Bath Workshop incl. Pranavama with Adam Brav			

**Sunday 4th August 2024 (Provisional - subject to change)**

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 Stability Yoga	<b>Ram Banerjee</b> meditation for beginners				
8.00 – 8.30						8:00	8:00	8:00	8:00
8.30 – 9.00	8:30	8:30	8:30	8:30	8:30				
9.00 – 9.30	<b>Swami Sarvapriyanda</b> Advaita Vedanta	<b>Ravi Dixit</b> Hatha Yoga/Pranayama	<b>Saurabh Srivastava</b> Vedic Astrology	<b>Atmarpit Shraddha</b> Pranayama & meditation	<b>Myraji (Hale Pule)</b> Ayurveda and Yoga				
9.30 – 10.00						9:00	9:30	10:00	10:00
10.00 – 10.30						10:00	10:30	10:30	10:30
10.30 – 11.00						11:00	11:00	11:00	11:00
11.00 – 11.30	<b>Sika</b> Sound Journey	<b>Jnandev</b> Yoga Therapy	<b>Swami Sachidanada</b> Advaita Vedantā	<b>Karo Tak</b> Jivamukti Yoga	<b>Gut health by Trish</b>				
11.30 – 12.00						11:30	12:00	12:00	12:00
12.00 – 12.30	12:00	12:00	12:00	12:00	12:00				
12.30 – 13.00	<b>Dr Nader</b> Consciousness is all there is	<b>Joe Hoare</b> Laughter Yoga	<b>Swamini Chideka</b> Advaita Vedanta/Chanting	<b>Lucy Aldridge</b> Iyengar Yoga	<b>Cooking workshop</b> Kimberley Soni				
13.00 – 13.30						13:00	13:00	13:00	13:00
13.30 – 14.00	13:30	13:30	13:30	13:30	13:30				
14.00 – 14.30	<b>Shohini Banerjee</b> Dance Workshop		<b>Swami Ambikananda</b> Value of Chanting	<b>Sivananda Yoga</b> Inner Expansion	<b>Anji Gopal</b> Teaching Back Care Yoga				
14.30 – 15.00						14:00	14:00	14:00	14:00
15.00 – 15.30	14:30	15:00	15:00	15:00	15:00				
15.30 – 16.00	<b>Devki Desai</b> Iyengar Yoga Masterclass	<b>Sumit Manav</b> Yoga Alignment/Yin Yoga	<b>Ram Banerjee</b> Why study Advaita Vedanta?	<b>Anandana Nadhavajhala</b> Hatha yoga for beginners	<b>Jenny De Pretto 3</b> Mandala/Rock painting				
16.00 – 16.30						15:30	16:00	16:30	16:30
16.30 – 17.00						16:30	17:00	17:00	17:00
17.00 – 17.30	<b>Kamal Singh</b> Ashtanga Yoga Masterclass		<b>Satish Sharma</b> Dharma Talk	<b>Sofia &amp; Sandra Barnes</b> Cacao Ceremony	<b>Myraji (Hale Pule)</b> Ayurveda and Yoga				
17.30 – 18.00						17:30	17:30	17:30	17:30
18.00 – 18.30	18:00	18:30	18:30	18:30	18:30				
18.30 – 19.00	18:30	18:30	18:30	18:30	18:30				
19.00 – 19.30	19:00								
19.30 – 20.00	<b>Closing Ceremony</b>								
20.00 – 20.30		19:30							
20.30 – 21.00		20:30							
<b>Other Activities</b>	07:30 - 09:00 (Outside Earth Tent)	10:00 - 11:30 (near Earth Tent)	21:30 - 23:00 (Fire Side)	21:30 - 23:00 (Space Tent)					
	108 Surya Namaskar Dr Kireet Butail	Ice Bath Workshop incl. Pranavama with Adam Bray	Drumming Circle	Chakra Dance Party with Rach Cox & friends					
		14:00 - 15:30 (near Earth Tent)							
Ice Bath Workshop incl. Pranavama with Adam Bray									