

# PROGRAMME

Content and times may change in the final programme.

## FRIDAY

### Room 1

Start	Finish	Class/Workshop
16:15	16:45	<b>Welcome meet and greet</b> Anand & Ildy
17:00	18:30	<b>Facilitating spinal fluidity</b> Yogini Parvati (Rebecca Broomfield)

19:00 20:00

20:00	20:45	<b>Satsang Q+A Patanjali and Shiva Sutras (open discourse)</b> Anand
21:00	23:00	<b>Sound bath</b> Neil Oliver

### Room 2

Start	Finish	Class/Workshop
17:00	18:30	<b>Yoga Nidra</b> Yogini Urisha (Bequi Mae)

Dinner

21:00	23:00	<b>Ecstatic dance</b> Amanda Philips
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### Room 3

Start	Finish	Class/Workshop
17:00	18:30	<b>Release and Restore Yoga</b> Caitlin Barrett

# SATURDAY

## Room 1

Start	Finish	Class/Workshop
7:00	8:30	<b>Morning Kundalini Tantra Yoga Practice (with Sanjeevani Kriya)</b> Anand,Ildiko & Matthew

8:30 9:30

10:00	11:30	<b>Heart opening Yin Yoga class</b> Yogini Shanti (Diane Scurr)
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11:30	13:00	<b>Elemental Yoga Class</b> Yogini Chandrika (Lucy Brown)
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13:00 14:00

14:30	16:00	<b>Kapha Dosha Yoga Class</b> Zoe Day
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16:00	17:30	<b>Vinyasa Flow</b> Yogini Aditi (Victoria Waits)
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17:30	19:00	<b>Practices on Gunas and granthis</b> Sue Shakti Friston
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19:00 20:00

20:00	22:00	<b>Kirtan with Tribal Eyes</b> Madhava and Guna
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22:00	23:00	<b>Sound bath</b> Neil Oliver
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## Room 2

Start	Finish	Class/Workshop

**Breakfast**

10:00	11:30	<b>Sun and Moon salutations</b> Tonia Peters
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11:30	13:00	<b>Draining the lymphatic System</b> Ifigenia Papoulia
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**Lunch**

14:30	16:00	<b>Restorative yoga working with the elements of fire and water</b> Yogini Aarushi (Charlotte Highland)
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16:00	17:30	<b>Getting out of your own way</b> Amanda Dear
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17:30	19:00	<b>The Keys to Tantric Philosophy</b> Timmy Ginger
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**Dinner**

## Room 3

Start	Finish	Class/Workshop

10:00	11:30	<b>Rise and shine Yoga</b> Sharon Calvert
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11:30	13:00	<b>Fire, Air and Ether Class</b> Yogini Lakshmi (Clare Partington)
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14:30	16:00	<b>Arm balances and Inversions</b> Matthew Bazeley
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16:00	18:00:	<b>Biodanza: To Dance with Life</b> Paola
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18:00:	19:00:	<b>Salsa Dance (Cuban Style)</b> Ildiko & Robert
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# SUNDAY

## Room 1

Start	Finish	Class/Workshop
7:00	8:30	<b>Morning Kundalini Tantra Yoga Practice (with Sanjeevani Kriya)</b> Anand,Ildiko & Matthew

8:30 9:30

10:00	11:30	<b>Balancing The Fire Centre (Manipura Chakra)</b> Colleen Hardy
11:30	13:00	<b>Manipura &amp; Ajna chakra, combing the 3rd &amp; 6th chakras to bring balance in rest of chakras</b> Yogini Aathmika (Vaishali Patel)

13:00 14:00

14:00	15:00	<b>Student Graduation Presentation</b>
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## Room 2

Start	Finish	Class/Workshop
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**Breakfast**

10:00	11:30	<b>Harmony Yoga</b> Severine Obertelli
11:30	13:00	<b>Tanya Brownbridge</b> Shamanic Healing

**Lunch**

## Room 3

Start	Finish	Class/Workshop
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10:00	11:30	<b>Balancing Throat Chakra</b> Ildiko Dorko
11:30	13:00	<b>Balancing Heart Chakra</b> Bridget Nagy