

# Sun and Moon Adult Program

Saturday 18-Aug

Workshop or Activity	Location	Link..
<b>07:00 - 08:00</b>	<b>Early Risers</b>	
Yoga: Sun Salutation - Vicky May	EJ-7	<a href="#">details..</a>
Max Interval Training - James Ainsworth	Main Marquee	<a href="#">details..</a>
<b>09:15 - 10:45</b>	<b>Session 1</b>	
Homeopathy for minor illnesses (flu, fevers, teething etc) - Antonia Scott	EJ-1	<a href="#">details..</a>
Creating inner harmony with transformational self talk - Erika Scarth	EJ-10	<a href="#">details..</a>
Qigong, Meditation and the Magic of the Breath - Nick Neter	EJ-2	<a href="#">details..</a>
Working with the Net of Light - Angelita Woosnam	EJ-3	<a href="#">details..</a>
Yoga: Morning Hatha Flow - Jane Sleven	EJ-7	<a href="#">details..</a>
Creative Writing (adults only) - Maureen Levy	EJ-9	<a href="#">details..</a>
Cosmic Codes: Mayan Galactic Signature and Astrology - Jo Kenworthy	FG-59	<a href="#">details..</a>
Afro Brazilian Dance - Bridget Withycombe Wharton	Kenneth Russell	<a href="#">details..</a>
Let's Get Vulnerable - Dave Binder	Lotus Tent	<a href="#">details..</a>
<b>11:15 - 12:45</b>	<b>Session 2</b>	
Mining your Akash - Maria Barrington	EJ-1	<a href="#">details..</a>
Map Dowsing - Geoff Mitchell	EJ-10	<a href="#">details..</a>
Mindset: How To Achieve Your Dreams - James Ainsworth	EJ-2	<a href="#">details..</a>
Being Rock: How To Listen So People Feel Heard - Mandy Preece	EJ-3	<a href="#">details..</a>
Pilates For All - Nikki Middlemass	EJ-7	<a href="#">details..</a>
The Spirit of Being (SoBeing): Becoming the Conscious Architect of Your Future - John Vincent	FG-3	<a href="#">details..</a>
Feel Good: Nia Dance, Fitness & Wellbeing - Vicky Rainbow	Kenneth Russell	<a href="#">details..</a>
Hang and Udu Workshop - Barry Mason	Lotus Tent	<a href="#">details..</a>
Touching the earth: Mindfulness, art and ritual in nature - Caron Smith	Main Marquee	<a href="#">details..</a>
Find Your Voice at the Sun & Moon Choir - Carol Donaldson	Tithe Barn	<a href="#">details..</a>
<b>16:15 - 17:45</b>	<b>Session 3</b>	
Herbal Medicine for Women's Health - Sarah Smith	EJ-1	<a href="#">details..</a>
Hand in Hand Parenting for Parents of Preteens and Teens - Sarah Charlton	EJ-2	<a href="#">details..</a>
Yoga: Kum Nye Tibetan Yoga - Paula Trafford	EJ-7	<a href="#">details..</a>
What is Creativity Anyway? - Anne Brierley	EJ-9	<a href="#">details..</a>
Yoga: Family yoga - Karen Duke	FG-3	<a href="#">details..</a>
Contemporary Dance: Freedom to move, feel and connect - Lewis Wheeler	Kenneth Russell	<a href="#">details..</a>
Craft to Relax - Clare Jarvest	Main Marquee	<a href="#">details..</a>
Contact Dance Improvisation Workshop & Jam - Stone Red Fire	Post Grad Rm	<a href="#">details..</a>
Band practise: SAM Band 2.0 (Adults only - bring instruments and voices)	Tithe Barn	
<b>19:15 - 20:45</b>	<b>Session 4</b>	
Re-writing the stories in our heads - Peter Abrams	Chillout Marquee	<a href="#">details..</a>
You Having A Laugh: The Spirit of Improvisation - Jon Athawes	EJ-1	<a href="#">details..</a>
Beyond Dreaming - Amanda Hall	EJ-2	<a href="#">details..</a>
Indian Head Massage - Emma Burton	EJ-3	<a href="#">details..</a>
Yoga: A gentle practise to relax the body and mind - Sharon Pearson	EJ-7	<a href="#">details..</a>
Biodance - Ingrid Slack	Kenneth Russell	<a href="#">details..</a>

\* For workshops marked as "outdoors" please meet in front of the main marquee

\*\* Children's activities start 15 minutes before adult workshops (see separate programme)

\*\*\* Meal serving times: Breakfast 8-10am, Lunch 12:00-2:30pm, Dinner 5-7:30pm