

FRIDAY	An Sanctoir	Chakra Palace	Shanti Shala	Mandala Temple	2 Rivers	Sound Temple	Earth Lodge
11.30-9pm	ARRIVALS						
3-4.30pm	Conga Drumming Workshop <i>Mark Townson</i>	Beginner's Acro-Yoga <i>Gillian McIlroy</i>	Labyrinth Making & Intentions Meditation <i>Sharon Quigley</i>	Rewire your brain for health & Happiness (Affirmations) <i>Kitt Keawwantha</i>	History & Practice of Tantric Yoga (An Introductory Talk) <i>Vesco Bondov</i> Finish 5pm	Sargam Indian Singing Practice <i>Atmo Pragyana</i> <hr/> 4-4.30 Open Space	Chai, chill & Chat all day
4.45- 6.15pm	Dance! Unleash your inner Goddess <i>Lisa Lionheart</i> Changeover 5.15 Thai Yoga Massage (Abdominal, sideline & hips) <i>Corinna Fisher</i>	Vinyasa Yoga Flow <i>Chani Waites</i>	Dynamic Zen Yoga <i>Betty O'Toole</i>	Hatha Yoga & relaxation <i>Mariananda Exley</i>	Start 5.15pm Meditation and Minfulness clinic <i>Kitt Keawwantha</i>	Mantra Sounding <i>Venus CuMara</i> Finish 5.30 (ish) <hr/> 5.45 - 6.15 Family Friendly FUN Ayurveda songs and talk <i>Jack Stafford</i>	<i>Improv. Jams, Debates, Bindhi's, India yoga glam through the day</i>
6.15- 7.45pm	Dinner						
7.45-8.30pm	Welcoming Ceremony						
8.30-10.30pm	Earth Dance with <i>Paul Cullen</i>						
10.30- 11pm	Starlight Yoga (around the fire) <i>Corinna Fisher</i>						

TIR NA NØG – Teens and Children’s timetables for this and other areas can be found on separate timetables.