

Sun and Moon Adult Program

Saturday 10-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00 Early Risers		
Hatha Yoga - Raimonda Richards	Colebrook Room	details..
Dynamic Meditation - Mark Killick	D1	
09:15 - 10:45 Session 1		
Satyananda Yoga: Easy Asanas & Intro To Meditation - Mariette Labelle	Colebrook Room	details..
Making Sense Of Your Dreams - Alex and Evie Mowbray	D1	details..
Embracing All With Love - Ali McNab (guided Meditation)	D2	details..
The Real Me (Part 2 of 2) - Jon Athawes	D3	details..
Dowsing - Geoff Mitchell	D4	details..
Energy Medicine For Cosmonauts: Introducing Scenar And Physiokey - Katherine Darton	D5	details..
Listening Hands - Helen Holt	D6	details..
Morning Chanting - Magdalena Atkinson	D8	details..
Qigong, Meditation And The Magic Of The Breath - Nick Neter	Woody's	details..
11:15 - 12:45 Session 2		
Gentle Hatha Flow - Jane Sleven	Colebrook Room	details..
Art For The Journey - Alex and Evie Mowbray	D1	details..
Connect & Magnetize Your Hearts Desire - Crystalline Goldenhart	D2	details..
Connecting with the Spirits of Place - Jonathan Weekes	D3	details..
Body Blessing & Positive Postures - Colin Brice	D4	details..
Tantra And Meeting The Other (adults Only) - Becky Price	D5	details..
Introduction To Kinesiology & Basic Muscle Testing - Fiona Pitcher	D7	
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Yoga of Dance (Shakti Dance) - Tess John	Woody's	details..
13:15 - 14:15 Special Invitee		
Introducing The Mankind Project - Laurence Johns	Main Marquee	
14:00 - 15:30 Chill out time with live music		
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
SAM Performances! Choir, Youth Band, Adult Band, Theatre, Improv etc etc	Main Marquee	
16:15 - 17:45 Session 3		
Rebirth - Lucy Pattinson	Colebrook Room	details..
Henna Workshops - Cath Mcdermott	D1	details..
Connection: Masculine And Feminine Rising - Eugina Oleinikova	D2	details..
Nonviolent Communication - Philippe Christof	D3	details..
Chakra clearing meditation with Bansuri - Josh	D4	
Being Rock: How To Listen So People Feel Heard - Mandy Preece	D6	details..
Drawing For The Truly Terrified - Anne Brierly & Elaine Watt	D7	details..
The Power Of The Drum & Healing: A Shamanic Experience - Lynn Gosney & Touch The Earth	D8	details..
Shamanic Sound Bath - Leticia and Quinto	Main Marquee	details..
Intro To Classical Ballet - Lewis Wheeler	Woody's	details..
19:15 - 20:45 Session 4		
Contact Dance Improvisation Workshop - Stone Red Fire	Colebrook Room	details..
Kundalini Meditation - Monica Durrant	D2	
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
Comedy Improvisation - Mo Levy	Main Marquee	
Ecstatic Dance - Hart Floe	Woody's	details..
21:00 - 23:00 Live Bands / Party Time		
Live Music: Touch The Earth	Main Marquee	details..
23:00 - 24:00 Late nighters		
Contact Dance Improvisation Jam - Stone Red Fire	Woody's	details..

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

Sun and Moon Adult Program

Friday 09-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00	Early Risers	
Pranayama Ancient Techniques For Self-Healing - Sangeeta Chohan	Hypno Lounge	details..
Max Interval Training: Lifetime Fitness: James Ainsworth	Outdoors	details..
Gentle Hatha Yoga - Vicky May	Outdoors	details..
09:15 - 10:45	Session 1	
Satyananda Yoga: Easy Asanas & Intro To Meditation - Mariette Labelle	Colebrook Room	details..
Exploring Empowerment - JoRae	D1	details..
Creative Writing (adults only) - Maureen Levy	D2	details..
The Real Me (Part 1 of 2) - Jon Athawes	D3	details..
Meeting the Dragons for a Spiritual Meeting - Ken Collinson	D4	details..
Drum Medicine - Maria Barrington	D5	details..
Nature's Bounty: Harmonious Herbs - Deborah Gulliford	D6	details..
Pathways to the Voice - Lucy Wylde	D8	details..
Biodance - Ingrid Slack	Woody's	details..
11:15 - 12:45	Session 2	
Spiritual Yoga - Lulu Johns	Colebrook Room	details..
Words And Pictures: Interactive Art Workshop - Anne Grenyer	D1	details..
Gestalt Workshop - Iban Miguel	D2	details..
The Future Is Where We Are Going - John Vincent	D3	details..
Life Coaching: How to Thrive In An Uncertain World - Alexia Severis	D4	details..
Quantum Consciousness - Ros Paxman	D5	details..
Creating Your Happiest Life: Tackling Anxiety & Depression (max 10 People) - James Ainsworth	D7	details..
The Wild Voice - Valerie Stagg	D8	details..
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Afro Brazilian Dance - Bridget Withycombe Wharton	Woody's	details..
14:00 - 15:30	Chill out time with live music	
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
Live Music: Hang Hang Duo	Main Marquee	details..
Find Your Voice At Sun & Moon Choir - Carol Donaldson	Woody's	details..
16:15 - 17:45	Session 3	
Pilates For All - Nikki Middlemass	Colebrook Room	details..
Craft to Relax - Clare Jarvest & Mary Grenyer	D1	details..
Self Love (Love Without Condition) - Gill Pinnington	D2	details..
Let's Get Vulnerable - Dave Binder	D3	details..
Transformation with the Soul Whisperer - Tony Mills of 'Energetic Wisdom'	D5	details..
Golden Alchemy - Ali McNab	D6	details..
Shamanic Drumming Circle - Jonathan Weekes	D8	details..
Shamanic Healing Workshop - Leticia and Quinto	Main Marquee	details..
Contemporary Dance: Imagination and Communication - Lewis Wheeler	Woody's	details..
19:15 - 20:45	Session 4	
Thai Yoga Massage & Pamper Yourself Workshop - Hardika Ladva	Colebrook Room	details..
Kundalini Meditation - Monica Durrant	D2	
Introduction To Mediumship - Michelle Rees	D6	details..
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
Comedy Improvisation - Mo Levy	Main Marquee	
Trance Dance with Live Music - Touch The Earth	Woody's	details..
21:00 - 23:00	Live Bands / Party Time	
Live Music: Farai & the Forest Dawn	Main Marquee	details..
23:00 - 24:00	Late nighters	
Live Ambient Sound Journey - Will Softmore	Woody's	details..

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

Sun and Moon Adult Program

Thursday 08-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00	Early Risers	
Hatha Yoga - Raimonda Richards	Colebrook Room	details..
Dynamic Meditation - Mark Killick	D1	
Pranayama Ancient Techniques For Self-Healing - Sangeeta Chohan	Hypno Lounge	details..
09:15 - 10:45	Session 1	
Yoga Synergy - Stefan Podolczuk	Colebrook Room	details..
Making Sense Of Your Dreams - Alex and Evie Mowbray	D1	details..
Creative Writing (adults only) - Maureen Levy	D2	details..
Dowsing - Geoff Mitchell	D4	details..
Energy Medicine For Cosmonauts: Introducing Scenar And Physiokey - Katherine Darton	D5	details..
Listening Hands - Helen Holt	D6	details..
Songs of Healing & Power - Magdalena Atkinson	D8	details..
Qigong, Meditation And The Magic Of The Breath - Nick Neter	Woody's	details..
11:15 - 12:45	Session 2	
Gentle Hatha Flow - Jane Sleven	Colebrook Room	details..
Art For The Journey - Alex and Evie Mowbray	D1	details..
I Am Enough - Crystalline Goldenhart	D2	details..
Sacred Men's Work - Jonathan Weekes	D3	details..
Body Blessing & Positive Postures - Colin Brice	D4	details..
Sound Circle Meditation - Judith Quin	D5	
Introduction To Kinesiology & Basic Muscle Testing - Fiona Pitcher	D7	
Pleaidian Drum / Spoken Word Sound Healing - Hart Floe	D8	details..
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Ecstatic Dance - Will Softmore	Woody's	details..
14:00 - 15:30	Chill out time with live music	
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
Live Music: Theo Mizu & Band	Main Marquee	details..
Find Your Voice At Sun & Moon Choir - Carol Donaldson	Woody's	details..
16:15 - 17:45	Session 3	
Rebirth - Lucy Pattinson	Colebrook Room	details..
Henna Workshops - Cath Mcdermott	D1	details..
Effective Communication - Eugina Oleinikova	D2	details..
Children's Books For Adults - Caroline Young	D3	details..
Chakra clearing meditation with Bansuri - Josh	D4	
Transformation with the Soul Whisperer - Tony Mills of 'Energetic Wisdom'	D5	details..
Being Rock: How To Listen So People Feel Heard - Mandy Preece	D6	details..
Drawing For The Truly Terrified - Anne Brierly & Elaine Watt	D7	details..
Reclaiming the Voice and Honouring the Ancestors - Lynn Gosney & Touch The Earth	D8	details..
Shamanic Sound Bath - Leticia and Quinto	Main Marquee	details..
Contemporary Dance: Imagination and Communication - Lewis Wheeler	Woody's	details..
19:00 - 20:00	Special Session	
Festival Discussion: Discuss The Future Of Sun And Moon - Scott Doane	Main Marquee	
21:00 - 23:00	Live Bands / Party Time	
Disco, Fiesta, Carnival and Fancy Dress Party!	Main Marquee	details..
23:00 - 24:00	Late nighters	
Contact Dance Improvisation Jam - Stone Red Fire	Woody's	details..

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

Sun and Moon Adult Program

Wednesday 07-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00	Early Risers	
Pranayama Ancient Techniques For Self-Healing - Sangeeta Chohan	Hypno Lounge	details..
Gentle Hatha Yoga - Vicky May	Outdoors	details..
Max Interval Training: Lifetime Fitness: James Ainsworth	Outdoors	details..
09:15 - 10:45	Session 1	
Satyananda Yoga: Easy Asanas & Intro To Meditation - Mariette Labelle	Colebrook Room	details..
Menopause: When a Woman Becomes her Power - JoRae	D1	details..
Creative Writing (adults only) - Maureen Levy	D2	details..
Helping Hearts Heal - Liz Taylor	D3	details..
Dragons: Can we see them and where are they? - Ken Collinson	D4	details..
Essential Oils and the Angelic Realm - Maria Barrington	D5	details..
Nature's Bounty: Harmonious Herbs - Deborah Gulliford	D6	details..
Pathways to the Voice - Lucy Wylde	D8	details..
Biodance - Ingrid Slack	Woody's	details..
11:15 - 12:45	Session 2	
Spiritual Yoga - Lulu Johns	Colebrook Room	details..
Words And Pictures: Interactive Art Workshop - Anne Grenyer	D1	details..
Family Constellations - Iban Miguel	D2	details..
Releasing and Letting Go - John Vincent	D3	details..
Life Coaching: How to Thrive In An Uncertain World - Alexia Severis	D4	details..
Quantum Consciousness - Ros Paxman	D5	details..
Shamanic Journey To The Upper World - Valerie Staggs	D6	details..
Creating Your Happiest Life: Tackling Anxiety & Depression (max 10 People) - James Ainsworth	D7	details..
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Afro Brazilian Dance - Bridget Withycombe Wharton	Woody's	details..
14:00 - 15:30	Chill out time with live music	
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
Live Music: Ruby & The Revelators	Main Marquee	details..
Find Your Voice At Sun & Moon Choir - Carol Donaldson	Woody's	details..
16:15 - 17:45	Session 3	
Pilates For All - Nikki Middlemass	Colebrook Room	details..
Craft to Relax - Clare Jarvest & Mary Grenyer	D1	details..
Labyrinths and Mazes - Katherine Darton	D2	details..
Let's Get Vulnerable - Dave Binder	D3	details..
Love Your Business, Love Your Life - Michael Kearney	D4	details..
Transformation with the Soul Whisperer - Tony Mills of 'Energetic Wisdom'	D5	details..
Golden Alchemy - Ali McNab	D6	details..
African Drumming - Stone Red Fire	D8	details..
Shamanic Healing Workshop - Leticia and Quinto	Main Marquee	details..
Intro To Classical Ballet - Lewis Wheeler	Woody's	details..
19:15 - 20:45	Session 4	
Thai Yoga Massage & Pamper Yourself Workshop - Hardika Ladva	Colebrook Room	details..
Demonstration of Mediumship - Michelle Rees	D6	details..
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
You Having A Laugh - The Spirit Of Improvisation - Jon Athawes	Main Marquee	details..
Ecstatic Dance - Tess John	Woody's	details..
21:00 - 23:00	Live Bands / Party Time	
Live Music: The Criminal Records	Main Marquee	details..
23:00 - 24:00	Late nighters	
Deep Dive Trance Dance - Will Softmore	Woody's	details..

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

Sun and Moon Adult Program

Tuesday 06-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00 Early Risers		
Hatha Yoga - Raimonda Richards	Colebrook Room	details..
Dynamic Meditation - Mark Killick	D1	
Pranayama Ancient Techniques For Self-Healing - Sangeeta Chohan	Hypno Lounge	details..
09:15 - 10:45 Session 1		
Yoga Synergy - Stefan Podolczuk	Colebrook Room	details..
Making Sense Of Your Dreams - Alex and Evie Mowbray	D1	details..
Creative Writing (adults only) - Maureen Levy	D2	details..
Dowsing - Geoff Mitchell	D4	details..
Energy Medicine For Cosmonauts: Introducing Scenar And Physiokey - Katherine Darton	D5	details..
Listening Hands - Helen Holt	D6	details..
Pathways to the Voice - Lucy Wylde	D8	details..
Biodance - Ingrid Slack	Woody's	details..
11:15 - 12:45 Session 2		
Gentle Hatha Flow - Jane Sleven	Colebrook Room	details..
Art For The Journey - Alex and Evie Mowbray	D1	details..
Opening & Healing Your Heart - Crystalline Goldenhart	D2	details..
Body Blessing & Positive Postures - Colin Brice	D4	details..
Introduction To Kinesiology & Basic Muscle Testing - Fiona Pitcher	D7	
Overtone Singing - Val Stagg	D8	details..
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Shakti Dance (Yoga of Dance) - Magdalena Atkinson	Woody's	details..
13:45 - 15:30 Special Focus		
Let's Talk About Climate Change - Lynda Gilbert, Mark Baigent and Megan Fitter	D1	details..
14:00 - 15:30 Chill out time with live music		
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
Live Music: River Roots	Main Marquee	details..
Find Your Voice At Sun & Moon Choir - Carol Donaldson	Woody's	details..
16:15 - 17:45 Session 3		
Rebirth - Lucy Pattinson	Colebrook Room	details..
Nonviolent Communication - Philippe Christof	D1	details..
Creative Writing and Poetry Performance - Hart Floe	D2	details..
Children's Books For Adults - Caroline Young	D3	details..
Transformation with the Soul Whisperer - Tony Mills of 'Energetic Wisdom'	D5	details..
Being Rock: How To Listen So People Feel Heard - Mandy Preece	D6	details..
Drawing For The Truly Terrified - Anne Brierly & Elaine Watt	D7	details..
African Drumming - Stone Red Fire	D8	details..
Shamanic Sound Bath - Leticia and Quinto	Main Marquee	details..
Contemporary Dance: Imagination and Communication - Lewis Wheeler	Woody's	details..
19:15 - 20:45 Session 4		
Awaken Your Inner Goddess - Women's Circle - Gill Pinnington	Colebrook Room	details..
Kundalini Meditation - Monica Durrant	D2	
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
You Having A Laugh - The Spirit Of Improvisation - Jon Athawes	Main Marquee	details..
Dance Of Awareness - Nick & Lou	Woody's	details..
21:00 - 23:00 Live Bands / Party Time		
Live Music: Home Grown Style	Main Marquee	details..

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

Sun and Moon Adult Program

Monday 05-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00	Early Risers	
Max Interval Training: Lifetime Fitness: James Ainsworth	Outdoors	details..
Gentle Hatha Yoga - Vicky May	Outdoors	details..
09:15 - 10:45	Session 1	
Hatha Yoga - Tess John	Colebrook Room	details..
Positive Periods: When a Woman Practices her Power - JoRae	D1	details..
Creative Writing (adults only) - Maureen Levy	D2	details..
Pathways To A Happier Life - Ingrid Slack	D3	details..
Connecting to love, within and without - Ken Collinson	D4	details..
Mining your Akash - Maria Barrington	D5	details..
Nature's Bounty: Harmonious Herbs - Deborah Gulliford	D6	details..
From Mindfulness to Heartfulness: Why Meditate? - Lynda Gilbert	D7	details..
11:15 - 12:45	Session 2	
Spiritual Yoga - Lulu Johns	Colebrook Room	details..
Words And Pictures: Interactive Art Workshop - Anne Grenyer	D1	details..
Tap & Release...Guilt & Shame, using EFT (Emotional Freedom Technique) - Gill Pinnington	D2	details..
Releasing and Letting Go - John Vincent	D3	details..
Life Coaching: How to Thrive In An Uncertain World - Alexia Severis	D4	details..
Russian Creator Knowledge - Ros Paxman	D5	details..
Tantra And The Breath (adults Only) - Becky Price	D6	details..
Creating Your Happiest Life: Tackling Anxiety & Depression (max 10 People) - James Ainsworth	D7	details..
Nonviolent Communication - Philippe Christof	D8	details..
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Afro Brazilian Dance - Bridget Withycombe Wharton	Woody's	details..
14:00 - 15:30	Chill out time with live music	
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
Live Music: Satya	Main Marquee	
Find Your Voice At Sun & Moon Choir - Carol Donaldson	Woody's	details..
16:15 - 17:45	Session 3	
Pilates For All - Nikki Middlemass	Colebrook Room	details..
Craft to Relax - Clare Jarvest & Mary Grenyer	D1	details..
Connect To Your Desire - Eugina Oleinikova	D2	details..
Let's Get Vulnerable - Dave Binder	D3	details..
Love Your Business, Love Your Life - Michael Kearney	D4	details..
Transformation with the Soul Whisperer - Tony Mills of 'Energetic Wisdom'	D5	details..
Golden Alchemy - Ali McNab	D6	details..
African Drumming - Stone Red Fire	D8	details..
Shamanic Healing Workshop - Leticia and Quinto	Main Marquee	details..
Contemporary Dance: Imagination and Communication - Lewis Wheeler	Woody's	details..
19:15 - 20:45	Session 4	
Thai Yoga Massage & Pamper Yourself Workshop - Hardika Ladva	Colebrook Room	details..
Introduction To Mediumship - Michelle Rees	D6	details..
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
You Having A Laugh: A Gentle Intro To Improv Comedy - Jon Athawes	Main Marquee	details..
Ecstatic Dance - Tess John	Woody's	details..
21:00 - 23:00	Live Bands / Party Time	
Live Music: The Maida Vales	Main Marquee	details..

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