

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 | | The Art of Poi with Arrow - see board for times | Holistic Therapies - book individually in healing area |
| 08:00 | | | | | | | | Dorset Sauna 9.00 - 18.00 https://www.dorsetsaunas.co.uk/services-4 |
| 09:00 | | | | | | The Magnificent 7 for Arising Men - Layne 9:00 - 10:30 | | |
| 10:00 | Easy Meditation for all ages Kamini 10.00 - 10.45 | | Yoga Padachikitsa : Sadhu nails practice - Elena Kafanova-Harris 10.00 - 11.00 | Breaking the Cycle: Navigating Narcissism and Codependency in Adult Life - Neil Bryan 10.30 - 11.30 | | | Circus & Slackline School 10.00 - 12.00 | Gray Forester Bushcraft Activity - people's choice! 10.00 - 12.00 |
| 11:00 | | Biodanza with Milarepa 10.30 - 12.00 | Chakra Balancing with Himalayan Kundalini Yoga - Amanda Jones 11.30 - 12.30 | Chinese Facial Diagnosis - Eileen Beckman 12.00 - 13.30 (age 9 up) | Sacred Womb Ceremony (women only) - Kasia & Karolina 10.30 - 12.30 | Working with the Medicine of Your Drum - Lisa Bridge 11:00 - 13:00 | | Drumming for all (Fire) with John Thompson 12.00 - 13.00 |
| 12:00 | Nourish Your Hunger - Dainei Tracy 12.00 - 14.00 | | | | | | The Creativity of Play Jo Billingham 12.30 - 14.00 | Forage for Knowledge Jack Ball - All ages, meet at his stall 12.00 - 12.00 |
| 13:00 | | OM Shanti - Magdalena Atkinson 12.30 -14.00 | Restorative Flow - Diana Briggs 13.00 - 14.00 | | Loving Your Body with EFT Tapping (Women only) Kat Shakti 13.00 - 14.30 | | Sunday talent show TreeHouse Theater 14.00 - 15.30 | Gray Forester Bushcraft Activity - people's choice! 13.00 - 16.00 |
| 14:00 | Sacred Sound Improvisation Journey Ant Sauchella 14.30 - 15.30 | Breathe, Move, Dance! - Tracey Howes 14.30 -15.30 (adults & teens) | Yoga : Your Invitation to Be - Rachel Wilkinson 14.30 - 15.30 | Therapeutic theatre workshop Helen Rogerson 14.00 - 17.00 (adults & teens) | | Shamanic Journeying - Leo Rutherford 13:30 - 15:00 | Circus & Slackline School 14.00 - 16.00 | |
| 15:00 | | | | | Hypnotherapy for Increasing Confidence - Rachel Meaden 15.00 - 16.00 | | | |
| 16:00 | | 5 Rythms Empowerment Healing Dance - Bob Hilary 16.00 -17.00 | Elemental - Shelly Shine 16.00 - 17.30 | | | Cacao Ceremony - Kasia with Kat Shakti & Magdalena 15:30 - 17:00 | | Accoustic Music by the fire 2.00pm onwards |
| 17:00 | Bournemouth Community Kirtan 17.00 - 18.00 | | | | | | | 14.00 Kiki Gilmore |
| 18:00 | | | | | | | Smore cooking around fire pit with Lizzie 18.00 - 19.00 | 15.00 Wesley Bennett |
| 19:00 | | 19.00 Sleepy Jake | | | 12 Step meeting 19.00 - 20.00 | Story Telling for 8 - 80 year olds. Martin Coyne 19:00 - 21:00 | | 16.00 Shaun Gary Palmer |
| 20:00 | | 20.00 Gumjuaka | | | | | | 17.00 Shannon White |
| 21:00 | | | | | | | | Rave in the Woods from 8.00pm |
| 22:00 | | 21.30 Yak Salute | | | | | | |
| 23:00 | | 23.00 Free foundation | | | | | | |

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