



Content and times may change in the final programme

FRIDAY

SHIVA BLISS		
Start	Finish	Class/Workshop
17:00	18:00	Welcome meet and greet Anand & Ildy
18:00	19:00	Prana Flow - taste the nectar of life Clare Lovelace
19:00	20:00	Dinner
20:00	20:45	Satsang Q+A Patanjali and Shiva Sutras (open discourse) with Anand

FRIDAY

SHAKTI BLISS		
Start	Finish	Class/Workshop
18:00	19:00	Ashtanga Yoga Jane Clark
		Dinner

21:00	23:00	Sound bath healing Neil Oliver
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21:00	23:00	Tribal dance Angela Noble
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SATURDAY

SHIVA BLISS		
Start	Finish	Class/Workshop
7:00	8:30	Morning Kundalini Tantra Yoga Practice (with Sanjeevani Kriya) Anand and Ildiko

8:30	9:30	Breakfast
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10:00	11:00	Asana in motion Charlotte and Daniel
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11:00	12:00	Dynamic Flow Emily Taylor
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12:00	13:00	The Art of core strength - Vinyasa Lara Derby
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13:00	14:00	Lunch
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14:00	15:00	Bringing the energetic body and bandhas to life Sarah Haden and Hugh Poulton
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15:00	16:00	Vinyasa Flow Lauren Witham
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SATURDAY

SHAKTI BLISS		
Start	Finish	Class/Workshop

10:00	11:30	Breakfast
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10:00	11:30	Zen Thai Shiatsu Marie J. Burrow
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11:30	13:00	Exploring the Swadhistana and Creative Flow Polly Costellano
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13:00	14:00	Lunch
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14:00	15:30	Biodanza Gail Stewart
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15:30	17:00	Partner Yoga - Acceptance and Offering Polly Costellano
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SATURDAY

16:00	17:00	Music, mindfulness, meditation, dance and exercise to improve brain and body health Joanne
17:00	18:00	Ashtanga Yoga Laur Beech

18:00 19:30 Dinner

19:30	21:30	Kirtan (sacred chanting) Michelle Crozier and Mark
22:00	23:00	Gong Bath Meditation Antony Blakemore
SUNDAY		
SHIVA BLISS		
Start	Finish	Class/Workshop
7:00	8:30	Morning Kundalini Tantra Yoga Practice (with Sanjeevani Kriya) Anand and Ildiko

8:30 9:30 Breakfast

10:00	11:00	The Manipura Chakra and the element of fire Clare Partington
11:00	12:00	Family Yoga Amelia Stone
12:00	13:00	Yin Yoga Claire Lovelace

13:00 14:00 Lunch

14:00 15:00 CLOSING CEREMONY

17:00	18:00	Yoga Dance Melissa Black
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Dinner

21:00	23:00	Kundalini Dance Meditation Viktoria Csepregi (Ma Yog Meera)
SUNDAY		
SHAKTI BLISS		
Start	Finish	Class/Workshop

Breakfast

10:00	11:30	Osho Dance Laur Beech
11:30	13:00	Gail Stewart Gong Bath

13:00 14:00 Lunch

