

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!
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07:00

08:00

09:00

10:00

11:00

Gong Bath - Vivienne Yardley
11.00 - 12.00

12:00

Dancing Your Dreams and Desires Biodanza - Pavani
12.30 - 14.00
(for adults and children)

Gentle yoga & Somatic yoga Nidra - Amba Kelly
13.00 - 14.00

Sound bath with gong & singing bowls - Carly Wilden
12:30 - 13:30

13:00

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
(bring mat, blanket & pillow)

Part 1 Lino tile printing with Abi for Teens
14.00 - 15.30

15:00

Blissful Heart Yoga - Lucy Munday
15.45 - 16.45

Hypnotherapy for Releasing Anxiety - Rachel Meaden
15.45 - 16.45

16:00

Three Bees Crochet (12+) - Kat & Daisy
16.00 - 18.00

17:00

Fire Ceremony - Claire Donovan
18:00 - 19:00

Part 2 Lino tile printing with Abi for Teens
17.00 - 18.30

Smore cooking around fire pit with Lizzie
18.00 - 19.00

Opening Ceremony- **Main arena**
17.00 - 18.30

18:00

Monastery of Sound Stage
19.00 Dama Dama (Bristol)
20.00 Katie Waygood
21.00 Jack Dippy
22.00 Double Dix
23.00 Kez Hinton

19:00

12 Step Meeting
19.00 - 20.00

20:00

21:00

22:00

23:00

Rave in the Woods
From 20.00

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07:00			Chen Style Tai Chi - Stuart Ward 7.00 - 8.00		Pranayama - Sangeeta 7.00 - 8.30		Circus Skills Times TBC	
08:00			Align and Shine - Shelly Shine 8.15 - 9.45					
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			
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	Forest Bathing - Amanda Jones 10.30 - 12.00
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		Forage for Knowledge - Jack Ball, for all ages Meet at his stall 12.00 - 14.00
13:00				Sound resignations 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	
15:00								
16:00	Yoga Nidra with sound therapy Diana Briggs 16.00 - 17.00	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		
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	Accoustic Music by the fire 14.00 onwards
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						
21:00								
22:00		22.00 Alex Akal & The Wolves						Rave in the Woods From 20.00
23:00								
Midnight		23.30 Headmasters (ex-Freetown)						

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07:00					Pranayama - Sangeeta 7.00 - 8.30		Circus Skills Times TBC	
08:00			Ashtanga yoga - Elena Kafanova-Harris 8.00 - 9.00					
09:00		Qoya (Men & Women) - Marisa Whitty 9.15 - 10.15			Gene Keys: Explore Your Genius - Magdalena Atkinson 9.00 - 10.00			
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		Talk & Drum Circle - Heike 10:00 - 11:00	All Action Song and Dance Tree House Theatre 10.00 - 11.00	Plum Village style walking meditation - Matthew Thomas & Christine Talmage 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>	Menopausal manifestation - Emma Browning 10.30 - 11.30		Dot Mandala Making for teens - Paulette Harris 10.00 - 12.00	
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	Teachings of the Medicine Wheel - Leo Rutherford 11:30 - 13:00	Mindfulness with Marisa Kids and Teens Tent 12.15 - 13.15	
13:00		Qoya (Women only) - Victoria Smisek 13.00 - 14.30						
14:00	Tibetan Meditation - Uli 13.30 - 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	
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			
17:00	Bournemouth Community Kirtan 17.00 - 18.00		Yoga for Body, Mind & Soul - Kamini 17.00 - 18.00			Wild Heart Sound Journey - Wendy Ruddick 17:00 - 18:00		Acoustic Music by the fire 14.00 onwards
18:00							Smore cooking around fire pit with Lizzie 18.00 - 19.00	
19:00		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						Rave in the Woods From 20.00
23:00		23.30 Outlandish						
Midnight								

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08:00							Circus Skills Times TBC	
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			Sunday talent show preparation Tree house Theater 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		
12:00	Nourish Your Hunger - Dainei Tracy 12.00 - 14.00	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		The Creativity of Play Jo Billingham 12.30 - 14.00	Drumming (Fire) John Thompson all ages 12.00 - 13.00
13:00								Forage for Knowledge - Jack Ball - all ages 12.00 - 14.00
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	Sunday talent show TreeHouse Theater 14.00 - 15.30	Acoustic Music by the fire 14.00 onwards
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		
17:00	Bournemouth Community Kirtan 17.00 - 18.00							
18:00							Smore cooking around fire pit with Lizzie 18.00 - 19.00	
19:00		19.00 Jack Dippy			12 Step meeting 19.00 - 20.00	Story Telling for 8 - 80 year olds. Martin Coyne 19:00 - 21:00		
20:00		20.00 Gumjuaka						
21:00								
22:00		21.30 Yak Salute						Rave in the Woods From 20.00
23:00		23.00 Free foundation						

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