

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	18:30	18:30	18:30
19.00 - 19.30		<b>Dr Kireet Butail</b> Value of 108 Surya Namaskar practice	<b>Satish Sharma</b> Red Pill Yoga	<b>Sandra Barnes</b> Welcome Home yoga	<b>Solo Visitors get-together</b>
19.30 - 20.00	19:30 <b>Drumming Circle*</b>	19:30	19:30	19:30	19:30
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	8:00
8.30 – 9.00	8:30	8:30	8:30	8:30	8:30	
9.00 – 9.30	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Drisya Viveka (Part 1)	<b>Dr Omanand</b> Third Eye Awakening	<b>Sonal Sachdeva</b> Vedic Astrology (Jyotiṣa)	<b>Donna Noble</b> Body Positive Yoga	<b>Daniel Gladwell</b> Massage workshop	
9.30 – 10.00				9:30	09:30	
10.00 – 10.30			10:00	10:00	<b>Lucy Aldridge</b> Iyengar Yoga	<b>Sue Davies - children's</b> Mental health & Yoga
10.30 – 11.00			10:30	10:30		
11.00 – 11.30	11:00	11:00	<b>Ahbay Tulku Rinpoche</b> Wsidom teaching & Blessing	11:00	11:00	
11.30 – 12.00	11:30	11:30		11:30	11:30	
12.00 – 12.30	<b>Sound Journey with</b> Babaji Bhakti Band	<b>Helen and Andy</b> Pranayama with Chanting	12:00	<b>Thimela Garcia</b> Kundalini Yoga	<b>Monisha Bharadwaj</b> Ayurveda Cooking Demo	
12.30 – 13.00			12:30			12:30
13.00 – 13.30	13:00	13:00	<b>Swami Sachidananda</b> Art of being	13:00	13:00	
13.30 - 14.00	<b>Bhavani Vyas</b> Kirtan	<b>Jnandev</b> What is Yoga Therapy?		14:00	<b>Luci Trendle</b> Body Connection	<b>Polly Baldwin</b> Gut Health & Nutrition
14.00 – 14.30			14:30	14:30		
14.30 – 15.00	14:30	14:30	<b>Swamini Chideka</b> Vedanta's help in Life	<b>Shohini Banerjee</b> Dance Workshop	<b>Myra Lewin</b> Introduction to Ayurveda	
15.00 – 15.30	15:00	15:00				15:30
15.30 – 16.00	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Drisya Viveka (Part 2)	<b>Joe Hoare</b> Laughter Yoga for joy	16:00	<b>Karo Tak</b> Jivamukti Yogasana	<b>Katie Arscott</b> Menopause talk	
16.00 – 16.30			16:00			16:00
16.30 – 17.00	17:00	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	<b>Robert Sturman</b> Yoga of Seeing	17:00	<b>Nikki Jackson</b> Yoga Nature & 5 Elements	
17.00 – 17.30	17:30			17:30		17:30
17.30 – 18.00	<b>Devki Desai</b> Iyengar Yoga Masterclass	18:00	18:00	<b>Anji Gopal</b> Yoga for back Care	<b>Jenny De Pretto *</b> Mandala/Rock painting	
18.00 – 18.30		18:00	18:00			18:00
18.30 – 19.00	18:30	<b>Leo Dey</b> Kirtan & Storytelling	<b>Ram Banerjee</b> Why Study Advaita Vedanta?	18:30		
19.00 - 19.30	19:30			19:00		19:30
19.30 – 20.00	20:00	19:30	20:00	20:00	20:00	
20.00 – 20.30	Bharatanatyam dance by Shohini					
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 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.	
	<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	<b>Devki Desai</b> Iyengar Yoga Masterclass	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	<b>Andrea Carrani</b> Meditation	<b>Leo Dey</b> Drupad meditation	<b>Jenny De Pretto *</b> 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	<b>Sonal Sachdeva</b> Vedic Astrology (Jyotiṣa)	<b>Sandra Barnes</b> Shakti Rising Yoga Flow	<b>Daniel Gladwell</b> Healing workshop	
9.30 – 10.00	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Drisya Viveka (Part 3)	<b>Dr Omanand</b> Pranayama techniques				10:00
10.00 – 10.30			10:30	10:30		
10.30 – 11.00			11:00	11:00	<b>Swamini Chideka</b> Discovering Īśvara	<b>Atmarpit Shraddhaji</b> Pranayama & meditation
11.00 – 11.30	11:30	11:30	11:30	11:30		
11.30 – 12.00	<b>Sika</b> Sound journey	<b>Stewart Gilchrist</b> Vinyasa Workshop	12:00	12:00	12:00	
12.00 – 12.30			12:30	12:30	<b>Anji Gopal</b> Yoga for Back Care	<b>Sonali &amp; Ram</b> Cooking Workshop
12.30 – 13.00			13:00	13:00		
13.00 – 13.30	13:30	<b>Sumit Manav</b> Alignment/Chakra wakening	<b>Swami Sachidananda</b> The illusion of Separation	<b>Donna Noble</b> Body Positive Yoga	13:30	
13.30 – 14.00	14:00				14:00	14:00
14.00 – 14.30	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Drisya Viveka (Part 4)	14:30	14:30	14:30	<b>Polly Baldwin</b> Gut Health & Nutrition	
14.30 – 15.00		<b>Jnandev</b> Models for Yoga Chikitsa	15:00	15:00		15:00
15.00 – 15.30			15:30	<b>Swami Ambikananda</b> Value of Chanting	<b>Shohini Banerjee</b> Dance Workshop	15:30
15.30 – 16.00	16:00	16:00	16:00			16:00
16.00 – 16.30	<b>Devki Desai</b> Iyengar Yoga Masterclass	<b>Ravi Dixit</b> Hatha Yoga & Pranayama	16:30	16:30	<b>Karo Tak</b> Ayur-vegan Cooking Demo	
16.30 – 17.00			17:00	<b>Bhavani Vyas</b> Essence of Immortality		<b>Swami Nityananda</b> Relax and Recharge
17.00 – 17.30			17:30		17:30	
17.30 – 18.00	<b>Sound Check</b>	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	18:00	18:00	<b>Jyoti Manual</b> Love in Action	
18.00 – 18.30			18:30	<b>Robert Sturman</b> Yoga of Seeing		<b>Nikki Jackson</b> Yoga Nidra
18.30 – 19.00			19:00		19:00	
19.00 – 19.30	19:30		19:30			
19.30 – 20.00	<b>Kirtan with</b> <b>Radhika Das &amp; Friends</b>					
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)
<b>108 Surya Namaskar</b> <b>Dr Kireet Butail</b>	<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>		

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**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	<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
7.30 – 8.00			8:00	8:00	8:00
8.00 – 8.30			8:30	8:30	8:30
8.30 – 9.00	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Drisya Viveka (Part 5)	<b>Ravi Dixit</b> Hatha Yoga & Pranayama	<b>Sonal Sachdeva</b> Vedic Astrology (Jyotiṣa)	<b>Atmarpit Shraddhaji</b> Pranayama & meditation	<b>Myra Lewin</b> Ayurveda & Agni
9.00 – 9.30		9:00	9:30	8:30	8:30
9.30 – 10.00		10:00	10:00	10:00	10:00
10.00 – 10.30		10:30	10:30	10:30	10:30
10.30 – 11.00		11:00	<b>Jnandev - Psychosomatics</b> and Yoga Therapy	<b>Swami Sachidananda</b> Awakening, the Vedantic way	<b>Karo Tak</b> Jivamukti Yoga
11.00 – 11.30	11:30	11:30		11:30	11:30
11.30 – 12.00	12:00	12:00		12:00	12:00
12.00 – 12.30	<b>Sika</b> Sound Journey	<b>Joe Hoare</b> Laughter Yoga for Joy	<b>Swamini Chideka</b> The Path to Self-Discovery	<b>Lucy Aldridge</b> Iyengar Yoga	<b>Myra Lewin</b> Ayurveda with Yoga
12.30 – 13.00		13:00	13:00	13:00	13:00
13.00 – 13.30	13:30	13:30	13:30	13:30	13:30
13.30 - 14.00	<b>Swami Sarvapriyanda</b> Advaita Vedanta Text Drg Drisya Viveka (Part 6)	<b>Kalavati George</b> Raising vibrational energy	14:00	14:00	<b>Jenny De Pretto *</b> Mandala/Rock painting
14.00 – 14.30		14:30	<b>Swami Ambikananda</b> Value of Chanting	<b>Swami Dayananda</b> Inner Expansion	
14.30 – 15.00		15:00	15:00	15:00	
15.00 – 15.30	15:30	<b>Sumit Manav</b> Yoga Alignment/Yin Yoga	15:30	15:30	15:30
15.30 – 16.00	16:00		16:00	<b>Anandana Nadhavajhala</b> Hatha yoga for beginners	<b>Monisha Bharadwaj</b> Six tastes of Ayurveda
16.00 – 16.30	16:30		16:30	16:30	16:30
16.30 – 17.00	<b>Devki Desai</b> Iyengar Yoga Masterclass	17:00	<b>Ram Banerjee</b> Why study Advaita Vedanta?	17:00	17:00
17.00 – 17.30		17:30	17:00	17:30	17:30
17.30 – 18.00	<b>Sound Check</b>	<b>Kamal Singh</b> Ashtanga Yoga Masterclass	<b>Satish Sharma</b> Red Pill Yoga	<b>Sofia &amp; Sandra Barnes</b> Cacao Ceremony	<b>Anji Gopal</b> Teaching Back Care Yoga
18.00 – 18.30		18:30	18:30	18:30	18:30
18.30 – 19.00		19:00			
19.00 - 19.30	<b>Closing Ceremony</b>				
19.30 – 20.00	Kirtan with glow in the dark movement meditation Atmarpit Shraddhaji				
20.00 – 20.30					
20.30 – 21.00					
<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 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.
	<b>Chakra Dance Party</b> with Rach Cox & friends	<b>108 Surya Namaskar</b> Dr Kireet Butail	<b>Ice Bath Workshop</b> including Pranayama with Adam Bray	<b>Drumming Circle</b>	