



Thursday 28th

	Aumy Tent Heart Temple	Monastery of Sound	Asana Yoga	The Other Tent	Yurty	Shamanic woodland	Kids & Teen Area	Fireside & More great stuff!
12:00								
13:00	Imagining Peace - Matthew & Christine 12:30 - 14:00 (all ages)							
14:00		Biodanza: Love in the Heart, Fire in the Belly - Milarepa Burgin - 13:30 - 15:00 (16+)		Dot Madala Art - Paulette Harris 13:00 - 15:15 (all ages)	Meditation for All - Kamini 13:30 - 14:30 (12+)	Ground & Gather: Women's Foraging & Wild Tea Circle - Mycelia Grace - 13:00 - 15:00 (Women only, all ages)	Circus Skills - Circus & Slackline School 12:00 - 16:00 (all ages)	
15:00	Opening Blessing with Padma Devi - 14:30 - 15:30 (all ages)		Kundalini yoga - Movement Relaxation Series - Geet Devnam 15:00 - 16:30 (18+)					Wild Herbal First Aid Workshop - Lola - 12:00 - 13:30 - meet at fire (all ages, children must be accompanied)
16:00		Sacred Sound Bath - Heather Lloyd - 15:30 - 16:30 (all ages)			Divine Life Alchemy - Sara Goldy & Riki Buckingham - 16:00 - 17:30 (all ages)		Ecstatic Somatic Family Dance Silent Disco; Connection - Louisa White Somatics - 15:30 - 17:00 (all ages with adult)	General Sauna 14:00- 17:00 £10 pp. Sign up sheet, book in advance, cash if poss. 60 mins. (16+)
17:00	Kirtan with Oulani, Raven and Friends. 16:30 - 18:00 (all ages)			Intuitive Art - Sacred Offerings - 16:30 - 17:30 (8 +)				
18:00	Opening Ceremony 18:00 - 19:00 - Main field						Firemaking & Smores - Grayoaks Bushcraft - 17:00 - 19:00 (all ages with adult)	<b>Acoustic Stage Freezone Community Kitchen:</b> Melrose - 14:00 Ethereal - 15:00 Eliana B - 16:00 Ellerose The Unicorn - 17:00
19:00				12 Step Meeting - 19:00 - 20:00				<b>Opening Ceremony</b> 18:00 - 19:00
20:00	Peaceful Evening Meditation with Padma Devi --- 20:00 - 20:30 (all, accompanied)	<b>Live bands</b> Hacobo - 19:00 Katie Waygood - 20:00 Outlandish - 21:00 Baba Rai - 22:00 Millie Watson - 23:00						<b>Rave in the Woods:</b> Pete B - 21:00 - 22:30 Iam Iam - 22:30 - 24:00
21:00								
22:00								
23:00								

Huge thank you to all artists and facilitators for supporting Freezone.

All funds raised go to the Freezone Retreat charity.



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07:00	Start the Day! Heart Meditation - 07:00 - 07:45							<p>Sauna open 9:00 - 16:00. General Sauna £10 . Guided Sauna Rituals - Ancient Leaf Whisking £20/ Guided Singing sauna with Freezezone Guest Musicians £15 - See board for times. Sign up sheet, book in advance, cash if poss.60 mins. (16+)</p> <p>Holistic Therapies - Book individually in healing area</p> <p>Laughter Yoga - Paul Chaibaba - Meet at Fire 11.15 - 11.45 (all ages)</p> <p>Forgiveness in the Forest - Amanda Jones - 13:15 - 14:15 (meet at fire, 18+)</p> <p>Wild Herbal Medicine Foraging Workshop - Lola - 15:00 - 16:30 meet at Fire (all ages, accompanied children)</p> <p><b>Acoustic Stage Freezezone Community Kitchen:</b>            Magdalena Atkinson - 14:00            Badgerfox - 15:00            Jodie Elms - 16:00            The Well - 17:00</p> <p><b>Rave in the Woods:</b>            Ross Harper - 21:00 - 22:00            DJ Sensible - 22:00 - 23:30            HANIN - 23:30 - 1:00</p>
08:00	Embodied Heart Flow Yoga - Anjana Jo - 8:00 - 09:15 (12+)				Red Tent - Lisa Horwell - 8:45 - 9:45			
09:00			Happy Healthy Hips - Amy Mateo - 9:00 - 10:00 (all ages)			Shamanic Drum Ceremony - Heather Lloyd 9.30 - 10.30 (12+)		
10:00	Art from the Heart - Anandi - 9.45 - 11:15 (14+)	Biodanza:All Together Now Milarepa Burgin - 10:00 - 11:30 (all ages)	Yoga for Every Body - Andrea - 10:30 - 11:30 (12+)	The Voice Workshop For Sensitive Souls Jodie Elms 10:30 - 12.00 (12+)	Intro Himalayan Singing Bowls - David Mitchell Avaja - 10.00 - 10.45 (12+)	Shamanic Journeying - Ant Sauchella - 10:45-11:45 16+	Archery - Grayoaks Bushcraft 10:00 - 12:00 (5+ with adult) £5 for 12 arrows	
11:00	Heart of Healing Circle - Hanuman - 11:30 - 12:30				Exploring Intimacy II - Dainei Tracy - 11:00 - 12:30 (16+)	Drum and Music circle with Heike - 12:00 - 13:00 (all ages, with adult)		
12:00		Shakti Temple: Self Love Yoga & Concious Dance - Magdalena Atkinson -12:00 - 13:30 (12+)	Somatic yoga with essential oils - Lucy Munday - 12:00 - 13:00 (12+)	All 8 Limbs in Action: Ashtanga lived - Lena Cole -- 12:30 - 13:30 (12+)			Circus Skills - Circus & Slackline School 11.00 - 15:00 (all ages)	
13:00	cOMe and Chant - Nasreen Hijazi - 13:00 - 14:00 ( all ages)		Expereincing the energetics of the pose - Ness Sherry 13:30 - 14:45 (all ages)		Facial Diagnosis according to Chinese Medicine - Eileen Beckman - 13:00 -		Trash to Treasure - Sophie Ruffer 12:15 - 13:45 (all ages, accompanied)	
14:00		Earthdance Concious Dance Workshop - Bob Hillary- 14:00 - 15:30 (all ages)		Let Your Body Write -( Victoria Smisek 14:00 - 15:30 (18+)		Sacred Cacao Journey - Joshua Last - 13:30 - 15:30 (all ages)	Weaving - Grayoaks Bushcraft - 14:00 - 16:00 (all ages, accompanied)	
15:00	Deep Heart Rest - Omkara - 14:30 - 15:10 (all ages)		Gong Bath - Rich Hale 15:00 - 16:00 (12+)	Chakra Dance - Elleroose the Unicorn 15:45 - 16:15 (all ages)	Mindful Mandala Painting - Soul Creation - 14:30 - 16:30		Ecstatic Somatic Family Dance Silent Disco - Louisa White Somatics - 15:30 - 17:00 (all ages accompanied)	
16:00	Puja & Sacred Mantra Initiation with Padma Devi - 15:30 - 17:30 (18+)	Shiva & Shakti: A Devotional Journey into Sacred Union - Premanjali - 16:00 - 18:00 (18+)		Embodied Tantra Taster #2 - Monika Mudra 16:30 - 18:00 (16+)	Free your Soul Sounds - Raise your Vibe! Sara Goldy & Riki Buckingham -16:45 - 18:15 (all ages)	Connecting with True Masculine Power - Soul Warriors - 16:00 - 18:00 (all genders welcome, 18 +)	Firemaking & Smores - Grayoaks Bushcraft - 17:00 - 19:00 (all ages, accompanied)	
17:00								
18:00	Kirtan - Sacred Sounds - 18:15 - 19:45 (all ages)					Tales from the Wild Hearth - Ellie Brooks - 18:30 - 19:30 (12+)		
19:00				12 Step Meeting - 19:00 - 20:00				
20:00	Peaceful Heart Evening Meditation - 20:00 - 20:30	<b>Live bands</b> Gumjuaka - 19:00 Ribble - 20:00 Roxanne Phillips - 21:00						
21:00		Rob Perry & The Open Skies - 22:00 Free Foundation - 23:00						
22:00								

