

TIMINGS	FRIDAY 12 <sup>TH</sup> FEBRUARY 2010 - VENUS DAY	
1400 – 1600	<p>Arrivals from 2 pm – WELCOME.</p> <p>Please check in with Jane and her team at the office (on the left before you reach the main house, and pick up your key. Settle into your room and meet us to say hello in the main hall when you are ready. Tea and snacks available in the dining room.</p> <p>NB : The bubbling spring of healing waters is in front of the main house, in the far end of the lower part of the garden beneath the GIANT sycamore tree. Fill your water bottles from her, give thanks and Enjoy!</p> <p>NB: <i>About the programme: this is an informal and friendly gathering, so you are free to float between sessions, or take time out for yourself to enjoy the surrounding countryside, or the healing therapies on offer, just as you choose. Feel at home!</i></p>	
1600 – 1800	<p>WELCOMING YOGA PRACTICE IN THE MAIN HALL – with Shambhavi</p> <p>SUNSET YOGA: WOMEN'S END OF WEEK PRACTICE FOR RELAXATION, POST-TRAVEL DE-STRESS AND REVITALISATION, ALL WITH RESPECT FOR WHERE YOU ARE IN YOUR MENSTRUAL / LIFE CYCLE TODAY. (asana, pranayama, mantra and yoga nidra)</p>	
1800	<p><b>SUPPER IN THE DINING HALL</b> – Pre and post meal grace/chanting/meditation to express gratitude for abundance</p> <p>MEETING AND GREETING OUR LOVELY YOGA SISTERS</p>	<p><b>THERAPY APPOINTMENTS:</b> A wonderful team of healers and therapists will be visiting us throughout the weekend, working in the bedroom next to the BLUE ROOM, and also a free times in the Blue Room too) : Options include: Thai yoga massage, holistic beauty treatments, cranial osteopathy, reiki, reflexology, creative healing, ayurvedic massage, and yoga therapy one to ones - check the available appointments on the doors and sign up for a time that suits you). Please settle up payment for your treatments directly with the therapists. Thank you.</p>
1900- 2100	<p>BLUE ROOM</p> <p>JAI MA! Devotional singing and sacred sound with Thrisha, Uma and Shambhavi: A sonic coming into womanhood, connection with the feminine energy through chants and sung mantras. Call and response, easy to follow, accessible to everyone, even if you've never sung this way before!</p>	<p>MAIN HALL</p> <p>YOGA DANCE WITH Helen The theme of the dance is SISTERHOOD, and it includes some yoga based warm ups, and led movement and dance sequences on the theme of sisterhood. A gentle and energising practice, for all to enjoy. The music is a flowing stream of CD tracks put together by Helen.</p>
2115- 2200	<p>MAIN HALL</p> <p>YOGA NIDRA: a psychic journey from <i>Girlhood to womanhood</i>. Bring blankets and cushions (wear your pyjamas and nighties if you like) for night-time yoga nidra, meditation, and good night chants with Uma. Please keep silence from the end of this practice until you reach your rooms, and then SHHH!</p>	
2230	<p><b>SWEET DREAMS. SHANTI SHANTI SHANTI</b> Please respect those who have chosen to keep silence til the end of breakfast tomorrow, and only speak soft and low if you need to.</p>	

Time / Space	<b>SATURDAY 13TH - SATURN'S DAY</b>	
0645 - 0725	<b>WOODLAND MEDITATION SPACE:</b> DAWN LIGHT PRACTICE of meditation and chant. Session led by Uma. Walk through the woods to join us for silent sitting, followed by 108 Gayatri Mantras. Join us when you can and stay as long as you like. Dress super warm and bring your blanket. (Head up around the back of the main hall, through the garden and out through the back garden wall, up into the woods. Signs will be there, the woodland meditation space is very close by in the trees).	
0730 0830	MAIN HALL: PRE -BREAKFAST HATHA YOGA to embrace femininity: with Shambhavi Move, stretch, awaken with asana and pranayama, mudra and bandha – gentle rhythmic movements and breath to free your energy and vitality.	
0830 0900	BREAKFAST in the DINING HALL Pre and post meal grace/chanting/meditation to express gratitude for abundance	
0930-1300 (tea break at 11)	MAIN HALL <b>RESPECT FOR THE ELEMENTS AND CYCLES with Uma/Jennifer</b> an accessible integrated practice of yoga with awareness of the tattwas (elements) to promote harmony and to nurture the heart/earth connection. Including – earth worship dance barefoot on the lawn and menstrually aware practice.	BLUE ROOM <b>LIVING OUR YOGA-- with Shambhavi /Uma</b> How do we bring the benefits of yoga practice into our everyday life? How can the food we eat, and the way we live our lives be harmonious and vital for us and our friends and families at all stages of our lives? Questions, answers, recipes, spells, sharings and techniques!
1300 1400	LUNCHTIME in the dining room Pre and post meal grace/chanting/meditation to express gratitude for abundance. AFTER LUNCH WALK LEAVES FROM MAIN ENTRANCE at 13.45, with optional short and longer routes to worship Mother Nature!	<b>THERAPY ROOM APPOINTMENTS ALL DAY:</b> (room next to the BLUE ROOM, and also a free times in the Blue Room too) : Thai yoga massage, holistic beauty treatments, cranial osteopathy, reflexology, ayurvedic massage, and yoga therapy one to ones - check the available appointments on the doors and sign up for a time that suits you.
1400 - 1600	MAIN HALL <b>DEVI PUJA: GODDESS WORSHIP –with Sundari/Uma..</b> Devotional chants and mantras to different aspects of the divine feminine energy, and meditation on the yantras (mandalas) Theory, followed by practice and time for questions. .	BLUE ROOM Ayurveda and yoga for women's health with Sofya – How do we bring the benefits of Ayurveda (the Indian 'science of life') into our every day life? Theory and practice for all stages of a woman's life.
1600	TEA TIME – treats in the DINING HALL	
1630 - 1800	MAIN HALL Strength and vitality – balance and poise. Hatha yoga practice of postures and breathing followed by tratak (focused gazing) on the goddess yantras	BLUE ROOM Therapy appointments with our team of healing sisters (see list above)  1715 – 1800 YANTRA & MANDALA COLOURINGS Creative colouring for peace, harmony and self-expression.
1800	SUPPER IN THE DINING HALL – Pre and post meal grace/chanting/meditation to express gratitude for abundance	
1900 - 2100	BLUE ROOM Bhakti way – the devotional heart of yoga – Devotional singing and sacred sound with Thrisha, Uma and Shambhavi. Connecting with the spirit and heart of SHAKTI in her fullness.	MAIN HALL YOGA DANCE WITH Helen The theme of the dance is STEPPING INTO OUR POWER, and it includes some yoga based warm ups, and led movement and dance sequences .The music is a flowing stream of CD tracks put together by Helen.
2115-2200	MAIN HALL YOGA NIDRA: ' <i>In the fullness of our femininity</i> ': Bring blankets and cushions (wear your pyjamas and nighties if you like) for night time yoga nidra, meditation, and goodnight chants with Uma. Please keep silence from the end of this practice until you reach your rooms, and then SHHH!	
2230	<b>SWEET DREAMS. SHANTI SHANTI SHANTI</b> Please respect those who have chosen to keep silence til the end of breakfast tomorrow, and only speak soft and low if you need to.	

Time / Space		SUNDAY 30TH - SUN'S DAY	
0645 - 0725	<b>WOODLAND MEDITATION SPACE:</b> DAWN LIGHT PRACTICE of meditation and chant . Session led by Uma. Walk through the woods to join us for silent sitting, followed by 108 Gayatri Mantras. Join us when you can and stay as long as you like. Dress super warm and bring your blanket. (Head up around the back of the main hall, through the garden and out through the back garden wall, up into the woods. Signs will be there, the woodland meditation space is very close by in the trees).		
0730 - 0830	MAIN HALL: PRE -BREAKFAST HATHA YOGA to connect with FEMININE POWER with Shambhavi Move, stretch, awaken with asana, pranayama, mudra and bandha – gentle rhythmic movements and breath to free your energy and vitality.		
0830 - 0900	BREAKFAST in the DINING HALL Pre and post meal grace/chanting/meditation to express gratitude for abundance  MORNING WALK to worship Mother Nature LEAVES MAIN ENTRANCE 0900 returning 1000.	<b>THERAPY APPOINTMENTS ALL DAY:</b> (in the room next to the BLUE ROOM, , and also a free times in the blue room too) :Thai yoga massage, holistic beauty treatments, cranial osteopathy, reflexology, ayurvedic massage, and yoga therapy one to ones - check the available appointments on the doors and sign up for a time that suits you).	
1000 – 1300 (tea break at 11)	MAIN HALL 1000-1115 Goddess Worship (Devi Puja) with Sundari, and Uma. Mantra, chanting and meditation on the divine feminine essence, using yantra (mandalas) and mudras (hand gestures) followed by 1130-1300 Hatha yoga practice to connect with the feminine energy of SHAKTI as mother, nurturer and provider, including sequences for postnatal strength/recovery and for avoidance and management of prolapse and other interesting pelvic problems. Designed to boost vitality and lift your spirits (as well as your pelvic organs!)	BLUE ROOM DISCOVERING THE POWER OF THE MENSTRUAL CYCLE Seminar/ discussion workshop with Alexandra Pope. A journey of discovery, illumination, sharing, and empowerment for all women, guided by the most experienced and engaging menstrual guru on the planet!	
1300-1400	LUNCHTIME in the dining room Pre and post meal grace/chanting/meditation to express gratitude for abundance		
1400-1515	MAIN HALL INTO OUR WISDOM YEARS WITH HATHA YOGA: riding the peri-menopausal waves and looking beyond to the crone years. Practical yoga therapy (dynamic asana, restorative asana, pranayama and meditations) for wisdom and empowerment. With Uma/ Sofya	BLUE ROOM Yoga for everyday life: further discussion, sharing, recipes and tips for brining the balance of yoga into our kitchens, bathrooms, offices, wardrobes, and cars! With Shambhavi.	
1515 in the MAIN HALL –FINAL YOGA NIDRA (bring your blankets!) : <i>'Into the coming years of Women's Power'</i> followed by a CLOSING CEREMONY, positive networking and then at 1600 Time to go home! Goodbyes!			