

# Sun and Moon Adult Program

Wednesday 07-Aug

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

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