

These dots mean workshop available for all ages

	Freezone Retreat Charity	Monastery of Sound	Asana Yoga	The Other Tent	Yurty	Shamanic woodland	Kids & Teen Area	Fireside & More great stuff!
07:00			Chen Style Tai Chi - Stuart Ward 7.00 - 8.00		Pranayama - Sangeeta 7.00 - 8.30			
08:00			Align and Shine - Shelly Shine 8.15 - 9.45					Holistic Therapies - book individually in healing area
09:00	A therapeutic sound journey with Himalayan and Crystal Bowls - Ananda Foakes 9.30 - 10.30	Story Telling for Grown Ups Workshop & Masterclass - Gerard Harris 9.00 - 12.00 <small>(space for 10 people only)</small>			Imagine Peace - Matthew Thomas & Christine Talmage 9.00 - 10.30		Circus Skills 10.00 - 12.00	Gray Forester Bushcraft - Dragonfly Weave 10.00 - 12.00
10:00			Somatic Stress Release - Amba Kelly 10.00 - 11.00			Wild Heart Dragon Frequencies & Gong Journey - Wendy Ruddick 10.00 - 11.30	Story Box 1 Treehouse Theatre for Kids 10.00 - 11.00	Yoga for Teens Rochelle 10.00 - 10.45
11:00	Shamanic Journeying - Ant Sauchella 11.00 - 12.00		Family Yoga - Jyoti Jo Manuel 11.15 - 12.15	Dot Mandala Making - Paulette Harris 10.30 - 12.30	An Introduction to Himalayan Singing Bowls - David Mitchell 11.00 - 12.00		Teen Meditation - Nasreen 11.00 - 12.00	Dorset Sauna 9.00 - 18.00 https://www.dorsetsaunas.co.uk/services-4
12:00	Karma & the Divine Consciousness - Uli 12.30 - 13.30	Biodanza with teens and children - Miiarepa Burgen 12.30 - 13.30	Restorative Reset - Carina 12.30 - 14.00		Introduction To Crystal Healing Shirley O Donaghue 12.30 - 13.30	Drum Circle for all - John Thompson 12.00 - 13.00		Forest Bathing - Amanda Jones 10.30 - 12.00
13:00				Sound resonations for body mind and spirit transformation Pippa Seeta O Connor 13.00 - 15.00				
14:00	Unravelling Conditioning - Dainei Tracy 13.30 - 15.30	Let your Body Write - Victoria Smisek 14.00 - 15.30	Y12SR - Lisa Horwell 14.30 - 15.30		Self Compassion workshop - Andrea Johnstone 14.00 - 15.30	The Magnificent 7 for Arising Men - Layne 13.30 - 15:00	Drumming with Helen for Teens Tent or Woods 14.00 - 15.00	Forage for Knowledge - Jack Ball, for all ages Meet at his stall 12.00 - 14.00
15:00								
16:00	Yoga Nidra with sound therapy Diana Briggs 15.45 - 16.45	Shakti Dance - Magdalena Atkinson 16.00 - 17.30	Yoga : Your Invitation to Be - Rachel Wilkinson 16.00 - 17.00	Wild Stories & Words - Jo B 15.30 - 16.30		High Vibe Drumming - Heike 15.30 - 16.30		Gray Forester Bushcraft Cordage/Bracelet Making 13.00 - 16.00
17:00	Bournemouth Community Kirtan 17.00 - 18.00		Yoga Nidra - Lucy Munday 17.30 - 18.30	Living cyclically; working with the energies of the moon - Evolve with Erica 17.00 - 18.30	Three Bees Crochet (12+) - Kat & Daisy 16.00 - 18.00		Beyond the Mirror: Exploring Self-Discovery and Resilience for Teens - Neil Bryan 17.00 - 18.00	Acoustic Music by the fire 2.00pm onwards 14.00 Jodie Elms 15.00 Jessie Dixon 16.00 Coosticks 17.00 Magdalena Atkinson
18:00							Smore cooking around fire pit with Lizzie 18.00 - 19.00	
19:00		Monastery of Sound Stage 19.00 Archie Ray & friends		12 Step Meeting 19.00 - 20.00			Story Telling around Fire Ages 7 to 70 . - Jo Billingham 19.00 - 20.00	
20:00		20.30 Skelephant						Rave in the Woods from 8.00pm
21:00								
22:00		22.00 Alex Akal & The Wolves						
23:00		23.30 Dead Horse Bay						
Midnight								

Huge thank you to all artists and facilitators for supporting Freezone.
All funds raised go to the Freezone Retreat charity.