

Time / Space	MONDAY 24TH - MOON DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatris & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...)					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 – 0930	(1) ASHTANGA YOGA Michael / Open level	(2) INTEGRAL YOGA Manjula	(3) HATHA YOGA Deepa	0815 - 0915 (54) DAILY BHAJANS & KIRTAN. All welcome. Habiba & Buddhenath		0730 – 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	(4) IYENGAR YOGA Carol / Intermediate	(5) DYNAMIC HATHA YOGA / Giuseppina	(49) TEEN YOGA Emma	YOGA with BABIES toddlers welcome (6) Uma / Barbara	YOGA for KIDS (7) Janine	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	(8) QI GONG (or outside) 1200-1300 Jacob	(9) YOGA NIDRA 1200-1300 Giuseppina	LUNCHTIME 1200- 1400 LUNCHTIME		1330-1400 PARENTS' MEETING For all parents with children on site	
1400-1600	TIBETAN YOGA (37) Amanda	AYURVEDIC YOGA VINYASAS (51) Yogini Uma	SHAKTI DANCE Introductory Workshop (54) Anjali	YANTRA & MANDALA COLOURING For the young and young at heart! Kath	YOGA GAMES (12) Veronika STEINER SPACE Hannah	HEALERS & THERAPISTS APPOINTMENT ROTA
1630 - 1800	HATHA YOGA (13) James & Alice	KUNDALINI YOGA (52) James	HYPNOTIC RELAXATION (54) Nirlipta		FACEPAINTING Helen WEAVING FOR KIDS Uma	VOICE (14) Morven
1900-1930	OPENING FIRE RITUAL AROUND THE COMMUNAL CAMP FIRE IN THE MAIN CIRCLE. With Agnimitra & Merlin. All welcome.					
1930 – 2130	BIG WELCOME FOR THE OPENING CELEBRATION IN THE BIG DOME. GANESHA PUJA – with Pandit Mukesh from Pushkar All welcome, join us when you can and stay as long as you are able.					
23.00 QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families with young children who all need their sleep. If you want to hang out, then do it around the main circle campfire <i>only</i> please, and keep it SHANTI SHANTI SHANTI						

Time / Space	TUESDAY 25TH - MARS DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatris & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...)					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 – 0930	(1) ASHTANGA YOGA Michael / Intermediate level	(2) INTEGRAL YOGA Manjula	(3) HATHA YOGA Deepa	0815 - 0915 (54) DAILY KIRTAN & BHAJANS. All welcome. Habiba & Buddhenath		0730 – 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	(4) IYENGAR YOGA Carol / Intermediate	(5) DYNAMIC YOGA Giuseppina	TEEN YOGA (15) Helen	YOGA with BABIES (toddlers and others welcome) (7) Uma / Barbara	YOGA for KIDS (16) Connie	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	QI GONG (or outside) 1200-1300 (8) Jacob	LUNCHTIME 1200-1400 LUNCHTIME				
1400-1600	BEGINNERS' ASHTANGA WORKSHOP (17) Joey	SIVANANDA YOGA (18) Jasmin	YOGA ASANAS (42) Sasha	YANTRA & MANDALA COLOURING For the young and young at heart! Kath	STORYTELLING FOR KIDS (19) Sam and John STEINER SPACE Hannah	FROM 1430 BEGINNERS' BHAJANS (Indian Devotional Song) With Bharati & Dinesh Practice your favourites, and learn new ones!
1630 - 1800	HATHA YOGA (13) James & Alice	KUNDALINI YOGA (52) James	AYURVEDIC YOGA VINYASAS (51) Yogini Uma	1600-1700 FACEPAINTING Helen	CRAFT FOR KIDS Nicole	VIPASSANA MEDITATION (20) Jake
1900-1930 1930 – 2130	EVENING FIRE RITUAL AROUND THE COMMUNAL CAMP FIRE IN THE MAIN CIRCLE. With Agnimitra & Merlin. All welcome. DEVOTIONAL SINGING (1930-2030) with Buddhenath, Bharati, Dinesh & friends All welcome. In the BIG DOME followed by YOGA DANCE with Helen (from 2030) in the WHALE					
23.00 QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families with young children who all need their sleep. If you want to hang out, then do it around the main circle campfire <i>only</i> please, and keep it SHANTI SHANTI SHANTI						

Time / Space	WEDNESDAY 26TH - MERCURY DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatris & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...)					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 – 0930	(1) ASHTANGA YOGA Michael / Mysore Style	(21) SATYANANDA YOGA Hannah / Ramdass	(22) HEART-OPENING HATHA PART ONE Morven	0730 – 0800 Chanting with Thrisha, Tom, Bharati, Dinesh & friends. All welcome. 0815 -0915 (54) DAILY KIRTAN & BHAJANS. All welcome. Habiba & Buddhenath		0730 – 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	(23) IYENGAR YOGA Amanda	(24) VINYASA FLOW YOGA Nicchi	TEEN YOGA (15) Helen	YOGA with BABIES (toddlers and others welcome) (6) Uma / Barbara	YOGA for KIDS (7) Janine	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	QI GONG (or outside) 1200-1300 (8) Jacob	YOGA NIDRA 1200-1300 (9) Giuseppina	LUNCHTIME 1200- 1400 LUNCHTIME			
1400-1600	BACKBENDING WORKSHOP Intermediate level (25) Michael	THE HUMAN VOICE – YOGA OF SOUND (26) Stefan	YOGA ASANAS (42) Sasha	YANTRA & MANDALA COLOURING For the young and young at heart! Kath	YOGA GAMES (12) Veronika STEINER SPACE Hannah	FROM 1430 BEGINNERS' BHAJANS (Indian Devotional Song) With Bharati & Dinesh Practice your favourites, and learn new ones!
1630 - 1800	HATHA YOGA (13) James & Alice	KASHMIR YOGA (10) Nicole	TEACHINGS OF BABAJI (54) Talk and meditation Peter Taylor	1600-1700 FACEPAINTING Helen	WEAVING FOR KIDS Uma	VIPASSANA MEDITATION (20) Jake
1900 – 1930 1930-2200	EVENING FIRE RITUAL AROUND THE COMMUNAL CAMP FIRE IN THE MAIN CIRCLE. With Agnimitra & Merlin. All welcome. DEVOTIONAL SINGING (1930-2030) with Buddhenath, Tom, Thrisha, Bharati, Dinesh & friends All welcome. In the BIG DOME followed by DANCE RITUAL CEREMONY (from 2000) (54) with Peter Taylor in THE WHALE, around the fire, wherever the spirit moves!					
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Time / Space	THURSDAY 27TH - JUPITER DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatri & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...)					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 - 0930	(27) ASHTANGA YOGA Laura / Open level	(28) SATYANANDA YOGA Abhijeeta	0730 -0830 (29) MEDITATION ON SUBTLE SOUND Stefan	0815 -0915 (54) DAILY KIRTAN & BHAJANS. All welcome. Habiba & Buddhenath		0730 - 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	(22) HEART-OPENING HATHA PART TWO Morven	(24) VINYASA FLOW YOGA Nicchi	YOGA FOR WOMEN NATURAL: MENSTRUATION AND YOGA WORKSHOP Uma	YOGA with BABIES (toddlers and others welcome) (6) Barbara	(30) FREESTYLE YOUTH YOGA / Andrea 1000 Ages 8-12 1100 Ages 12-16	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	QI GONG (or outside) 1200-1300 (8) Jacob	YOGA NIDRA 1200-1300 (9) Giuseppina	LUNCHTIME 1200- 1400 LUNCHTIME			
1400-1600	SCARAVELLI YOGA (31) Claudia	FULL MOVEMENT METHOD Talk & Demo (32) Lisa	SANTOSA BAZAAR ALL AFTERNOON COME BRING <COME BUY AT THE AFTERNOON MARKETPLACE! Books, instruments, CDs, clothes and treats.	YANTRA & MANDALA COLOURING For the young and young at heart! Mel	STORYTELLING FOR KIDS (19) Sam and John STEINER SPACE Hannah	HEALERS & THERAPISTS APPOINTMENT ROTA
1630 - 1800	HATHA YOGA (13) James & Alice	VINYASA FLOW YOGA (34) Romy		1600-1700 FACEPAINTING Helen	CRAFT FOR KIDS Nicole	HEALERS & THERAPISTS APPOINTMENT ROTA
1900 - 1930	EVENING FIRE RITUAL AROUND THE COMMUNAL CAMP FIRE IN THE MAIN CIRCLE. With Agnimitra & Merlin. All welcome.					
FROM 1930	DEVOTIONAL SINGING (1930-2030) with Buddhenath, Tom, Thrisha, Bharati, Dinesh & friends All welcome. In the BIG DOME. SHAKTI DANCE (from 2000) with Anjali in THE WHALE.					

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Time / Space	FRIDAY 28TH - VENUS DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatris & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...)					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 - 0930	ASHTANGA YOGA (27) Laura / Open	SATYANANDA YOGA (29) Hannah / Ramdass	KUNDALINI YOGA (43) Jaikartar	0815 -0915 (54) DAILY KIRTAN & BHAJANS. All welcome. Habiba & Buddhenath		0700 -0730 LAUGHTER YOGA (33) Carrie 0730 - 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	HATHA YOGA (3) Deepa	DYNAMIC HATHA YOGA (35) Katriye	TEEN YOGA (15) Helen	YOGA with BABIES (toddlers and others welcome) (6) Uma / Barbara	KIDS' YOGA (16) Connie	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	QI GONG (or outside) 1200-1300 (8) Jacob	LUNCHTIME 1200-1400 LUNCHTIME				
1400-1600	SCARAVELLI YOGA (31) Claudia	IMPROVISING MUSIC (36) Stefan	ART IN A FIELD (50) Drawing and painting for all. Outside if fine. Paul Reilly	YANTRA & MANDALA COLOURING For the young and young at heart! Mel	QI GONG ADVENTURES FOR KIDS (38) Lisa STEINER SPACE Hannah	HEALERS & THERAPISTS APPOINTMENT ROTA
1630 - 1800	HATHA YOGA (39) Simon	VINYASA FLOW YOGA (34) Romy	AYURVEDIC YOGA VINYASAS (51) Yogini Uma	1600-1700 FACEPAINTING Helen	WEAVING FOR KIDS Uma	HEALERS & THERAPISTS APPOINTMENT ROTA
1900 - 1930	EVENING FIRE RITUAL AROUND THE COMMUNAL CAMP FIRE IN THE MAIN CIRCLE. With Agnimitra & Merlin. All welcome.					
FROM 1930	DEVOTIONAL SINGING (1930-2030) with Buddhenath, Tom, Thrisha, Bharati, Dinesh & friends All welcome. In the BIG DOME. EVENING KIRTAN CONCERT (from 2000) with Naryani and Jason Kalidas in THE WHALE					
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Time / Space	SATURDAY 29TH - SATURN'S DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatris & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...) 0700 -0730: LAUGHTER YOGA in the Whale (33) Carrie					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 – 0930	ASHTANGA YOGA MYSORE STYLE (40) Joey	RELAX & ENERGISE (41) Barry	(29) MEDITATION ON SUBTLE SOUND Stefan	0815 -0915 (54) DAILY KIRTAN & BHAJANS. All welcome. Habiba & Buddhenath		0730 – 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	SATYANANDA YOGA (28) Abhijeeta	YOGA (42) Sasha	KUNDALINI YOGA (43) Jaikartar	YOGA with BABIES (toddlers and others welcome) (6) Uma / Barbara	(30) FREESTYLE YOUTH YOGA / Andrea 1000 Ages 8-12 1100 Ages 12-16	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	QI GONG (or outside) 1200-1300 (8) Jacob	LUNCHTIME 1200- 1400 LUNCHTIME				
1400-1600	ACRO YOGA FUNdamentals (45) Jesse & Erica	RADICAL OPENNESS PART ONE (46) Peter	SANTOSA BAZAAR ALL AFTERNOON COME BRING < COME BUY AT THE AFTERNOON MARKETPLACE! Books, instruments, CDs, clothes and treats	YANTRA & MANDALA COLOURING For the young and young at heart! Mel	STORYTELLING FOR KIDS (19) Sam and John STEINER SPACE Hannah	HEALERS & THERAPISTS APPOINTMENT ROTA
1630 - 1800	HATHA YOGA (39) Simon	CENTAUR YOGA (47) Chris Gladwell		1600-1700 FACEPAINTING Helen	QI GONG GAMES FOR AGES 0 -100 - Lisa CRAFT FOR KIDS Nicole	MUSIC, MANTRA & MEDITATION (48) Jaikartar
1930 – 2130	DEVOTIONAL SINGING IN THE WHALE – all welcome, join us when you can and stay as long as you are able. BARDO MUSE RECITAL in the BIG DOME – Be transported! Blissful music from Stefan and friends					
23.00 QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families with young children who all need their sleep. If you want to hang out, then do it around the main circle campfire <i>only</i> please, and keep it SHANTI SHANTI SHANTI						

Time / Space	SUNDAY 30TH - SUN'S DAY					
Main Circle Early	0545-0615: Chanting 108 Gayatris & Hanuman Chalisa, at dawn each morn. All welcome. Come when you can; stay as long as you are able. 0700-0730: Barefoot in the dew, daily morning dance/song/earth worship (Pawnee women's Dance of Life, plus other dancing fun...)					
	Whale	Big Dome	Medium Dome	Small Dome	Kids Bender	Meditation Space
0730 – 0930	ASHTANGA YOGA OPEN (40) Joey	SATYANANDA YOGA (29) Hannah / Ramdass	RELAX & ENERGISE (41) Barry	0730 – 0800 Chanting with Thrisha, Tom, Bharati, Dinesh & friends. All welcome. 0815 -0915 (54) DAILY KIRTAN & BHAJANS. All welcome. Habiba & Buddhenath		0700 -0730 LAUGHTER YOGA (33) Carrie 0730 – 0800 Silent sitting
0930 - 1000	DAILY MORNING MEETING: SHARING AND CAMP BUSINESS, WITH CHAI AND BISCUITS ROUND THE FIRE (or inside Whale if wet). All karma yogis very welcome. All crew present, and lots of jobs to be given out if you want to help!					
1000-1200	SIVANANDA YOGA (53) Louisa	YOGA ASANA (43) Sasha	TEEN YOGA (49) Emma	YOGA with BABIES (toddlers and others welcome) (6) Uma / Barbara	YOGA GAMES (12) Veronika	HEALERS & THERAPISTS APPOINTMENT ROTA
1200-1400	QI GONG (or outside) 1200-1300 (8) Jacob	1200 -1300 YOGA NIDRA (44) James & Alice	LUNCHTIME 1200-1400 LUNCHTIME			
1400-1600	ACRO YOGA INVERSION & ACROBATICS (45) Jesse & Erica	RADICAL OPENNESS PART TWO (46) Peter	ART IN A FIELD (50) Drawing and painting for all. Outside if fine. Paul Reilly	NATURAL MENSTRUATION AND YOGA WORKSHOP Uma	(30) FREESTYLE YOUTH YOGA / Andrea 1400 Ages 8-12 1500 Ages 12-16 STEINER SPACE Hannah	HEALERS & THERAPISTS APPOINTMENT ROTA
1630 - 1800	DYNAMIC HATHA YOGA (35) Katriye	LAUGHTER YOGA (33) Carrie	CENTAUR YOGA (47) Chris Gladwell	GIFT BOX MAKING For the young and young at heart! Sarah	WEAVING FOR KIDS Uma	
1830 – 2130	SHARED CAMP COMMUNITY MEAL 1830 – 1930 - THE YOGA OF EATING TOGETHER – BRING YOUR MEAL AND EAT IN THE MAIN CIRCLE, THEN JOIN THE CLOSING CELEBRATION WITH MUSIC, DANCE AND SONG IN THE WHALE – all welcome, join us when you can and stay as long as you are able.					
23.00 QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families with young children who all need their sleep. If you want to hang out, then do it around the main circle campfire <i>only</i> please, and keep it SHANTI SHANTI SHANTI						

