

# Sun and Moon Adult Program

Thursday 16-Aug

Workshop or Activity	Location	Link..
<b>07:00 - 08:00 Early Risers</b>		
Yoga: Sun Salutation - Vicky May	EJ-7	<a href="#">details..</a>
Max Interval Training - James Ainsworth	Main Marquee	<a href="#">details..</a>
<b>09:15 - 10:45 Session 1</b>		
Afro Brazilian Dance - Bridget Withycombe Wharton	Boutflour Hall	<a href="#">details..</a>
Creating inner harmony with transformational self talk - Erika Scarth	EJ-10	<a href="#">details..</a>
Inka Nature Teachings - Angelita Woosnam	EJ-3	<a href="#">details..</a>
Yoga: Morning Hatha Flow - Jane Sleven	EJ-7	<a href="#">details..</a>
Homeopathy for travel and holidays - Antonia Scott	EJ-9	<a href="#">details..</a>
Cosmic Codes: Mayan Galactic Signature and Astrology - Jo Kenworthy	FG-59	<a href="#">details..</a>
Creative Writing (adults only) - Maureen Levy	Kenneth Russell	<a href="#">details..</a>
Let's Get Vulnerable - Dave Binder	Lotus Tent	<a href="#">details..</a>
Nature Mandala Making - Sarah Charlton	Main Marquee	<a href="#">details..</a>
<b>11:15 - 12:45 Session 2</b>		
Feel Good: Nia Dance, Fitness & Wellbeing - Vicky Rainbow	Boutflour Hall	<a href="#">details..</a>
Essential Oils and the Angelic Realm - Maria Barrington	EJ-1	<a href="#">details..</a>
Map Dowsing - Geoff Mitchell	EJ-10	<a href="#">details..</a>
Mindset: How To Achieve Your Dreams - James Ainsworth	EJ-2	<a href="#">details..</a>
Being Rock: How To Listen So People Feel Heard - Mandy Preece	EJ-3	<a href="#">details..</a>
Pilates For All - Nikki Middlemass	EJ-7	<a href="#">details..</a>
A Course in Miracles: True Forgiveness - Douglas Crawford	EJ-9	<a href="#">details..</a>
Hang and Udu Workshop - Barry Mason	Lotus Tent	<a href="#">details..</a>
Touching the earth: Mindfulness, art and ritual in nature - Caron Smith	Main Marquee	<a href="#">details..</a>
Find Your Voice at the Sun & Moon Choir - Carol Donaldson	Tithe Barn	<a href="#">details..</a>
<b>13:30 - 16:00 Chill out time with live music</b>		
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Main Marquee	
<b>16:15 - 17:45 Session 3</b>		
Contemporary Dance: Freedom to move, feel and connect - Lewis Wheeler	Boutflour Hall	<a href="#">details..</a>
Poetry and Spoken Word Stage - Anne Brierley	Chillout Marquee	<a href="#">details..</a>
Herbal Medicine for Women's Health - Sarah Smith	EJ-1	<a href="#">details..</a>
Raising Happy and Healthy Kids - Susan Brookes-Morris	EJ-10	<a href="#">details..</a>
Yoga: Kum Nye Tibetan Yoga - Paula Trafford	EJ-7	<a href="#">details..</a>
Introducing Gestalt - Iban Miguel	EJ-9	<a href="#">details..</a>
Yoga: Family yoga - Karen Duke	FG-3	<a href="#">details..</a>
Transformation with the Soul Whisperer - Tony Mills	Kenneth Russell	<a href="#">details..</a>
Craft to Relax - Clare Jarvest	Main Marquee	<a href="#">details..</a>
Tribal Voice Harmony Singing - Stone Red Fire	Post Grad Rm	<a href="#">details..</a>
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Tithe Barn	
<b>19:15 - 20:45 Session 4</b>		
Ecstatic Dance - Tess John	Boutflour Hall	<a href="#">details..</a>
You Having A Laugh: The Spirit of Improvisation - Jon Athawes	EJ-1	<a href="#">details..</a>
Beyond Dreaming - Amanda Hall	EJ-2	<a href="#">details..</a>
Indian Head Massage - Emma Burton	EJ-3	<a href="#">details..</a>
Yoga: A gentle practise to relax the body and mind - Sharon Pearson	EJ-7	<a href="#">details..</a>

\* For workshops marked as "outdoors" please meet in front of the main marquee

\*\* Children's activities start 15 minutes before adult workshops (see separate programme)

\*\*\* Meal serving times: Breakfast 8-10am, Lunch 12:00-2:30pm, Dinner 5-7:30pm