

Friday	The Salon	
5.30pm - 6.30pm	LAND GROUND AND UNWIND Gwyneth Curtis	
	Land: settle into your full embodied presence and our wonderful surroundings	
	Ground: feel yourself supported to fully feel and express yourself	
	Unwind: relax and receive a sweet welcome!	
6pm-7pm	EVENING MEAL SERVED	
7.30pm - 8.30pm	SOUND AND VOICE BATH Maria Naylor	
	Together we go on a deeply nourishing sound journey with Maria. It promises to be a powerful experience, using your voice and its clearing and reviving effects on your body and energetic system.	
	Maria holds a nurturing and magical space, weaving together her love of music, people and the land with a lightness of spirit that invites us all to meet and welcome ourselves as we are. She has collected songs from many traditions and cultures, and teaches them in an easy and embodied style, enabling anyone of any experience to feel the bliss of singing in harmony together.	
	She incorporates therapeutic voice work, improvisation and ceremony into her offerings, inviting us to sound the parts of us that may have been suppressed, honouring the full spectrum of our experience.	
	You can book one-to-one sessions with Maria throughout Yogacamp.	

Saturday	The Salon	The Studio	The Breathing Space
8.15am - 8.45am	GROUP MEDITATION Natalie Keegan		QI GONG Nick Neter
	Somatic meditation, a gently guided embodied inquiry to be present with all that arises in the moment.		Deeply relaxing and revitalising Qigong, meaning 'cultivating energy'. A mindful Moving Meditation, working with the breath through gentle flowing

	Centering, stillness to deeply listen to the intelligence of the body. Ready to begin your day of Yoga from an embodied place.		repetitive movements with both internal and external focused attention to bring about a calm, relaxed and revitalised state of being...A perfect start to the day!
9am - 10am	<p>YOGA AND AYURVEDA: WAKING UP THE KAPHA DOSHA Philippa Vafadari</p> <p>In Ayurveda, 6-10am is when the kapha dosha is dominant. We need active exercise to stimulate metabolism and circulation. To sweat and generate heat with warming pranayama, vinyasas, standing postures and backbends that have an action on the navel, such as dhanurasana. We will open the chest and increase circulation to the head to wake up the body, mind and soul in preparation for the day.</p>	<p>VISION INTO YOUR FULLEST POTENTIAL Dianne Sampson</p> <p>On the day before the full moon, let's get grounded and balanced with a delicious yoga flow specifically designed just for this. With a foundation of clarity and stability, focus your arrows of intention to ways in which you can walk this earth showing up in your absolute fullness.</p>	<p>SOMATIC PRACTICES & THE ART OF RELATIONSHIPS Lianne Campbell</p> <p>The primary sensory modes is an incredibly valuable system that helps us in understanding ourselves and our relationship to others and how we can celebrate diversity, develop compassion and understanding.</p> <p>Whether you are relating to your partner, child, boss or friend, in this workshop you will gain a greater understanding of how conflict affects you, what 'mode' you rely on to interpret stressful situations and how to recognize and respond to modes and interpretations of another. Relationships have the potential for us to become more rounded and more expansive individuals. They can also present conflict and bring out our worst side, causing us to close down and become habitual in our responses. This can be limiting and destructive.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> ● Recognise yours and another's stress strategy ● Calm and soothe your stress response ● Communicate effectively under pressure ● Bridge the gap between the different styles ● Interrupt destructive patterns ● Build healthy harmonious relationships
10.15am - 11.15am	<p>KUNDALINI YOGA & MEDITATION - ART OF SURRENDER Tamsin Tyrwhitt</p> <p>Life has its own intelligence. Sometimes it's difficult trusting in that when the waves are crashing against the</p>	<p>SPIRIT OF SUN Sam Jenkins</p> <p>Awaken to the solar energy setting an intention. A creative, yoga-mindful-flow,</p>	<p>PELVIC CONNECTION Jane Dancey</p> <p>The Embodied Female Pelvis. Cultivating Connection and Wellbeing. The female pelvis is the seat of feminine power, creation and deep cyclical wisdom,</p>

	<p>proverbial shoreline. Having a spiritual practice helps establish that trust in life. Utilising the technology of Kundalini Yoga and Meditation, be guided through an exploration of your inner world to have an experience of how you can let go and surrender to Creation.</p>	<p>connecting to and tending to your inner flame with relaxation, guided visualisation, pranayama and mantra</p>	<p>and has a huge influence on a woman's physical, emotional and sexual wellbeing, her sense of self and place in the world.</p> <p>Gentle trauma-informed embodied practices to cultivate an intimate relationship to your pelvis, promoting pelvic health, connection and wellbeing. Through embodied anatomical exploration, somatic and functional movement, yoga, breath work and visualisation Jane will be inviting you to befriend your pelvis in perhaps a way you have not before.</p>
Saturday	The Salon	The Studio	The Breathing Space

<p>11.30am - 12.45pm</p>	<p>JOURNEY INTO THE HEART OF PRACTICE Jim Tarran</p> <p>A deep dive into the heart of yoga. You will leave having had a lot of fun. You will have also learned, experientially, how yoga practice cleans off habitual 'veils'.</p> <p>You will experience that when these veils are lifted your pristine, ever free heart centre is revealed.</p> <p>The class will involve movement, breath work and visualisation. Open to all.</p>	<p>YOGA WITH PRANAYAMA Sarah Pailthorpe</p> <p>We will practice asana to prepare for pranayama. This class will be for people who have done some yoga before, not complete beginners.</p>	<p>THE ART OF CYCLICAL LIVING - NATURE'S RHYTHMS Lianne Campbell</p> <p>When we learn how to cultivate a balanced approach to creating positive change in our lives, it's like stepping into a moving stream. You can stop pushing against yourself, trying to force things and instead, relax into your own unique rhythm of ease and flow.</p> <p>We have drawn on natural principles, ancient wisdom and embodiment techniques to create an on-going, supportive, practical framework that helps you align with what's authentic to you and actualise your dreams in an enjoyable, sustainable way.</p> <ul style="list-style-type: none"> • Tap into nature's rhythms and the abundant energy available • Gain clarity on how you want to live your life and create actionable steps to actualise it • Change habits, beliefs and behaviours that hold you back • Embody your intentions and create a sense of ease and flow - with a short take away somatic & energy routine for you to put into practice so you can FEEL the shifts for yourself! • Take action, stay on track and create your Handpicked Life
<p>2.30pm - 3.30pm</p>	<p>NOURISHING THE INTERNAL ORGANS Rupert Johnson</p> <p>Take a trip through the body and the internal organs - focusing specifically on the lungs, kidneys, liver, spleen, heart and pancreas.</p> <p>Following a sequence reflecting the natural flow of the seasons - enjoy movement, breath and sound designed to release the old and welcome in the</p>	<p>YOGA MUSIC FLOW Lucy Small</p> <p>A modern yoga practice can make your body stronger and more flexible but, for me, the connection between body, mind and soul outweighs those lovely bonuses. Yoga helps your mind to stay present and within this process you may find moments of peace in your soul.</p> <p>Thoroughly inclusive and friendly, lots of</p>	<p>MOONOLOGY - ANCIENT CYCLICAL WISDOM Hannah Cummins</p> <p>Because we are living, breathing, electromagnetic beings, we are interwoven into the moon's energy in each of its phases. In this workshop you will learn to connect with your own body's wisdom and to incorporate the insights of the moon into your daily life and your daily practice. In this session we will:</p> <ul style="list-style-type: none"> • Learn about the 8 archetypal phases of the lunar cycle

	new.	different options	<ul style="list-style-type: none"> • Learn about your personal relationship with the energy of the moon & lunar cycle • Understand how this energy influences you and how you can direct it to create more ease and flow in your life • Explore manifestation techniques and understand how working with these powerful cycles to keep you on track to living a rich and fulfilling life • Understand how your daily practice can support you when working with lunar energy
3.45pm - 5pm	EMBODYING METTA Leonie Taylor A love song to your body, breath and the present moment. An explorative, playful and compassionate class to bring attention to and nourish you. Combining self-massage with juicy, fluid movements and breath, cultivating a place of deep, compassionate inquiry, winding down into a restorative yoga nidra. The perfect end to your yoga journey for the day.	RESTORATIVE YOGA WITH OILS Nicole Allen Take the chance to wind down and surround yourself with the amazing smells of essential oils complimenting the practice. Restorative yoga uses props such as pillows, blankets and bolsters to create a fully relaxing yoga practice where we hold asanas for 5-7 minutes. You will leave the class feeling restored, open-minded, and at peace. Open to all abilities, variations taught.	AYURVEDIC YOGA PARTNER MASSAGE Nathan Syngé Whether you're a complete novice or a competent massage therapist already, this short massage workshop will meet you where you are and take you through a simple neck, head and shoulders sequence involving simple massage and stretching techniques. We work with oil and the breath also to allow the body and nervous system to relax. We will partner up and practise with each other. The sequence is ideal to share and practice with your friends and partners and will make you more comfortable with the act of touch and its importance.
7.30pm - 8.30pm	SING YOURSELVES HOME Sophia Efthimiou Around the campfire, we are led into wonderful harmony and find a voice, a group voice to uplift, connect and bring joy!	SILENT DISCO KIDS 7.30pm, ADULTS 8pm - onwards!	
8.30pm -	ACOUSTIC MUSIC AROUND THE FIRE		

8.45pm - 9.30pm	<p>INDIAN CLASSICAL MUSIC PERFORMANCE Miriam Kisters</p> <p>Nourish your soul: Come and join me for a sweet, restful evening with the performance of Raag Yaman. You are welcome to bring a blanket and a cushion, sit in meditation or lie down and enjoy the restful sound of this Raga, which is also known as the Raga of tranquillity. During this 20 minute performance, you can dive into the stillness and poetry of this music. After the performance there will be a Q&A.</p>
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Sunday	The Salon	The Studio	The Breathing Space
8.15am - 8.45am	<p>GROUP MEDITATION Natalie Keegan</p>		<p>QI GUNG Nick Neter</p>

9am - 10am

ENDOCRINE & LYMPHATIC ACTIVATION

Rupert Johnson

Give the endocrine and lymphatic system a boost in this invigorating and revitalising session. Cultivate awareness of the glands situated in the central axis (pineal, pituitary, thyroid, thymus, pancreas, adrenal, ovary and testis) and lymph clusters in the body through an adaption of a well known and loved asana sequence.

YOGA MUSIC FLOW

Lucy Small

A modern yoga practice can make your body stronger and more flexible but, for me, the connection between body, mind and soul outweighs those lovely bonuses. Yoga helps your mind to stay present and within this process you may find moments of peace in your soul.

Thoroughly inclusive and friendly, lots of different options.

SOMATIC PRACTICES & CULTIVATING HAPPINESS

Lianne Campbell

With simple somatic and energy techniques we can feel more joy and fulfilment on a daily basis and raise our general feelings of happiness and contentment. In this workshop, we work with our basic physiology along with simple yet powerful somatic and life coaching techniques, learn how to:

- Activate your energies known as radiant circuits & happiness hormones
- Cultivate strength and resilience
- Activate your energies of joy
- Release what are known as the 'happiness hormones'
- Develop a tendency to see the glass half full
- Strengthen feelings of trust and enthusiasm for life.
- Feel a sense of belonging and ease
- Boost your immune system & passion for life.

<p>10.15am - 11.15am</p>	<p>KUNDALINI YOGA THE LAW OF OPPOSITES, DEEP LISTENING AND INTUITIVE WISDOM. Tabather Bessey</p> <p>The world is full of polarisation, that can often favour one phenomenon over another, that subtly pits one belief system against the other, that encourages a sense of separation and disconnection to the very nature of human being-ness. However at its heart the whole universe is full of complimentary polarity that allows the graceful dance of life to unfold. Its not always pretty and sweet to venture into the shaded spaces but it is always alchemical.</p>	<p>FULL MOON - ACTIVATE YOUR FULLEST POTENTIAL, NOW Dianne Sampson</p> <p>Embody the light of who you are if you were to walk this earth standing in the fullest expression of you. Embody this truth into every cell of your body using breath, mudra, chanting and powerful yoga flows to activate your fullest potential now.</p>	<p>LAUGHTER YOGA Bev Jones</p> <p>Laughter Yoga is an incredibly fun way to laugh yourself to health. The practice combines the natural healing benefits of laughter with yogic breathing, instantly lifting your mood and strengthening your immune system. The physical and psychological benefits are numerous. No jokes ,No words, not a downward dog in sight, just your playful willingness to laugh for no reason</p>
<p>Sunday</p>	<p>The Salon</p>	<p>The Studio</p>	<p>The Breathing Space</p>

<p>11.30am - 12.45pm</p>	<p>YOGA AND AYURVEDA: TO BALANCE AGNI - DIGESTIVE FIRE. Philippa Vafadari</p> <p>General level. The practice of asana serves to balance, stabilise and enkindle the jatharagni or physical agni, which helps purify the physical body. This leads to good digestion and elimination, a regular and healthy but not excessive appetite. We will explore asanas such as spinal twists and inversions to encourage our digestive fire.</p>	<p>MOVEMENT, MANTRA AND MEDITATION Sarah Pailthorpe</p> <p>Practicing asana to move the body, interspersed with mantra and then seated meditation. An invitation to explore mantra and meditation, introducing other aspects of yoga practice. Suitable for all levels.</p>	<p>PERIMENOPAUSE TO MENOPAUSE - AN EMBODIED JOURNEY Jane Dancey</p> <p>Explore the 4 distinct quadrants of this powerful rites of passage within the female life cycle. Through a bio/psycho/social/spiritual perspective you will dive in deep into all that can arise during what can be a turbulent and unstable ride. Using somatic movement, embodied yoga principles, visualisation and journaling you will discover the gifts and insights of each quadrant and how they play out in the feminine seasons of life</p> <p>Everyone is welcome. This is useful for those approaching perimenopause or wondering whether they might be (we tend to be 'in it' far earlier than we realise) and if you know you are deep within! It can also be insightful and deeply healing for those on the other side as a way of processing their own journey.</p>
<p>2pm - 3.15pm</p>	<p>RECONNECT, COMING HOME Leonie Taylor</p> <p>Yoga and Thai massage work beautifully together to bring you into a state of grounded, calm embodied awareness. In this accessible and inclusive workshop we will explore playful and expansive yoga movement meditation and breathwork to bring us into greater connection with deeper compassion for the body.</p> <p>We will also explore guided, therapeutic Thai self-massage techniques. Touch has huge potential to help gently release pain, trauma and anxiety held in the body.</p>	<p>WILD ART JOURNALING Morya Scott</p> <p>Wild Art Journaling is a potent, creative process that opens up your intuitive creative power. A mix of journaling, collage and paint, it creates the space you need to let go creatively without the need to show anyone your work. Wild Art Journaling is magic. And you are invited.</p> <p>This process connects you to your uninhibited, wild creative self, gives you space to let go creatively, to become present, to not care about the outcome and to explore and expand. Not just creatively, but on a soul level. It is like prayer or meditation. But in creative process form. It creates in you, a</p>	<p>FIND YOUR VOICE Miriam Kisters</p> <p>Dhrupad: Take your Voice on a Journey Within</p> <p>Dhrupad is the most ancient form of Hindustani Music. It evolved from the earlier chanting of Om, the sacred syllable which is claimed in Hindu canon to be the source of all creation.</p> <p>In Dhrupad, we use our voice as a form of prayer to become one with God.</p> <p>All teaching of Indian Music is based on 'call and response', so no previous experience is necessary.</p> <p>In this workshop, we will explore some basics of Raag Yaman.</p>

		magical space. And it has a powerful effect. The unique and wonderful thing about Wild Art Journaling. Is that it is a direct path to your WILD CREATIVE BEING. Every time. You will FEEL BETTER for it. Even if you are already feeling good.	
3.30pm - 4pm	CLOSING CEREMONY Janee Swan and Maria Nayler Please come together to honour and close the space with a short ceremony - your contribution and presence is truly appreciated.		