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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					Pranayama - Sangeeta 7.00 - 8.30			
08:00			Ashtanga yoga - Elena Kafanova-Harris 8.00 - 9.00					Holistic Therapies - book individually in healing area
09:00					Gene Keys: Explore Your Genius - Magdalena Atkinson 9.00 - 10.00		Circus Skills 10.00 - 12.00 ●	Dorset Sauna 11.00 - 18.00 https://www.dorsetsaunas.co.uk/services-4
10:00	Gentle Yoga - Dainei Tracy 10.30 - 11.30		Restore & Relax + extended savasana with the Gongs - Carina & Diane 9.30 - 11.00	Breathwork For Nervous System Regulation & Sleep - Tracey Howes 9.30 - 11.00	Menopausal manifestation - Emma Browning 10.30 - 11.30	Talk & Drum Circle - Heike 10:00 - 11:00	All Action Song and Dance Tree House Theatre 10.00 - 11.00 ●	
11:00		Thank you Past, Hello Future Biodanza - Pavani 11.00 - 12.30	Vinyassa Flow - Rochelle 11.15 - 12.15	Indian head and shoulder massage - Andrea Johnstone 11.30 - 13.00 <small>(Bring a chair)</small>		Teachings of the Medicine Wheel - Leo Rutherford 11:30 - 13:00	Dot Mandala Making for teens - Paulette Harris 10.00 - 12.00	Plum Village style walking meditation - Matthew Thomas & Christine Talmage 10.00 - 11.00
12:00	Working with the Voice and Breath - Ant Sauchella 12.00 - 13.00		Family Yoga - Jyoti Jo Manuel 12.30 - 13.30 ●		An Introduction to Himalayan Singing Bowls - David Mitchell 12.00 - 13.00		Mindfulness with Marisa Kids and Teens Tent 12.15 - 13.15 ●	Gray Forester Bushcraft various activities 13.00 - 16.00 ●
13:00	Tibetan Meditation - Uli 13.30 - 14.30	Qoya (Women only) - Victoria Smisek 13.00 - 14.30		Somatic Body Mind Release - Pippa Seeta O Connor 13.30 - 15.00	Conscious leadership secrets - Emma Browning 13.30 - 14.30	Cacao Ceremony - Kasia with Kat Shakti & Magdalena 13:30 - 15:00	Over the Rainbow - Vita Nova 13.30 - 15.00 ●	Acoustic Music by the fire 2.00pm onwards ●
14:00							Circus & Slackline School 14.00 - 16.00 ●	14.00 Sophie Avison Amica Duo 15.00 Roxanne Phillips 16.00 Millie Watson 17.00 Ellerosse the Unicorn
15:00	Shamanic Journey & Gong Bath - Claire Donovan 15.00 - 16.30	Rainbow Shaman Movement, Meditation & Therapeutic Dance Workshop - Lisa Bridge 15.00 - 17.00	Embody your Feminine Flow: Yoga & Connection - Shanti Moon 15.15 - 16.30	5 Elements, 12 Stems & Branches - Eileen Beckman 15.00 - 17.00 <small>(age 15 & up)</small>	Using Crystal Healing For Personal & Spiritual Development - Shirley O Donaghue 15.00 - 16.00	Drum Circle for all - John Thompson 15:30 - 16:30		
16:00					Red Tent (women only) - Lisa Horwell 16.30 - 17.30	Wild Heart Sound Journey - Wendy Ruddick 17:00 - 18:00		
17:00	Bournemouth Community Kirtan 17.00 - 18.00		Yoga for Body, Mind & Soul - Kamini 17.00 - 18.00					Rave in the Woods from 8.00pm
18:00							Smore cooking around fire pit with Lizzie 18.00 - 19.00 ●	
19:00		Monastery of Sound Stage 19.00 Ribble Ribble			12 Step meeting 19.00 - 20.00			
20:00		20.30 Riki Buckingham						
21:00								
22:00		22.00 A Bob Hillary & Fraya Morse						
23:00		23.30 Outlandish						
Midnight								

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