

Sun and Moon Adult Program

Saturday 18-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00 Early Risers		
Yoga: Sun Salutation - Vicky May	EJ-7	details..
Max Interval Training - James Ainsworth	Main Marquee	details..
09:15 - 10:45 Session 1		
Homeopathy for minor illnesses (flu, fevers, teething etc) - Antonia Scott	EJ-1	details..
Creating inner harmony with transformational self talk - Erika Scarth	EJ-10	details..
Qigong, Meditation and the Magic of the Breath - Nick Neter	EJ-2	details..
Working with the Net of Light - Angelita Woosnam	EJ-3	details..
Yoga: Morning Hatha Flow - Jane Sleven	EJ-7	details..
Creative Writing (adults only) - Maureen Levy	EJ-9	details..
Cosmic Codes: Mayan Galactic Signature and Astrology - Jo Kenworthy	FG-59	details..
Afro Brazilian Dance - Bridget Withycombe Wharton	Kenneth Russell	details..
Let's Get Vulnerable - Dave Binder	Lotus Tent	details..
11:15 - 12:45 Session 2		
Mining your Akash - Maria Barrington	EJ-1	details..
Map Dowsing - Geoff Mitchell	EJ-10	details..
Mindset: How To Achieve Your Dreams - James Ainsworth	EJ-2	details..
Being Rock: How To Listen So People Feel Heard - Mandy Preece	EJ-3	details..
Pilates For All - Nikki Middlemass	EJ-7	details..
The Spirit of Being (SoBeing): Becoming the Conscious Architect of Your Future - John Vincent	FG-3	details..
Feel Good: Nia Dance, Fitness & Wellbeing - Vicky Rainbow	Kenneth Russell	details..
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
Touching the earth: Mindfulness, art and ritual in nature - Caron Smith	Main Marquee	details..
Find Your Voice at the Sun & Moon Choir - Carol Donaldson	Tithe Barn	details..
16:15 - 17:45 Session 3		
Herbal Medicine for Women's Health - Sarah Smith	EJ-1	details..
Hand in Hand Parenting for Parents of Preteens and Teens - Sarah Charlton	EJ-2	details..
Yoga: Kum Nye Tibetan Yoga - Paula Trafford	EJ-7	details..
What is Creativity Anyway? - Anne Brierley	EJ-9	details..
Yoga: Family yoga - Karen Duke	FG-3	details..
Contemporary Dance: Freedom to move, feel and connect - Lewis Wheeler	Kenneth Russell	details..
Craft to Relax - Clare Jarvest	Main Marquee	details..
Contact Dance Improvisation Workshop & Jam - Stone Red Fire	Post Grad Rm	details..
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Tithe Barn	
19:15 - 20:45 Session 4		
Re-writing the stories in our heads - Peter Abrams	Chillout Marquee	details..
You Having A Laugh: The Spirit of Improvisation - Jon Athawes	EJ-1	details..
Beyond Dreaming - Amanda Hall	EJ-2	details..
Indian Head Massage - Emma Burton	EJ-3	details..
Yoga: A gentle practise to relax the body and mind - Sharon Pearson	EJ-7	details..
Biodance - Ingrid Slack	Kenneth Russell	details..

* 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