

Sun and Moon Adult Program

Monday 13-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00 Early Risers		
Hatha Yoga - Raimonda Richards	EJ-7	details..
Max Interval Training - James Ainsworth	Main Marquee	details..
09:15 - 10:45 Session 1		
Creating Abundance using EFT - Gill Pinnington	EJ-1	details..
Mindfulness, Rhythm & Sounds - Craig Winterburn & Natalie Hewett	EJ-10	details..
Tai Chi - Rosie Harris	EJ-2	details..
Yoga: Morning Hatha Flow - Jane Sleven	EJ-7	details..
Creativity and You - Sue Williams	EJ-9	details..
The Real Me: Part 1 - Jon Athawes	FG-56	details..
Laughter Yoga - Alison Sorlie	FG-59	details..
Creative Writing (adults only) - Maureen Levy	Kenneth Russell	details..
Make Your Own Dream Catcher - Jeanette Deen	Main Marquee	details..
Dowsing and Geomancy - Ken Collinson	Outdoors	details..
11:15 - 12:45 Session 2		
Shakti Dance - Tess John	Boutflour Hall	details..
Energy medicine for cosmonauts: introducing SCENAR and PhysioKey - Katherine Darton	EJ-10	details..
Sun & Moon Group Therapy - Alexia Severis	EJ-2	details..
Listening Hands - Helen Holt	EJ-3	details..
Pilates: Improving neck and back problems - Sara Dennis	EJ-7	details..
The Heartfulness Way - Joshua Pollock	FG-3	details..
Rebirthing (Source Breathwork) - Douglas Crawford	Kenneth Russell	details..
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
Find Your Voice at the Sun & Moon Choir - Carol Donaldson	Tithe Barn	details..
13:30 - 16:00 Chill out time with live music		
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Main Marquee	
16:15 - 17:45 Session 3		
Contemporary Dance: Freedom to move, feel and connect - Lewis Wheeler	Boutflour Hall	details..
Shamanic Sound Bath - Leticia and Quinto	Chillout Marquee	details..
FUN Pamper Party: facial, back, hand and foot massage - Hardika Ladva	EJ-1	details..
Seven Steps To A Happier Life - Ingrid Slack	EJ-10	details..
Herbal First Aid - Giacomo Sandri	EJ-2	details..
Heartfulness meditation - Anna Pearse	EJ-3	details..
Yoga: Gentle Curiosity / Scaravelli Somatic Yoga - Philippe Christoff	EJ-7	details..
Transformation with the Soul Whisperer - Tony Mills	Kenneth Russell	details..
Songwriting Workshop - Anita Jardine	Main Marquee	details..
African Drumming - 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		
Absolute Beginners 1950s Rock n Roll dancing - Sarah-Jane Miller	Boutflour Hall	details..
You Having A Laugh: The Spirit of Improvisation - Jon Athawes	EJ-1	details..
Introduction to Mediumship - Michelle Rees	EJ-3	details..
Yoga: Satyananda yoga - Mariette Labelle	EJ-7	details..
Words and pictures: interactive art workshop - Anne Grenyer	Main Marquee	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