

**WARM WELCOME TO THE SECOND SANTOSA PAN-YOGA GATHERING AUGUST 2007: schedule and site info.**

Please check the daily updates on the board for last minute changes and additional delights

WEDNESDAY 22						THURSDAY 23				
0545 – 0600 <b>108 Gayatris: chanting</b> , main circle at dawn every morning. All welcome. You can join or leave at any point.										
0700 – 0800 <b>Group meditation</b> in the meditation space every morning. Silent sitting. All welcome.										
Space/Time	Whale	Big Dome	Medium Dome	Kids Tent	Meditation space	Whale	Big Dome	Medium Dome	Kids Tent	Meditation space
0830-1000	OPENING					ASHTANGA YOGA - Pam				YOGA NIDRA /PRANAYAMA - Barry
1000-1200	IYENGAR YOGA - Kevin		SATYANANDA YOGA - Ramdas	FAMILY YOGA all ages from 11am		IYENGAR YOGA - Kevin	YOGA FOR RELAXATION		YOGA adventure - Umarati	MUM & BABY YOGA Shraddha
1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME										
1400-1600	BALANCE YOGA - Andrea		YOGA FOR KIDS	CRAFT - Amanda		Exploring radical openness - Peter	ACRO YOGA -Jacqui	KIDS YOGA	LANTERN MAKING Annika	
16.30 -1800	CHAKRA YOGA - Deepak & Sally				TALKING CIRCLE For anyone who wants to talk to others	YOGA OF SOUND - Stefan	EGOSCUE POSTURAL ALIGNMENT - Pam			TALKING CIRCLE For anyone who wants to talk to others
From 1830	Gayatris & KIRTAN – all welcome					Gayatris & KIRTAN – all welcome				
2300 QUIET PLEASE EVERYONE 23 00 - QUIET PLEASE EVERYONE 23 00 - QUIET PLEASE EVERYONE 23 00 -										

This programme is subject to change at any time and individual teachers will decide on the length of the sessions that they wish to offer within the allotted time slots. This may mean cancellation and/or wonderful impromptu spontaneous opportunity!

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FRIDAY 24						SATURDAY 25				
0545 – 0600 <b>108 Gayatris: chanting</b> , main circle at dawn every morning. All welcome. You can join or leave at any point.										
0700 – 0800 <b>Group meditation</b> in the meditation space every morning. Silent sitting. All welcome.										
Space/Time	Whale	Big Dome	Medium Dome	Kids Tent	Meditation space	Whale	Big Dome	Medium Dome	Kids Tent	Meditation space
0830-1000	ASHTANGA YOGA - Pam	ACRO YOGA -Jacqui			Yoga Nidra & Pranayama- Barry	ASHTANGA YOGA –				YOGA NIDRA /PRANAYAMA - Barry
1000-1200	SHADOW YOGA – Sasha	ROOTS & WINGS - Andrea		YOGA adventure - Umarati	MUM & BABY YOGA Shraddha	SHADOW YOGA – Sasha	THAI YOGA MASSAGE – Sonjja		YOGA adventure - Umarati	MUM & BABY YOGA Shraddha
1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME										
1400-1600	KUM NYE TIBETAN YOGA - Amanda	YOGA OF SOUND - Stefan		LANTERN MAKING Annika		KASHMIR YOGA	Awaken spine with chanting - Chris		LANTERN MAKING Annika	
16.30 -1800	YIN YOGA - Sundari	PARTNER YOGA - Ali	Awaken spine with chanting - Chris		TALKING CIRCLE For anyone who wants to talk to others	KUM NYE TIBETAN YOGA Amanda	LAUGHTER YOGA – Carrie	CHAKRA YOGA – Deepak & Sally		TALKING CIRCLE For anyone who wants to talk to others
From 1830	Arati Bhajans & Kirtan with Babajis					Kirtan with Elahn & friends. Celebration.				
2300 QUIET PLEASE EVERYONE - 2300 QUIET PLEASE EVERYONE 23 00 - QUIET PLEASE EVERYONE 23 00 -										

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SUNDAY 26						MONDAY 27				
0545 – 0600 <b>108 Gayatris: chanting</b> , main circle at dawn every morning. All welcome. You can join or leave at any point.										
0700 – 0800 <b>Group meditation</b> in the meditation space every morning. Silent sitting. All welcome.										
Space/Time	Whale	Big Dome	Medium Dome	Kids Tent	Meditation space	Whale	Big Dome	Medium Dome	Kids Tent	Meditation space
0830-1000	ASHTANGA YOGA				Yoga Nidra pranayama - Barr	IYENGAR YOGA - Kevin		Toddler's dance – Mary	KID'S YOGA - Umarati	YOGA NIDRA /PRANAYAMA - Barry
1000-1200	SHADOW YOGA - Sahsa		Young children's dance – Mary	YOGA Adventures		CLOSING CEREMONY FOR ALL				
1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME - 1200- 1400 LUNCHTIME										
1400-1600	JOURNEY THROUGH CHAKRAS - Sundari	Exploring radical openness – Peter Yates		Making pots		FAREWELLS AND HOME TIME				
16.30-1800	LAUGHTER YOGA - Carrie	KASHMIR YOGA	CHAKRA YOGA Deepak & Sally	TALKING CIRCLE For anyone who wants to talk to others						
From 1900	Tantrik / Shamanic dance ceremony - Peter Taylor									
2300 QUIET PLEASE EVERYONE 23 00 - QUIET PLEASE EVERYONE 23 00 - QUIET PLEASE EVERYONE 23 00 -										

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**SITE AGREEMENT - Please remember to read and sign the Santosa site agreement when you arrive.**

**FIRST AID STATION – GATE TENT - Our on-site medic is available in case of emergency.**

### **PARKING FOR CARS, VANS, CAMPERVANS AND BUSES**

This is important: to avoid creating muddy tracks, to give everyone enough space, and to prevent your vehicle getting stuck,

**PLEASE park your car up at the gate end of the field in the car park.**

Vans and campervans which you are planning to drive on and off site during the gathering, please park close to the car park section of the field – either by the fence, or at the hedges. If you are in a live-in vehicle or campervan and will not be driving across the field or leaving your pitch for the duration of the festival, then you are welcome to park up along the hedges.

**TENTS - You can pitch any where you choose in between fire lanes, either the middle, or at the hedges, keeping the fire lanes free.**

### **PARENTS AND CHILDREN**

There is no childcare or crèche facility on site. Parents are reminded that they are responsible for their own children at all times. Children of school age and above are welcome to join the children's classes, activities and craft events, provided they are happy to be there alone, and younger siblings are welcome, but do note that the workshop leaders/teachers prime responsibility is to run an event for the delight of the group, and not to mind children who require further adult supervision. If in doubt, please discuss your child's needs with the workshop leader and ensure that your child knows where to find you if they need you. There are many scheduled events for family groups to enjoy together and children are also welcome at other sessions at the discretion of the workshop leader.

### **HEALERS AND THERAPISTS**

We are blessed to have a wonderful range of therapies and treatments available on site. Some healers will be working from their own spaces, and others will be sharing the communal healing space on a rota basis. Please book appointments with individual healers, and settle up with them. Healers are welcome to attend the gathering on an energy-exchange basis, making a donation at the end if they wish, proportionate to any income generated at the gathering. Please see Uma (in yurt or bell tent, after café on left) if you wish to work as a healer on site. Thanks.

### **TEACHERS AND WORKSHOP LEADERS**

There are over twenty teachers scheduled to offer sessions through the gathering. If you are scheduled on the timetable, make sure you check in with Amanda (blue van on the left after the café) so she knows you are here. If you are not scheduled to teach but have skills and the desire to offer a session, please also make yourself known to Amanda for her list of cover teachers or alternative session leaders. Thank you.

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## **SINGERS AND MUSICIANS**

In addition to the chanting and sound workshops scheduled through the day we also have an evening music session scheduled everyday from 1830. If you would like to participate, please bring your voices and instruments. On Friday and Saturday we have visiting kirtanists who will be leading the sessions, but others are welcome to join in after the guests's sessions wind down. Dancing on Sunday evening. Thank you.

## **LOOS**

Composting drop loos are located towards the gate end of the field on the left. Toilet paper, sawdust and soap provided. Please leave them as you would wish to find them, and make sure young children do the same: put a handful of sawdust over your doings and use the tea tree soap to wash your hands at the tap.

## **CATERING**

**Outer Regions Vegetarian Café (on left at start of main circle)** Soup, chai, cakes and other tasty things to eat available from Lowenna, Chief and team in the Outer Regions Café. Their speciality is Tibetan Mo-mos (veggie parcels).

## **COOKING and food**

When cooking, please be mindful of safety with your cooking equipment. Raw vegetable waste can be put into the hedges for composting. Please take packaging away for recycling. There are free, biodegradable black bags for rubbish at the gate tent – please bring it away with you. Thank you. **Basics on sale** : Soya milk, oat cakes, baked beans and a few other items including treats and snacks are available at the gate tent. There are food shops in nearby Shepton Mallet (2 miles).

## **WATER – HOT AND COLD**

Drinking, cooking and washing water is available from the standpipes and sink taps around the edges of the field. Please close the taps securely after use. Hot water for washing, showers and hot tubs are at the far end of the field on the left, past all the big yoga structures. Please shower before entering the hot tubs.

**Any queries or questions please go to the gate tent**

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