

THURSDAY 28TH JULY

Time	Workshop Title	Name	Location
09:15 - 10:45	Create a Vision Board	Sarah Manning	Woody's
09:15 - 10:45	Kundalini Yoga	Kwali Kumara	Colebrook
09:15 - 10:45	Forest Bathing Introduction	Katie J Robinson	Meet outside Colebrook
09:15 - 10:45	The PainFree Experience	Althea Finch	D3
09:15 - 10:45	Tapping Into Safety - EFT to Heal Toxic Relationships	Kate Munden	D4
	Break		
11:15 - 12:45	Euphoric Chakra Rave	Rachel Cox (Om & Bass)	Woody's
11:15 - 12:45	Meet Your Animal Spirit Guide: An Introduction to Shamanism & Shamanic Journeying	Grant Baldwin	Colebrook
11:15 - 12:45	Hang and Udu Workshop (max 6 people)	Barry Mason & Lina Lotto	Lotus Bell Tent
11:15 - 12:45	Dowsing; "What does it all mean?"	Geoff Mitchell	D2
11:15 - 12:45	Sacred Woman Induction (part 1)	Regina Atsu	D3
11:15 - 12:45	Thai Yoga Massage Tips	Hardika Ladva	D5
11:15 - 12:45	The Bowen Technique	Robert Drury	D7
	Lunch & Pop-Up Market in front of Reception		
14:15 - 15:45	Find Your Voice at Sun & Moon Choir	Carol Donaldson	Woody's
14:15 - 15:45	Hatha Yoga	Karen Duke	Colebrook
14:15 - 15:45	Active Empathic Listening	Scott Doane	D2
14:15 - 15:45	Labyrinths, Mazes and Celtic Knotwork Pattern Drawing	Katherine Darton	D3
14:15 - 15:45	The School of Now	Jonny Whiting	D4
14:15 - 15:45	What Does Meditation Feel Like?	Caroline Elen	D5
	Break		
16:15 - 17:45	Afro Bazilian Dance	Bridget Withycombe-Wharton	Woody's
16:15 - 17:45	New Moon Personal & Global Healing with Indigenous Unity Consciousness Ritual	Joanna Bristow-Watkins	Colebrook
16:15 - 17:45	Raise Your Vibration: Manifest a Life You Love	Cathy Ballard	D2
16:15 - 17:45	Biohacking: The Secrets to Optimum Health	Joe Bains	D3
16:15 - 17:45	How to Stop Worrying and Start Living - Stress Relief	Gavin Palmer	D4
16:15 - 17:45	Sister's Shamanic Yoni Circle	Nicola Croucher	D5
	Dinner		
19:15 - Late	Improvational Comedy Workshop (adults only)	Mo Levy	Colebrook
19:00 - 20:00	Across The Sea	Band	Woody's
20:00 - 20:30	Spiritual Stand Up Comedy	Rachel Cox (Om & Bass)	Woody's
20:30 - Late	Ecstatic Dance - Tribal Beats	Tess John	Woody's

**The pop-up psychic nail bar will be popping up outside the dining tent and is open to all :o)

FRIDAY 29TH JULY

Time	Workshop Title	Name	Location
09:15 - 10:45	Create a Vision Board	Sarah Manning	Woody's
09:15 - 10:45	Menopause/Perimenopause Exercise	Sara Dennis	Colebrook
09:15 - 10:45	Hang and Udu Workshop (max 6 people)	Barry Mason & Lina Lotto	Lotus Bell Tent
09:15 - 10:45	Relational Meditation & "Getting Someone's World"	Daphne Van Run	D2
09:15 - 10:45	Keeping Your Energies Humming Daily Energy Medicine Routine	Kate Munden	D3
09:15 - 10:45	Living a Focused Life	James Ainsworth	D4
	Break		
11:15 - 12:45	Afro Bazilian Dance	Bridget Withycombe-Wharton	Woody's
11:15 - 12:45	Himalayan Hatha Yoga	Kerry Drake	Colebrook
11:15 - 12:45	Listening Cheerleader: Talk Your Truth, Affirmed Listening	Linzi Martin	D2
11:15 - 12:45	Self Love is Forgiving You: A Quantum Circle of Healing	Gill Pinnington	D3
11:15 - 12:45	Shamanic Healing Teachings	Leticia and Quinto	D7
11:15 - 12:45	Talking Stick Ceremony - Sharing Circle	Dave Binder	D8
	Lunch & Pop-Up Market in front of Reception		
14:15 - 15:45	Find Your Voice at Sun & Moon Choir	Carol Donaldson	Woody's
14:15 - 15:45	Yoga For Everyday Life	Liz Watts	Colebrook
14:15 - 15:45	Dowsing With The Nature Spirits and Earth Energies	Vicky Sweetlove	D2
14:15 - 15:45	Working With Your Assemblage Structure	Maria Barrington	D7
	Break		
16:15 - 17:45	Teen TRE Trauma Release Exercises (teenagers only)	Kate Munden & David Berceli	Woody's
16:15 - 17:45	Tao Training	Anna-Lisa Drew	Colebrook
16:15 - 17:45	Landscape Painting	Johanna Berger	Art Tent
16:15 - 17:45	Sacred Woman Induction (part 2)	Regina Atsu	D3
16:15 - 17:45	Fancy Dress Masquerade: Feminine and Masculine Unite	Eugina O Liberty	D4
16:15 - 17:45	A Beginners Guide to the Enneagram part 2: Exploring Wings and Instincts	Tash Young	D7
16:15 - 17:45	Cyclical Wisdom: The Path to Empowerment for Women	Ayla Willow	D8
	Dinner		
19:15 - Late	Improv Comedy Workshop (adults only)	Mo Levy	Colebrook
19:15 - 20:45	Female Breathing	Georgie Lawlor	D2
19:00 - 20:30	Dreuw (Alt-folk)	Band	Woody's
20:30 - Late	Shamanic Channelled Dream & Dance	Leticia, Quinto, Barry & Lina	Woody's

**The pop-up psychic nail bar will be popping up outside the dining tent and is open to all :o)

SATURDAY 30TH JULY

Time	Workshop Title	Name	Location
09:15 - 10:45	Authentic Movement - Nio Dance	Helene Su	Woody's
09:15 - 10:45	Pilates For All	Nikki Middlemass	Colebrook
09:15 - 10:45	Active Empathic Listening	Scott Doane	D2
09:15 - 10:45	Biohacking: The Secrets to Optimum Health	Joe Bains	D3
09:15 - 10:45	What Does Meditation Feel Like?	Caroline Elen	D4
09:15 - 10:45	Sister's Shamanic Yoni Circle	Nicola Croucher	D5
09:15 - 10:45	Dowsing; "What does it all mean?"	Geoff Mitchell	D7
	Break		
11:15 - 12:45	Shakti Dance	Tess John	Woody's
11:15 - 12:45	Meet Your Animal Spirit Guide: An Introduction to Shamanism & Shamanic Journeying	Grant Baldwin	Colebrook
11:15 - 12:45	Hang and Udu Workshop (max 6 people)	Barry Mason & Lina Lotto	Lotus Bell Tent
11:15 - 12:45	Forest Bathing Introduction	Katie J Robinson	Meet outside Colebrook
11:15 - 12:45	Heal The Witch Wound: Reclaim Your Power and Magic	Cathy Ballard	D3
11:15 - 12:45	Introduction to Mediumship	Michelle Rees	D4
11:15 - 12:45	Thai Yoga Massage Tips	Hardika Ladva	D5
	Lunch & Pop-Up Market in front of Reception		
14:15 - 15:45	Find Your Voice at Sun & Moon Choir	Carol Donaldson	Woody's
14:15 - 15:45	Hatha Yoga	Karen Duke	Colebrook
14:15 - 15:45	The PainFree Experience	Althea Finch	D3
14:15 - 15:45	Creative Writing (adults only)	Mo Levy	D4
14:15 - 15:45	The Bowen Technique	Robert Drury	D7
	Break		
16:15 - 17:45	Finding Safety Through Embodiment TRE Trauma Release Exercises	Kate Munden	Woody's
16:15 - 17:45	Conscious Connected Breathwork	Alan Ball	Colebrook
16:15 - 17:45	Energy Medicine for Cosmonauts: Introducing Scenar and Physiokey	Katherine Darton	D2
16:15 - 17:45	Harness The Power of The Moon for Health, Wealth & Wellbeing	Joanna Bristow-Watkins	D3
16:15 - 17:45	The School of Now	Jonny Whiting	D4
16:15 - 17:45	Homeopathy for First Aid and Minor Ailments	Sara Dale	D5
	Dinner		
19:15 - Late	Improvational Comedy Workshop (adults only)	Mo Levy	Colebrook
19:00 - 20:00	Scott & Maria (acoustic duo)	Band	Woody's
20:00 - 21:00	Kid Hyena	Band	Woody's
21:00 - Late	Ecstatic Dance	Anna-Lisa Drew	Woody's

**The pop-up psychic nail bar will be popping up outside the dining tent and is open to all :o)

SUNDAY 31ST JULY

Time	Workshop Title	Name	Location
09:15 - 10:45	Himalayan Hatha Yoga	Kerry Drake	Woody's
09:15 - 10:45	Pilates for Neck and Back Issues	Sara Dennis	Colebrook
09:15 - 10:45	Hang and Udu Workshop (max 6 people)	Barry Mason & Lina Lotto	Lotus Bell Tent
09:15 - 10:45	Landscape Painting	Johanna Berger	Art Tent
09:15 - 10:45	Sacred Woman Induction (part 3)	Regina Atsu	D3
	Break		
11:15 - 12:45	Contact Improv	Stone Red Fire	Woody's
11:15 - 12:45	Yoga For Everyday Life	Liz Watts	Colebrook
11:15 - 12:45	Relational Meditation & The Art of Circling	Daphne Van Run	D2
11:15 - 12:45	Living a Focused Life	James Ainsworth	D4
11:15 - 12:45	Shamanic Healing Teachings	Leticia and Quinto	D7
11:15 - 12:45	Cyclical Wisdom - An Introduction to the Menstrual Cycle for Men	Ayla Willow	D8
	Lunch & Pop-Up Market in front of Reception		
14:15 - 15:45	Find Your Voice at Sun & Moon Choir	Carol Donaldson	Woody's
14:15 - 15:45	A Homecoming Through Breath	Georgie Lawlor	Colebrook
14:15 - 15:45	Talk & Slideshow: Touching the Sacred Through Dance	Helene Su	D2
14:15 - 15:45	Slow Dating	Eugina O Liberty	D4
14:15 - 15:45	Talking Stick Ceremony - Sharing Circle	Dave Binder	D8
	Break		
16:15 - 17:45	Sonic Journey with 2 x 48 inch gongs and bells	Barry Mason & Lina Lotto	Woody's
16:15 - 17:45	KiGong and The Power Brain	Sam	Colebrook
16:15 - 17:45	Listening Cheerleader: Talk Your Truth, Affirmed Listening	Linzi Martin	D2
16:15 - 17:45	Goddess Circle of Love & Empowerment	Gill Pinnington	D3 (outside if weather nice)
16:15 - 17:45	Introduction to Mediumship	Michelle Rees	D4
16:15 - 17:45	The Enneagram for Teenagers	Tash Young	D5
	Dinner		
19:00 - 20:30	Gathering of The Women of The Tribe	Tash Young	Meet at Reception
19:15 - Late	Improv Comedy Workshop (adults only)	Mo Levy	Colebrook
19:15 - 20:30	Ben Westwood & Scott Doane	Band	Woody's
20:30 - 21:30	Open Mic Standup Comedy Show	Joe Bains & Ben Westwood	Woody's
21:30 - Late	Old Skool Disco Party	Scott Doane	Woody's

**The pop-up psychic nail bar will be popping up outside the dining tent and is open to all :o)

MONDAY 1ST AUGUST

Time	Workshop Title	Name	Location
09:15 - 10:45	Move With The Breath	Georgie Lawlor	Woody's
09:15 - 10:45	Pilates For All	Nikki Middlemass	Colebrook
09:15 - 10:45	Biohacking: The Secrets to Optimum Health	Joe Bains	D3
09:15 - 10:45	Connecting With The Essene Elemental And Nature Angels	Joanna Bristow-Watkins	D4
09:15 - 10:45	Thai Yoga Massage Tips	Hardika Ladva	D5
	Break		
11:15 - 12:45	Mapping The Vision Body - Nioo Dance	Helene Su	Woody's
11:15 - 12:45	Hatha Yoga	Karen Duke	Colebrook
11:15 - 12:45	Hang and Udu Workshop (max 6 people)	Barry Mason & Lina Lotto	Lotus Bell Tent
11:15 - 12:45	Active Empathic Listening	Scott Doane	D2
11:15 - 12:45	The PainFree Experience	Althea Finch	D3
11:15 - 12:45	Creative Writing (adults only)	Mo Levy	D4
11:15 - 12:45	The Bowen Technique	Robert Drury	D7
	Lunch & Pop-Up Market in front of Reception		
14:15 - 15:45	Find Your Voice at Sun & Moon Choir	Carol Donaldson	Woody's
14:15 - 15:45	Conscious Connected Breathwork	Alan Ball	Colebrook
14:15 - 15:45	Forest Bathing Introduction	Katie J Robinson	Meet outside Colebrook
14:15 - 15:45	Dowsing; "What does it all mean?"	Geoff Mitchell	Meet at Reception
14:15 - 15:45	The School of Now	Jonny Whiting	D4
	Break		
16:15 - 17:45	World Dance	Stone Red Fire	Woody's
16:15 - 17:45	KiGong and The Power Brain	Sam	Colebrook
16:15 - 17:45	Elemental Sound & Voice Journey (outside)	Ayla Willow, Alberto & Jamila	Meet at Reception
16:15 - 17:45	Labyrinths, Mazes and Celtic Knotwork Pattern Drawing	Katherine Darton	D2
16:15 - 17:45	The Magenta Pyramid	Caroline Elen	D4
16:15 - 17:45	Sister's Shamanic Yoni Circle	Nicola Croucher	D5
16:15 - 17:45	Release Your Abundance Blocks: Get Back in Flow	Cathy Ballard	D7
	Dinner		
19:00 - 20:30	Sun & Moon Performances	Sun & Moon-ers	Woody's
20:30 - Late	Good Habits (Alt-folk duo)	Band	Woody's

**The pop-up psychic nail bar will be popping up outside the dining tent and is open to all :o)

DEPARTURE DAY - TUESDAY 2ND AUGUST

Time	Workshop Title	Name	Location
11AM	CLOSING CIRCLE & GOODBYES	Scott Doane	In Front of Reception
	Any offers of help packing down very welcome :o)		