

SATURDAY	An Sanctoir	Chakra Palace	Shanti Shala	Mandala Temple	2 Rivers	Sound Temple	Earth Lodge
7 -8.15am	(7.30-8.15) Yoga Nidra with Restoratives <i>Corinna Fisher</i>	Laughter Yoga <i>Kiaran</i>	Ashtanga <i>Matt Mulcahy</i>	Dynamic Zen Yoga <i>Betty O'Toole</i>	(7.30-8.00) OM Yoga Nidra <i>Clair Lalor</i>	Dowsing <i>Sharon Quiggley</i>	
7.30-9.15am	Breakfast						
9.15-9.45am	Morning Circle						
10-11.30am	African Drumming Circle & Song <i>Jonathan Barlow & Corinna Fisher</i> Finish 12 noon	Contact improvisation <i>Tara Brandel</i>	Scaraveli Yoga <i>Margaret Hardman</i>	Yoga, movement & pranayama play shop <i>Clair Osbourne</i> Finish 12 noon	Creative Meditation <i>Ellie La Trobe</i> Finish 11.15am	Mantra Sounding <i>Venus CuMara</i>	Chai, chill and chat All Day
					Start 11.30 Introduction to		
11.45-1.15pm	Start 12.15 Zen Meditation <i>Charlie Stevens</i>	Sound Healing Qigong, Japa Chant <i>Yogi Cho</i>	Pranayama <i>Betty O'Toole</i>	Start 12.15 Teen Yoga <i>Lisa Lionheart</i> Finish 1.15	Soul Journaling <i>Kitt Keawwantha</i>	Sounding <i>Clair Lalor</i>	<i>Improv Jams, Debates, Bindhi's, Poetry</i>
1.15-3.15pm	Lunch						
3.15-4.45pm	Being with Inner Experience <i>Clair Lalor</i>	Super Power Alchemy Yoga <i>Ellie La Trobe</i>	Tai Chi Qigong. (Cultivation of divine universal love) <i>Pam Skinner</i>	Kundalini Yoga <i>Mukhande Kaur</i>	Womb Yoga for Women's health and vitality <i>Bella Hancock</i>	Tree Calendar (Meditation & Drum Journey) <i>Lisa & David</i>	<i>India yoga glam through the day</i>
5-6.30pm	Gong Bath, Earth Sounds journey <i>Sharon Quigley</i>	Start 5.30 BAZZAR Until 7.30	Devi Dance: A yoga of dance <i>Bella Hancock</i>	Art of Observation Meditation & Sketching <i>Corina Thornton</i>	The Story of the Heart <i>Charlie Stevens</i>	Laughter Yoga <i>Kiaran</i>	
6.30-8pm	Dinner						
8-10pm	Cosmic Caberet						
10.00-11.30pm	Niwel Tsimbu	Eamonn Cagney					

