

Thursday 1st August 2024 (Provisional - subject to change)					
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				<small>17:30</small> Pūja
18.00 - 18.30					<small>18:30</small>
18.30 - 19.00		<small>18:30</small> Dr Kireet Butail Value of 108 Surya Namaskar practice	<small>18:30</small> Satish Sharma Dharma Talk	<small>18:30</small> Sandra Barnes Welcome Home yoga	<small>18:30</small> Solo Visitors get together
19.00 - 19.30		<small>19:30</small>	<small>19:30</small>	<small>19:30</small>	<small>19:30</small>
19.30 - 20.00	<small>19:30</small> Drumming Circle*				
20.00 - 20.30	<small>20:00</small> Welcome Ceremony				
20.30 - 21.00	Jyotsna Srikanth and friends				
21.00 - 21.30					
21.30 - 22.00					
Other Activities			<small>22:00 - 23:00 (Fire Side)</small>		
			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 (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	Devki Desai	Kamal Singh	Audrajean	Ankit Kumar	Ram Banerjee
8.00 – 8.30	Iyengar Yoga Masterclass	Ashtanga Yoga Masterclass	Meditation	Hatha Yoga for alignment	Meditation for beginners
8.30 – 9.00	8:30	8:30	8:30	8:30	8:30
9.00 – 9.30	9:00	9:00	Saurabh Srivastava	Donna Noble	Daniel Gladwell
9.30 – 10.00	Swami Sarvapriyanda	Dr Omanand	Vedic Astrology	Body Positive Yoga	Healing workshop
10.00 – 10.30	Advaita Vedanta Text	Third Eye Awakening	10:00	9:30	9:30
10.30 – 11.00	Drg Disya Viveka (Part 1)	10:30	10:30	Lucy Aldridge	Sue Davies children's
11.00 – 11.30	11:00	11:00	Ahbay Tulku Rinpoche	Iyengar Yoga	mental health & Yoga
11.30 – 12.00	11:30	Dante Harker	Buddhist Philosophy	11:30	11:30
12.00 – 12.30	Sound Journey with	Past lives	12:00	Thimela Garcia	Sonali & Ram
12.30 – 13.00	Tom Simenauer	12:30	12:30	Kundalini Yoga	Cooking Workshop
13.00 – 13.30	13:00	Jnandev	Swami Sachidanada	13:00	13:00
13.30 - 14.00	Bhavani Vyas	Yoga Therapy	Advaita Vedanta	Luci Trendle	Gut health by Jollyallotment
14.00 – 14.30	Kirtan	14:00	14:00	14:00	14:00
14.30 – 15.00	14:30	14:30	14:30	14:30	14:30
15.00 – 15.30	15:00	Joe Hoare	Swamini Chideka	Dante Harker	15:00
15.30 – 16.00	Swami Sarvapriyanda	Laughter Yoga	Advaita Vedanta/Chanting	Yin Yoga	Myraji (Hale Pule)
16.00 – 16.30	Advaita Vedanta Text	15:30	16:00	15:30	Ayurveda and Yoga
16.30 – 17.00	Drg Disya Viveka (Part 2)	16:00	16:30	16:00	16:00
17.00 – 17.30	17:00	Kamal Singh Ashtanga	Robert Sturman	Karo Tak	Katie Arscott
17.30 – 18.00	Devki Desai	Yoga Masterclass	Yoga Photography	Jivamukti Yoga	Menopause talk
18.00 – 18.30	Iyengar Yoga Masterclass	17:30	18:00	17:30	17:30
18.30 – 19.00	17:30	Leo day	18:30	Nikki Jackson	18:00
19.00 – 19.30	19:00	Kirtan/Story telling	Ram Banerjee	Calming Yoga Flows	Jenny De Pretto
19.30 – 20.00	Sound Check	19:30	Why Study Advaita Vedanta?	Anji Gopal	Mandala/Rock painting
20.00 – 20.30	20:00	20:00	20:00	20:00	19:30
20.30 – 21.00	Renu Gidoomal				
21.00 – 21.30	Atmasphere				
21.30 – 22.00					
Other Activities	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 Bray		Sandra Barnes Yoga Nidra	
		14:00 - 15:30 (near Earth Tent)			
		Ice Bath Workshop incl. Pranavama with Adam Bray			

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 Devki Desai	7:00 Kamal Singh	7:00 Andrea Carrani	7:00 Leo day	7:00 Jenny De Pretto
7.30 – 8.00	Iyengar Yoga Masterclass	Ashtanga Yoga Masterclass	Meditation	Drunad Raga meditation	Mandala/Rock painting
8.00 – 8.30					
8.30 – 9.00	9:00	9:00	9:00	9:00	9:00
9.00 – 9.30	Swami Sarvapriyanda	Dr Omanand	Saurabh Srivastava	Sandra Barnes	Daniel Gladwell
9.30 – 10.00					
10.00 – 10.30	Advaita Vedanta Text	Prānāyāma techniques	Vēdic Astrology	Shakti Rising Yoga Flow	Healing workshop
10.30 – 11.00	Drg Disya Viveka (Part 3)				
11.00 – 11.30					
11.30 – 12.00	Sika	Stewart Gilchrist	Swamini Chideka	Atmarpit Shraddha	Myraji (Hale Pule)
12.00 – 12.30					
12.30 – 13.00	Sound journey	Ashtanga/Jivamukti	Advaita Vedanta/Chanting	Pranavama & meditation	Avurveda and Yoga
13.00 – 13.30	13:00	13:00	13:00	13:00	13:00
13.30 – 14.00	Swami Sarvapriyanda	Sumit Manav	Swami Sachidanada	Anji Gopal	Kimberley Soni
14.00 – 14.30					
14.30 – 15.00	Advaita Vedanta Text	Yōga alignment/Yjn Yoga	Advaita Vedanta	Yoga for Back Care	Cooking workshop
15.00 – 15.30	Drg Disya Viveka (Part 4)	Jnandev	Swami Ambikananda	Donna Noble	Gut Health with Jollyallotment
15.30 – 16.00					
16.00 – 16.30	16:00	16:00	16:00	16:00	16:00
16.30 – 17.00	Devki Desai	Ravi Dixit	Bhavani Vyas	Shohini Banerjee	Karo tak
17.00 – 17.30					
17.30 – 18.00	Iyengar Yoga Masterclass	Hatha Yōga/Prānāvāma	Essence of Immortality	Dance Workshop	Cooking workshop
18.00 – 18.30	Sound Check	Kamal Singh	Robert Sturman	Nikki Jackson	Jyoti Manual
18.30 – 19.00					
19.00 – 19.30	19:00	19:00	19:00	19:00	19:00
19.30 – 20.00	Bharatanatyam dance by Shohini	Ashtanga Yoga Masterclass	Yoga Photography	Yoga Nidra	Love in Action
20.00 – 20.30	Kirtan with Radhika Das & Friends				
20.30 – 21.00					
21.00 – 21.30					
Other Activities	07:30 - 09:00 (Outside Earth Tent) 108 Surya Namaskar Dr Kireet Butail	10:00 - 11:30 (near Earth Tent)		22:00 - 23:00 (Water Tent) Sandra Barnes Yoga Nidra	
		Ice Bath Workshop incl. Pranavama with Adam Brav			
		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	Devki Desai	Kamal Singh	Andrea Carrani	Luci Trendle	Ram Banerjee
8.00 – 8.30	Iyengar Yoga Masterclass	Ashtanga Yoga Masterclass	Meditation	Postural Stability Yoga	Meditation for beginners
8.30 – 9.00	8:30	8:30	8:00	8:00	8:00
9.00 – 9.30	9:00	9:00	8:30	8:30	8:30
9.30 – 10.00	Swami Sarvapriyanda	Ravi Dixit	Saurabh Srivastava	Atmarpit Shraddha	Myraji (Hale Pule)
10.00 – 10.30	Advaita Vedanta Text	Hatha Yoga/Pranayama	Vedic Astrology	Pranayama & meditation	Ayurveda and Yoga
10.30 – 11.00	Drg Disya Viveka (Part 5)	10:00	10:00	10:00	10:00
11.00 – 11.30	11:00	11:00	10:30	10:30	10:30
11.30 – 12.00	Sika	Jnandev	Swami Sachidanada	Karo Tak	Gut health by Trish
12.00 – 12.30	Sound Journey	Yoga Therapy	Advaita Vedanta	Jivamukti Yoga	11:30
12.30 – 13.00	11:30	11:30	11:30	11:30	11:30
13.00 – 13.30	12:00	12:00	12:00	12:00	12:00
13.30 – 14.00	13:00	13:00	12:30	12:30	12:30
14.00 – 14.30	Swami Sarvapriyanda	Shohini Banerjee	Swamini Chideka	Lucy Aldridge	Kimberley Soni
14.30 – 15.00	Advaita Vedanta Text	Dance Workshop	Advaita Vedanta/Chanting	Iyengar Yoga	Cooking workshop
15.00 – 15.30	Drg Disya Viveka (Part 6)	14:30	13:30	13:30	13:30
15.30 – 16.00	15:00	15:00	14:00	14:00	14:00
16.00 – 16.30	16:00	16:00	15:00	15:00	15:00
16.30 – 17.00	Devki Desai	Sumit Manav	Swami Ambikananda	Sivananda Yoga	Myraji (Hale Pule)
17.00 – 17.30	Iyengar Yoga Masterclass	Yoga Alignment/Yin Yoga	Value of Chanting	Inner Expansion	Ayurveda and Yoga
17.30 – 18.00	17:30	17:00	16:00	15:30	15:30
18.00 – 18.30	Sound Check	Kamal Singh	Ram Banerjee	Anandana Nadhavajhala	Jenny De Pretto
18.30 – 19.00	19:00	18:30	Why study Advaita Vedanta?	Hatha yoga for beginners	Mandala/Rock painting
19.00 – 19.30	Closing Ceremony	Ashtanga Yoga Masterclass	17:00	17:00	17:00
19.30 – 20.00	17:30	17:30	17:30	17:30	17:30
20.00 – 20.30	Atmarpit bhakti music	18:30	Satish Sharma	Sofia & Sandra Barnes	Anji Gopal
20.30 – 21.00	18:30	18:30	Dharma Talk	Cacao Ceremony	Teaching Back Care Yoga
	18:30	18:30	18:30	18:30	18:30
	Other Activities	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	Ice Bath Workshop incl. Pranavama with Adam Bray	14:00 - 15:30 (near Earth Tent)	Drumming Circle	Chakra Dance Party with Rach Cox & friends
	Dr Kireet Butail	Ice Bath Workshop incl. Pranavama with Adam Bray			