

Sun and Moon Adult Program

Friday 09-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00 Early Risers		
Pranayama Ancient Techniques For Self-Healing - Sangeeta Chohan	Hypno Lounge	details..
Max Interval Training: Lifetime Fitness: James Ainsworth	Outdoors	details..
Gentle Hatha Yoga - Vicky May	Outdoors	details..
09:15 - 10:45 Session 1		
Satyananda Yoga: Easy Asanas & Intro To Meditation - Mariette Labelle	Colebrook Room	details..
Exploring Empowerment - JoRae	D1	details..
Creative Writing (adults only) - Maureen Levy	D2	details..
The Real Me (Part 1 of 2) - Jon Athawes	D3	details..
Meeting the Dragons for a Spiritual Meeting - Ken Collinson	D4	details..
Drum Medicine - Maria Barrington	D5	details..
Nature's Bounty: Harmonious Herbs - Deborah Gulliford	D6	details..
Pathways to the Voice - Lucy Wylde	D8	details..
Biodance - Ingrid Slack	Woody's	details..
11:15 - 12:45 Session 2		
Spiritual Yoga - Lulu Johns	Colebrook Room	details..
Words And Pictures: Interactive Art Workshop - Anne Grenyer	D1	details..
Gestalt Workshop - Iban Miguel	D2	details..
The Future Is Where We Are Going - John Vincent	D3	details..
Life Coaching: How to Thrive In An Uncertain World - Alexia Severis	D4	details..
Quantum Consciousness - Ros Paxman	D5	details..
Creating Your Happiest Life: Tackling Anxiety & Depression (max 10 People) - James Ainsworth	D7	details..
The Wild Voice - Valerie Stagg	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: Hang Hang Duo	Main Marquee	details..
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..
Self Love (Love Without Condition) - Gill Pinnington	D2	details..
Let's Get Vulnerable - Dave Binder	D3	details..
Transformation with the Soul Whisperer - Tony Mills of 'Energetic Wisdom'	D5	details..
Golden Alchemy - Ali McNab	D6	details..
Shamanic Drumming Circle - Jonathan Weekes	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..
Kundalini Meditation - Monica Durrant	D2	
Introduction To Mediumship - Michelle Rees	D6	details..
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
Comedy Improvisation - Mo Levy	Main Marquee	
Trance Dance with Live Music - Touch The Earth	Woody's	details..
21:00 - 23:00 Live Bands / Party Time		
Live Music: Farai & the Forest Dawn	Main Marquee	details..
23:00 - 24:00 Late nighters		
Live Ambient Sound Journey - Will Softmore	Woody's	details..

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