

Saturday – Out & Wild

Please refer to map for spaces – you can download map from website – under info – then how to get to us.

Please check at Info Point for any changes

7am – Astanga Yoga – Lakeside tent

8am – Qigong – Lakeside tent

9am

- Accessible Yoga – Main Marquee by high wires
- Fitness – Cinema Room
- Chanting in community – Lakeside Tent
- Value in Community (pre-booked session) – covered fire pit – near Info point
- Forest Bathing – Meet at Info Point

10am

- Immersive breathwork – Main Marquee by high wires
- Heart opening Buddhist meditation – Lakeside tent
- What is domestic abuse – teachers lounge
- Mindful drinking – Workshop marquee (behind the restaurant)
- Forest Bathing – meet at Info point
- WALK CANCELLED AS LEADER IS ILL

11am

- Acro yoga – Main Marquee by high wires
- Developing a Career in Music – Cinema Room
- Partner Massage – Lakeside Tent
- Graffiti workshop – Craft area – near restaurant
- Walk (bookable) – meet at info point – fully booked

12pm

- Acro yoga – Main Marquee by high wires
- Poetry Dive – Lakeside Tent
- Beyond Binary workshop – Workshop Marquee (behind the restaurant)
- Graffiti workshop – Craft area – near restaurant

1pm

- WALK CANCELLED AS LEADER IS ILL
- Ecstatic Dance – Main Marquee by high wires
- Breathwork (bookable) – Cinema Room
- Spoken Word DG Couchino – Café
- Yoga – Lakeside Tent
- Pleasure Matters Workshop – Teachers Room
- Ukulele for beginners – covered firepit near info point
- Graffiti workshop – Craft area – near restaurant
- Forest Bathing (bookable) – Meet at Info Point

2pm

- Ecstatic Dance – Tania – Main Marquee
- Breathwork – (Bookable) – Cinema Room
- Spoken word – Leliah King – Café
- Laughter Yoga – Lakeside Tent
- Develop your intuition with Oracle cards – Teachers Lounge near restaurant
- Practical tools for addiction recovery – covered fire pit near info point
- Forest Bathing – Meet at Info Point
- Walk – slots still available – ask at info point

3pm

- Bachata dance – Main Marquee by high wires
- Spoken Word – Paula Akpan at Café
- Breathe deep, fly high – Lakeside Tent
- Mental Wellness – Teachers Room opposite restaurant
- I phone photography – Fire Pit by restaurant

4pm

- Bachta Dance – Main Marquee by high wires
- Spoken Word – Roxy Bourdillion – Café
- Yoga – Lakeside Tent
- Confidence Coaching – Teachers Room
- Creating wearable moments of anarchy – Craft area near restaurant

5pm

- Gong Bath – Main Marquee
- Relationship Workshop – Cinema Room
- Spoken Word – Elizabeth Lovatt – Café
- Hip Hop Dance – Lakeside Marquee

7.30 pm onwards

- DJ Sets – Girlflix – Main Marquee
- Chill out in restaurant bar
- Comedy Hour – Main Marquee
- Bee Jarvis – Main Marquee
- Days in the Haze – Main Marquee
- Big Mambo Main Marquee
- Dryadic – Main Marquee

9.30pm

- Big Fire Pit – On Grass opposite high wires