

Sun and Moon Adult Program

Saturday 10-Aug

Workshop or Activity	Location	Link..
07:00 - 08:00 Early Risers		
Hatha Yoga - Raimonda Richards	Colebrook Room	details..
Dynamic Meditation - Mark Killick	D1	
09:15 - 10:45 Session 1		
Satyananda Yoga: Easy Asanas & Intro To Meditation - Mariette Labelle	Colebrook Room	details..
Making Sense Of Your Dreams - Alex and Evie Mowbray	D1	details..
Embracing All With Love - Ali McNab (guided Meditation)	D2	details..
The Real Me (Part 2 of 2) - Jon Athawes	D3	details..
Dowsing - Geoff Mitchell	D4	details..
Energy Medicine For Cosmonauts: Introducing Scenar And Physiokey - Katherine Darton	D5	details..
Listening Hands - Helen Holt	D6	details..
Morning Chanting - Magdalena Atkinson	D8	details..
Qigong, Meditation And The Magic Of The Breath - Nick Neter	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..
Connect & Magnetize Your Hearts Desire - Crystalline Goldenhart	D2	details..
Connecting with the Spirits of Place - Jonathan Weekes	D3	details..
Body Blessing & Positive Postures - Colin Brice	D4	details..
Tantra And Meeting The Other (adults Only) - Becky Price	D5	details..
Introduction To Kinesiology & Basic Muscle Testing - Fiona Pitcher	D7	
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Main Marquee	
Yoga of Dance (Shakti Dance) - Tess John	Woody's	details..
13:15 - 14:15 Special Invitee		
Introducing The Mankind Project - Laurence Johns	Main Marquee	
14:00 - 15:30 Chill out time with live music		
Flea market - Arts and crafts sales, therapy tasters, massage swaps etc	Festival Area	
SAM Performances! Choir, Youth Band, Adult Band, Theatre, Improv etc etc	Main Marquee	
16:15 - 17:45 Session 3		
Rebirth - Lucy Pattinson	Colebrook Room	details..
Henna Workshops - Cath Mcdermott	D1	details..
Connection: Masculine And Feminine Rising - Eugina Oleinikova	D2	details..
Nonviolent Communication - Philippe Christof	D3	details..
Chakra clearing meditation with Bansuri - Josh	D4	
Being Rock: How To Listen So People Feel Heard - Mandy Preece	D6	details..
Drawing For The Truly Terrified - Anne Brierly & Elaine Watt	D7	details..
The Power Of The Drum & Healing: A Shamanic Experience - Lynn Gosney & Touch The Earth	D8	details..
Shamanic Sound Bath - Leticia and Quinto	Main Marquee	details..
Intro To Classical Ballet - Lewis Wheeler	Woody's	details..
19:15 - 20:45 Session 4		
Contact Dance Improvisation Workshop - Stone Red Fire	Colebrook Room	details..
Kundalini Meditation - Monica Durrant	D2	
Hang and Udu Workshop - Barry Mason	Lotus Tent	details..
Comedy Improvisation - Mo Levy	Main Marquee	
Ecstatic Dance - Hart Floe	Woody's	details..
21:00 - 23:00 Live Bands / Party Time		
Live Music: Touch The Earth	Main Marquee	details..
23:00 - 24:00 Late nighters		
Contact Dance Improvisation Jam - Stone Red Fire	Woody's	details..

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