

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