

# Sun and Moon Adult Program

Thursday 08-Aug

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

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