

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								
08:00								Holistic Therapies - book individually in healing area
09:00								Gray Forester Bushcraft - Dragonfly Weave 10.00 - 12.00
10:00								Dorset Sauna 11.00 - 18.00 https://www.dorsetsaunas.co.uk/services-4
11:00		Gong Bath - Vivienne Yardley 11.00 - 12.00						
12:00								Bushcraft Fire Lighting/Water Filtration Gray Forester 13.00 - 16.00
13:00		Dancing Your Dreams and Desires Biodanza - Pavani 12.30 - 14.00 <small>(for adults and children)</small>	Gentle yoga & Somatic yoga Nidra - Amba Kelly 13.00 - 14.00			Sound bath with gong & singing bowls - Carly Wilden 12.30 - 13.30		
14:00		A therapeutic sound journey with Himalayan and Crystal Bowls - Ananda Foakes 14.30 - 15.30	Restorative Yoga - Shanti Moon 14.30 - 15.30	Working with the universe; how to manifest your soul aligned life - Evolve with Erica 14.00 - 15.30 <small>(bring mat, blanket & pillow)</small>			Part 1 Lino tile printing with Abi for Teens 14.00 - 15.30	Accoustic Music by the fire 2.00pm onwards
15:00			Blissful Heart Yoga - Lucy Munday 15.45 - 16.45				Circus & Slackline School 14.00 - 16.00	14.00 Jason Kemprud
16:00				Three Bees Crochet (12+) - Kat & Daisy 16.00 - 18.00	Hypnotherapy for Releasing Anxiety - Rachel Meaden 15.45 - 16.45			15.00 Eliane Barrack & Emi Knights
17:00							Part 2 Lino tile printing with Abi for Teens 17.00 - 18.30	16.00 Olive Hart
18:00						Fire Cermony - Claire Donovan 18.00 - 19.00	Smore cooking around fire pit with Lizzie 18.00 - 19.00	17.00 BadgerFox
19:00		Monastery of Sound Stage 19.00 Dama Dama (Bristol)		12 Step Meeting 19.00 - 20.00				Opening Ceremony Main arena 17.00 - 18.00
20:00		20.00 Katie Waygood						Rave in the Woods from 8.00pm
21:00		21.00 Jack Dippy						
22:00		22.00 Double Dix						
23:00		23.00 Kez Hinton						

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