

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