

# Fri

## Available on Demand

Advanced

Open Level

Beginners

Kids

Music

Talk

Meditation

**Swing Fitness** - gravity or aerial yoga is available throughout the weekend, at all times

**Wellbeing Treatments** - please pre book your massage & homeopathy sessions for the weekend.

Elona Psychic

offers Readings

## Festival Opens

### Ganesh Tent

### Yoga Barn

### Shamanic Yurt

### Kids' Tent

16:00

4pm **Adell Bridges** - arm balance flow

5pm

5pm **Jim Tarran** - Experiential translation of yoga Philosophy, 90 mins

5:30pm

5:30 **Lisa Kaley-Isley** meditation and yoga, 1 hr

**Portia - Kids' Yoga**

6:30pm

6:30 **Brett Moran** - Meditation, 1 hr

6:30 **Tony Riddle** - movement flow, 1 hr

7:30pm

7:30 **Amber Pamba**, hula hooping, 1 hr

7:30 **Marc Laws II** - Festival of Love, 1 hr

### Ganesh Tent

9pm

**9:30pm** Welcome by Sally Griffyn  
**9:45pm** Shamanic Blessing by Akasha Jenita Wacha  
**10:15** Shamanic Disco  
**11pm** Antarma & Aloka Celebration Music

# Sat

	Ganesh Tent	Yoga Barn	Shamanic Yurt	Kids' Tent
07:30		7:30 <b>Melanie Ashley</b> - Mysore Ashtanga w Instruction, 90 mins		
08:00	8am <b>Brett Moran</b> - Sunrise Meditation		8:30 <b>Lisa Kaley-Isley</b> meditation and yoga, 1 hr	
09:00		9am <b>Andy Nathan</b> - Jivamukti Yoga, 1 hr		
09:30	9:30 <b>Jim Tarran</b> - Experiential translation of yoga Philosophy, 90 mins		9:30 <b>Natalie Roper</b> ; talk on Ayurveda	
10:00		10am, <b>Kristina Evans</b> - Guided Meditation		<b>Michelle Adama</b> - taking the kids foraging
10:30			10:30 <b>Tony Riddle</b> - From Worrier to Warrior	
11:30	11:30 <b>Sally Griffyn</b> <b>and Marc Laws II</b> , twists and fallen angel flow, 90 mins	<b>Ambra Vallo</b> - Dharma Mittra, 90 mins	<b>Michael Calab-</b> <b>George</b> ; Yin Yoga	<b>Portia</b> - Kids' Yoga
12:00				<b>Maryam Kids</b> <b>Dance</b>
1pm	<b>Lunch Dance Time - The Bee Dance Company</b> , bring your lunch as a picnic whilst watching these talented performers (in the yoga barn, or weather permitting outside)			
2pm	2pm <b>Adell Bridges</b> - arm balance flow	<b>Jemima House</b> - Restorative Yoga	<b>Felix Price</b> - <b>Uamsa</b> ; shamanism meets yoga meets art, 90 mins	<b>Kula Roots</b> - Dance & Capoeira for Kids & Adults
3pm	3:00 <b>Amber Pamba</b> <b>Hoops &amp;</b> <b>SOUND CHECK</b> ,	<b>Brett Moran</b> , Wake the F*ck Up!		<b>3:30 Sushine</b> <b>Negyesi</b> - Facepainting
4pm	4pm <b>Yo-Mu</b> Barcelona based duo, yoga & cello	<b>Emily Clare-Hill</b> , disconnect, detox, declutter	<b>3:30 Artama &amp;</b> <b>Aloka</b> , Mantra Meditation, 90 mins	<b>4:30 Aimo</b> - Qi Gong (not child specific)
5pm	<b>SOUND CHECK</b>	5pm <b>Hari Kalymnios</b> - The Thought Gym	<b>Rosalind Southward</b> - Forrest Yoga, beginners	<b>5:30 Nyhal Adams</b> , Street Dance for Kids & Adults
6pm	5:30 <b>Stewart</b> <b>Gilchrist</b> - <b>Yogasanna</b> ; advanced assana flow with live music, followed by jam	6pm <b>Delamay Devi</b> - prana vinyasa, 1 hr	<b>Scott Murden</b> , 3rd Eye Meditation	
7pm		7pm <b>Maryam</b> Indian Dance Performance	<b>Elona Woods</b> - find your own inner Guru	
8pm	<b>Ganesh Tent</b>			
	8pm <b>Sonic Spirit</b> - moving meditation			
9pm	<b>Sirishkumar and Jason Kalidas</b> Spiritual Funk			
10pm	10p <b>DJ Dirty Laundry</b> starting in Ganesh Tent <b>Midnight</b> moving to the fire circle, with <b>Emilie Joy Rowell</b> - fire hooper			

# Sun

	Ganesh Tent	Yoga Barn	Shamanic Yurt	Kids' Tent
07:30		<b>Melanie Ashley</b> - Mysore Ashtanga w Instruction	<b>7am, Felix Price - Uamsa</b> ; shamanism and yoga meets art <b>9am</b> Meditation Mantra in outdoor firepit	
08:00	<b>Brett Moran</b> - Sunrise Meditation			
09:00	9am <b>Ulric Whyte</b> - Feldenkrais and ground work, 60 mins			
09:30		9:30 <b>Ambra Vallo</b> - Rocket Yoga, 90 mins	9:30 <b>Delamay Devi</b> - prana vinyasa, 90mins	
10:30	10:30 <b>Geny Caloisi</b> - sun salutes for your Ayurvedic type			
11:30	11:30 <b>Acro Yoga</b> - beginners and introduction to flight	<b>Rosalind Southward</b> - Forrest Yoga	<b>Stewart Gilchrist</b> - talk on yoga & money	<b>Michelle Adama</b> - taking the kids foraging
			12:00 <b>Tony Riddle</b> - movement flow, 1 hr	
1pm	<b>Lunch</b> - bring your lunch to a community sit-down with beats from <b>DJ Youssef</b> and acoustic guitar from <b>Tom Smith</b>			
2pm	2pm <b>Emily Clare-Hill</b> , Sensual Slow Flow	<b>Heidi Pascual</b> - Laskmi Love Vinyasa	<b>Philly Lewis</b> - yoga for surfers, 1 hr	<b>Kula Roots</b> - Dance & Capoeira for Kids & Adults
3pm	3pm <b>Dionne Eleanor</b> - nourishing flow yoga		<b>Tony Wrighton</b> - Zestology	
4pm	4pm <b>Fringe Yoga</b> - tribal beats and melodic mantras	<b>Kate Lister</b> - Mandala flow yoga with singing, 75 mins	<b>Diahann Love Holder</b> - Cacao Ceremony for Women	
5:30pm	Message of Gratitude, <b>Sally Griffyn</b> in Shamanic Yurt			
6pm	6pm <b>Acro Yoga</b> - ready to soar and fly high		<b>Amisha Ghadiali</b> - Meditation Ritual	
7:30pm	Chill Out Grooves with <b>DJ Youssef</b>			
9pm	<b>Antarma &amp; Aloka</b> , celebration music			