



The Big Retreat Festival - 2025 Timetable

Colour Key:

- Sage Green:** Yoga & Soul (*Shakti Tent, Shiva Yoga Tent, Ganesh Talk Tent, Om Yoga Tent, Jiva Tent, Soul Space*)
- Terracotta:** Cookery (*The Chef's Kitchen Stage*)
- Olive Green:** Bushcraft & Nature (*Darwin's Den, Darwin's Den Hideout, Tangled Woods, Buzzard Bushcraft, Forest Bathing, Info Booth for walks, Kids*)
- Lavender:** Arts & Crafts (*Arts and Craft 1 & 2, Kids Art Tent*)
- Aqua Blue:** Swimming & Water (*On The Water, On the Water Meeting Point*)
- Amber/Yellow:** Fitness (*Fitness Studio 1 & 2, Fitness Tent 1 & 2, Nordic Walking, Main Stage fitness*)
- Blush Pink:** Feel Good Field (*Experience Tent, Feel Good Tent, Xanadu, Lower Walled Garden, Walled Garden Spa, The Feel Good Field, The Magic Teapot*)
- Deep Plum:** Talks (*Talk Tent, Main Stage talks*)

How to Use This Timetable: Events are listed chronologically. Locations are in *italics*. Notes (£, **Fully Booked**, etc.) are highlighted.

You can also book treatments in the Walled Garden Spa during





















FRIDAY

Early Afternoon







- | | |
|--|--|
| 12:00 - 12:40: Ikigai - Finding your inner Changemaker (<i>Darwin's Den</i>) | 12:00 - 13:30: Inflatable Football Goals and Radar Speed Shot Challenge (Football Pitch) |
| 12:00 - 16:00: Kids Free Flow Play with The Super Pirates (<i>Little Retreaters</i>) | 12:00 - 13:30: Nature Walk with Garry Thomas (<i>Meet at The Info Booth</i>) |
| 12:00 - 15:00: Buzzard Bushcraft - Drop-in Woody Activities (<i>Buzzard Bushcraft</i>) | 12:00 - 17:45: Drop in Pendant Workshops £ (<i>BlodauArain</i>) |
| 12:00 - 16:00: Ocean Drifters - Darwins Centre (<i>Darwin's Den Hideout</i>) | 12:15 - 13:15: Sound Journey with Stuart & Jennifer (<i>Shiva Yoga Tent</i>) |
| 12:00 - 13:15: Katie Blake - "Morning Flow: Awaken Your Body" Workshop
(<i>Jiva Tent</i>) £ | 12:15 - 13:15: Acro Yoga (<i>Shakti Yoga Tent</i>) |
| | 12:15 - 13:15: Yin Yoga with Rhian (<i>Om Yoga Tent</i>) |
| | 12:15 - 13:00: Reconnect: The Power of Nature and Mental Health with Leanne Bird (<i>Ganesh Talk Tent</i>) |
| | 12:30 - 13:00: Feel Good Welcome (<i>Feel Good Tent</i>) |



















Afternoon Classes


- | | |
|--|---|
| 13:00 - 16:00: Forest Bathing (<i>Forest Bathing</i>) Must be prebooked £ | 13:30 - 14:30: Yoga for Women with Caia Cappasso (<i>Om Yoga Tent</i>) |
| 13:00 - 13:45: Tabata with Hayley (<i>Fitness Studio 2</i>) | 13:30 - 15:30: Kids Football Zorbing (Football Pitch) |
| 13:00 - 14:00: Nordic Walking (Meet Fitness Studio 2) | 13:30 - 14:30: Family Constellations (<i>Feel Good Tent</i>) |
| 13:00 - 13:30: Skin Deep: The Nutrition Connection (<i>Chef's Kitchen Stage</i>) | 13:45 - 15:00: Awakening the Third Eye (<i>Jiva Tent</i>) £ |
| 13:00 - 16:00: Spoon Carving with Lee John Phillips (<i>Arts and Craft</i>) £ | 14:00 - 15:00: Aerial Hoop (<i>Soul Space</i>) £ |
| 13:00 - 13:45: Rewriting the Midlife Narrative (<i>Talk Tent</i>) | 14:00 - 15:00: Flower Crown Making (<i>Arts and Craft</i>) |
| 13:00 - 13:45: Building a Hydrogen Kingdom (<i>Darwin's Den</i>) | 14:00 - 15:30: Fitness Challenge - Drop In (<i>by Fitness Tent 2</i>) |
| 13:00 - 16:00: Drop in Willow Weaving £ (<i>Feel Good Field</i>) | 14:00 - 15:00: Om Chanting and Yoga Flow (<i>Shiva Yoga Tent</i>) |
| 13:15 - 14:00: Jeff Moose - Life without Limits (<i>Ganesh Talk Tent</i>) | 14:00 - 14:40: Fantastic Sharks and Where to Find Them (<i>Darwin's Den</i>) |
| 13:30 - 14:30: Welcome to Reiki - Group Reiki Healing (<i>Experience Tent</i>) | 14:00 - 14:30: Welcome to Xanadu - Pleasure Dome Introduction (<i>Xanadu - Adults Only</i>) |
| 13:30 - 14:30: Bodywork with Jambo Dragon (<i>Shakti Yoga Tent</i>) | 14:00 - 15:00: When Food Becomes Medicine (<i>Chef's Kitchen Stage</i>) |

 14:00 - 14:45: How Do You Feel Today? (<i>Talk Tent</i>)
 14:00 - 14:45: Burlywhirls Dance Theatre (<i>Fitness Studio 1</i>)
 14:00 - 16:00: Axe Throwing - Drop In (<i>Tangled Woods</i>)
 14:30 - 15:15: Spiritual Awakening (<i>Ganesh Talk Tent</i>)
 14:30 - 15:15: Wild Swimming & Cold Water Immersion (must pre register)
 15:00 - 15:45: This Body, This Life - Ella Mace & What Laura Loves (<i>Talk Tent</i>)
 15:00 - 16:00: Group Art Session with Gemma Longworth (<i>Art and Craft 1</i>)
 15:00 - 16:00: Fawe Movement (<i>Feel Good Tent</i>)
 15:00 - 16:00: Healing Cacao (<i>Jiva Tent</i>) £ (Fully Booked)
 15:00 - 16:00: The 5 R's That Could Change Your Life (<i>Darwin's Den</i>)
 15:00 - 16:00: Ravekick (<i>Fitness Studio 1</i>)
 15:00 - 16:00: Spread Your Wings Yoga with Rose Fisher (<i>Om Yoga Tent</i>)
 15:00 - 16:00: How To Really Go With The Flow (<i>Experience Tent</i>)
 15:30 - 16:15: Plant medicine (<i>Ganesh Talk Tent</i>)
 15:30 - 16:15: Healthy Chinese Cookery - Kwoklyn Wan (<i>Chef's Kitchen Stage</i>)
 15:30 - 16:30: Sensory Walk and Hapa Zone (<i>Buzzard Bushcraft</i>)
 15:30 - 16:00: Family Disco Rave with The Super Pirates (Little Retreaters)
 15:30 - 17:00: Gua Sha Glow (<i>Jiva Tent</i>) £
 15:30 - 17:00: Vinyasa Power Flow (<i>Shiva Yoga Tent</i>)
 15:30 - 16:30: Aerial Hoop Adults (<i>Soul Space</i>) £

Evening Classes

 18:00 - 19:00: Comedy Improvisation Workshop (<i>Experience Tent</i>)
 18:00 - 18:45: Gin Tasting Workshop (<i>Chef's Kitchen Stage</i>)
 18:00 - 18:45: Comedy Hour - Big Laughs with Mark Shayler (<i>Talk Tent</i>)
 18:00 - 18:50: Zumba Party (<i>Fitness Studio 1</i>)
 18:00 - 19:00: Rhythm and Drum Session (<i>Feel Good Tent</i>)
 18:30 - 20:00: Vinyasa Yoga with Bryony (<i>Om Yoga Tent</i>)

 16:00 - 16:40: Moral Fibres - How Fast Is Your Fashion (<i>Darwin's Den</i>)
 16:00 - 17:30: Xanadu - Q & A Adult Only Venue (<i>Xanadu</i>)
 16:00 - 16:45: Unshakable Confidence (<i>Talk Tent</i>)
 16:00 - 16:45: Fitsteps Latin and Ballroom without Partners (<i>Fitness Studio 1</i>)
 15:30 - 16:30: Make Friends with Nature - Billie Rose (<i>Experience Tent</i>)
 16:30 - 17:30: Conscious Touch (<i>Feel Good Tent</i>)
 16:30 - 17:30: Making Friends with nature - connecting to the Plant Kingdom (<i>Experience Tent</i>)
 16:30 - 17:15: Keep Sabotaging Your Progress? Cassie Watts (<i>Ganesh Talk Tent</i>)
 16:30 - 18:00: Yin Yoga Rest in Stillness with Sam Feltham (<i>Om Yoga Tent</i>)
 17:00 - 17:45: Our Relationship with Food - Elle Mace Nutrition Coach (<i>Chef's Kitchen Stage</i>)
 17:00 - 17:45: How to Be F*cking Happy (<i>Talk Tent</i>)
 17:00 - 17:45: Body Balance (<i>Fitness Studio 1</i>)
 17:00 - 18:00: Aerial Hoop for Adults (<i>Soul Space</i>) £
 15:30 - 16:30: Sensory Walk and Hapa Zone (<i>Buzzard Bushcraft</i>)
 17:00 - 18:00: Kids Water Slide Fun with The Super Pirates (Little Retreaters)
 17:15 - 18:45: Luisa Bradshaw-White - Ecstatic Dance with Ceremonial Cacao (<i>Jiva Tent</i>) £
 17:30 - 18:30: Soulful Stretch (<i>Shiva Yoga Tent</i>)
 17:45 - 18:30: Reasons to be Cheerful with Mark Shayler (<i>Ganesh Talk Tent</i>)

 18:30 - 19:00: Aerial Performance with Cirque de Silk (<i>Soul Space</i>)
 18:45 - 19:30: Grief Recovery & Emotional Healing Workshop (<i>Ganesh Talk Tent</i>)
 19:00 - 20:00: Solo Travellers Meet-Up (<i>Feel Good Tent</i>)
 19:00 - 20:00: Kirtan with Shivani Mair (<i>Shakti Yoga Tent</i>)
 19:00 - 20:30: Shakti Rising - Kundalini Yoga (<i>Shiva Yoga Tent</i>)
 19:15 - 20:30: Return to Awareness Cacao & Sound Journey (<i>Jiva Tent</i>) £

MUSIC - Main Stage (FRIDAY)











17:15: Moko Trio
 18:30: N'famady Kouyaté
 19:30: Rick Parfitt Jnr's Band
 21:00: Gok Wan
 DJ Escher **Evening DJ**

More activities you can book at the festival

























Wood Fired Sauna - The Soul Space
 Blodau Arian Jewellery Workshops - Near The Village Green
 Pottery Workshops - The Soul Space
 Massages - The Walled Garden Spa
 Cold Immersion and breathwork workshops - Book at info desk or online
 Forge Ways - Workshops in The Tangled Woods

SATURDAY - 24TH MAY

Early Morning

























 06:30 - 07:30: The 5 Element Form with Alex Mitchell (<i>Om Yoga Tent</i>)	 08:00 - 08:50: Morning Run (<i>Fitness Studio 2</i>)
 06:30 - 07:30: Yin Yoga with Rhian (<i>Shakti Yoga Tent</i>)	 08:00 - 09:00: Wudang Tai Chi (<i>Om Yoga Tent</i>)
 07:00 - 08:15: Katie Blake - Sculpt & Release Workshop (<i>Jiva Tent</i>) £	 08:00 - 09:30: Vitality Boost Flow - Meni Farkash (<i>Shakti Yoga Tent</i>)
 07:00 - 08:30: Dynamic Hatha with Bryony Noble (<i>Shiva Yoga Tent</i>)	 08:00 - 09:00: Sundance - Morning Dance Party for everyone (<i>Fitness Studio 1</i>)
 07:00 - 10:00: Forest Bathing (<i>Forest Bathing</i>)	 08:45 - 10:00: Create a Vision Board Workshop (<i>Jiva Tent</i>) £










Morning Activities


-  09:00 - 09:40: Write Back to Nature (*Darwin's Den*)
-  09:00 - 09:40: Trees Have Faces - Clay Artwork for Kids (*Darwin's Den Hideout*)
-  09:00 - 09:45: Strength in the Storm: Cancer, Hormones & Hope (*Talk Tent*)
-  09:00 - 09:45: Runner Strength Workshop with Ben Davie (*Fitness Studio 2*)
-  09:00 - 09:45: Zumba with Tracey Keane (*Fitness Studio 1*)
-  09:00 - 10:00: Men's Sharing Circle (*Feel Good Tent*)
-  09:00 - 10:00: Women's Sharing Circle with Claire Edwards (*Experience Tent*)
-  09:00 - 10:00: Shakti Yoga Flow (*Shiva Yoga Tent*)
-  09:00 - 10:00: Rage On A Page (*Arts and Craft 1*)
-  09:00 - 12:00: Collaborative Nature Art Workshop (*Darwin's Den Hideout*)
-  09:30 - 10:30: Men's Yoga (*Om Yoga Tent*)
-  09:30 - 10:30: Breathwork And Meditation with Anna Gough (*Ganesh Tent*)
-  09:30 - 10:00: Wake and Shake with The Super Pirates (Little Retreaters)
-  10:00 - 11:00: Copper Ring Workshop £ (*BlodauArain*)
-  10:00 - 10:30: Baby Yoga - Lower Walled Garden (*Stretch Tent*)
-  10:00 - 10:40: Bat Crazy (*Darwin's Den*)
-  10:00 - 11:30: Let's Talk About Sex - Emma Sayle and Polly Hazlewood (*Xanadu - Adult Only*)
-  10:00 - 10:45: Eat Well To Age Well - Dr Alka Patel (*Chef's Kitchen Stage*)
-  10:00 - 12:00: Sensory Walk & Hapa Zone Scavenger Hunt (*Buzzard Bushcraft*)
-  10:00 - 11:30: Crown Workshop (*Art and Craft 1*) £
-  10:00 - 12:30: Spoon Carving Adults 16+ (*Buzzard Bushcraft*) £
-  10:00 - 12:30: Spoon Carving Adults 16+ - Lee John Phillips (*Arts and Craft*) £
-  10:00 - 12:30: Drop-in Arts & Crafts Table - Adults Only (*Arts and Craft*)
-  10:00 - 12:30: Drop-in Arts & Crafts Table - Kids Only (*Arts and Craft 2*)

Early Afternoon

-  11:00 - 11:45: Bootilicious Bands with Suzie Hopkins (*Fitness Studio 1*)
-  11:00 - 11:45: The Perfect Sushi Roll - Hakko House (*Chef's Kitchen Stage*)
-  11:00 - 11:45: Release, Revive and Rev It Up - Jane Wake (*Fitness Studio 1*)
-  11:00 - 11:40: Re-Action Collective (*Darwin's Den*)
-  11:00 - 11:45: How to Get a Teenager Out of Their Bedroom - Anita Cleare (*Talk Tent*)
-  11:15 - 12:15: Copper Ring Workshop £ (*BlodauArain*)
-  11:30 - 13:45: Body Work To Unknot Your Back - Jambo Dragon (*Shakti Yoga Tent*)
-  11:30 - 13:30: Inflatable Football Goals and Radar Speed Shot Challenge (Football Pitch)
-  11:30 - 13:00: Happy Heart Flow - Fizz Yasin (*Om Yoga Tent*)


-  10:00 - 12:30: Natural Dyes Workshop - Sian Lester (*Arts and Craft*) £
 -  10:00 - 12:30: Dorset Buttons Workshop - Kat Ellis (*Arts and Craft*) £
 -  10:00 - 12:30: Charcoal Drawing Workshop - Louise Burdett (*Arts and Craft*) £
 -  10:00 - 12:30: Macramé Workshop - Ella Hobby (*Arts and Craft*) £
 -  10:00 - 12:30: Book Binding Workshop - Oscar (*Arts and Craft*) £
 -  10:00 - 12:30: Silver Rings Workshop - Jasmine Frank (*Arts and Craft*) £
 -  10:00 - 12:30: Intaglio Printing Workshop - Diana R Brook (*Arts and Craft*) £
 -  10:00 - 10:45: It's Them, Not You - Josh Connolly (*Talk Tent*)
 -  10:00 - 10:45: Lift & Let Go - Amber Lort-Phillips (*Fitness Studio 1*)
 -  10:00 - 12:00: Axe Throwing - Drop In (*Tangled Woods*)
 -  10:00 - 10:45: A Meditation Written Just For You - Donna Ashworth (*Shakti Yoga Tent*)
 -  10:00 - 16:00: Marine Medley (*Darwin Hide Out*)
 -  10:00 - 10:45: HIIT Your Limits (*Fitness Studio 2*)
 -  10:00 - 16:00: Willow Weaving Drop In (*Feel Good Field*) £
 -  10:30 - 15:30: Cold Immersion and Breathwork Sessions wth Ben Davie £
- (every hour please book online or at info booth - Soul Space)
-  10:30 - 11:00: Mindful Juggling Workshop - Life Juggling (*Lower Walled Garden*)
 -  10:30 - 11:30: Indian Classical Dance - Somita Bosak (*Shiva Yoga Tent*)
 -  10:30 - 11:30: How to Really Go with the Flow Workshop (*Experience Tent*)
 -  10:30 - 12:00: Bodywork to Unknot Your Back (*Shakti Yoga Tent*)
 -  10:30 - 12:00: Nature and Foraging Walk with Garry Thomas (*Meet at the Info Booth*)
 -  10:30 - 12:00: Happy Heart Flow with Fizz Yasin (*Om Yoga Tent*)
 -  10:30 - 11:45: Facial Yoga Lift with Crystal Domes - The Skin Whisper (*Jiva Tent*) £
 -  10:30 - 11:30: Ecstatic Dance with Indigo (*The Feel Good Tent*)
 -  10:45 - 11:30: Building your Inner Calm - Leanne Bird (*Ganesh Talk Tent*)


-  12:00 - 12:40: Stories through the Screen - Screen Alliance Wales (*Darwin's Den*)
-  12:00 - 13:30: Plants for The People - Get planting (The lower walled garden)
-  12:00 - 12:45: Discover Your Inner Spark - Dylan Jones-Evans & Francesca James (*Talk Tent*)
-  12:00 - 12:45: Cooking Through Menopause - Kate Rowe-Ham & Kwoklyn Wan (*Chef's Kitchen Stage*)
-  12:00 - 16:00: Kids Free Flow Fun with The Super Pirates (Little Retreaters)
-  12:00 - 12:45: Pound Unplugged with Claire Kite (*Fitness Studio 1*)
-  12:00 - 13:00: Joyful Harmony Singing - Luna and Virgil (*Experience Tent*)
-  12:00 - 12:00: Energy Orgasm (*Feel Good Tent*)
-  12:00 - 13:00: Unlock the True Power of Pranayamas - Deepika (*Shiva Yoga Tent*)


 12:00 - 13:30: Why Orgasms Are Good for Health - Prof. Joyce Harper (*Xanadu - Adults Only*)


 12:00 - 12:30: Donna Ashworth Reading on The Main Stage

Afternoon Classes

 13:00 - 13:40: Seeds of Hope and Glory (Adults) (*Darwin's Den*)

 13:00 - 13:45: Ageless Energy: Eat, Move & Live Like You Mean It - Tonia Buxton (*Chef's Kitchen Stage*)


 13:00 - 13:45: Sugar Shock: Track Your Glucose, Hack Your Energy - Dr. Alka Patel (*Talk Tent*)


 13:00 - 13:45: Pilates Self Massage for Your Spine - Nicola Fulin (*Fitness Studio 2*)

 13:00 - 13:45: Body2thebeat (*Fitness Studio 1*)

 13:00 - 14:00: Nordic Walking (*Beside Fitness 2*)

 13:00 - 14:00: Transformation Station: Special Effects Make-Up (*Darwin's Den Hideout*)

 13:00 - 14:30: Drop-In Arts & Crafts Table - Adults Only (*Arts and Craft*)

 13:00 - 14:00: Gemma Longworth - Group Art Lessons (*Arts and Craft*)

 13:15 - 14:00: The Self-Love Revolution - Lou Featherstone (*Ganesh Talk Tent*)

 13:30 - 14:30: Yoga for Women's Health (*Om Yoga Tent*)

 13:30 - 15:00: Hatha Yoga with Sue Davies (*Shiva Yoga Tent*)


 13:30 - 14:30: Yoga Playground with Rose Fisher (*Shakti Yoga Tent*)

 13:30 - 14:30: Family Constellations (*Experience Tent*)


 13:30 - 15:30: Kids Football Zorbing (Football Pitch)

 13:30 - 14:30: Cellovision with Julila (*Feel Good Tent*)

 14:00 - 14:45: Stressbox Breath and Believe (*Fitness Studio 2*)


 14:00 - 14:45: ADHD Love: Stop the Self-Hate, Start the Real You (*Talk Tent*)

 14:00 - 14:45: How To Optimise Your Sleep With Food - Sarah Bayliss & Louise Peers (*Chef's Kitchen Stage*)

 14:00 - 14:45: Sensory Walk & Hapa Zone Scavenger Hunt (*Buzzard Bushcraft*)

 14:00 - 14:45: Diversify Your Outdoors (*Darwin's Den*)


 14:00 - 14:45: Latin Line Dance with Kim (*Fitness Studio 1*)

 14:00 - 15:00: Spoon Carving with Lee John Phillips (*Arts and Craft*)
£10


 14:00 - 15:00: Drop-In Art for Young Artists - Daisy Hâf (*Kids Art Tent*)

 14:00 - 15:00: Intaglio Printing - Diana R Brook (*Arts and Craft*) **£**

Late Afternoon / Evening


 16:00 - 16:45: Standing Pilates - Lucy Cummings (*Fitness Studio 2*)

 16:00 - 16:45: Turnd'Up with Gem (*Fitness Studio 1*)


 16:00 - 16:45: Spicy Chai & Breakfast Recipes - Mira Manek (*Chef's Kitchen Stage*)

 16:00 - 16:45: Sleep Matters - Louise Peers (*Talk Tent*)


 16:00 - 17:30: The Pleasure Playground (*Xanadu - Adult Only*)


 16:15 - 17:00: What is Quiet ADHD? Gabrielle Treanor and Toni Jones (*Ganesh Talk Tent*)


 16:30 - 17:30: Sound Journey - Stuart & Jennifer (*Shakti Yoga Tent*)


 12:00 - 12:45: Plant Medicine - Kate Schenk & Matty Muscaria (*Ganesh Talk Tent*)

 12:15 - 12:30: Cacao and Sound Healing Ceremony: Journey to Spirit Guides (*Jiva Tent*) **£**


 12:30 - 13:30: Silver Ring Workshop **£** (*BlodauArain*)

 14:00 - 15:30: The Pleasure Circuit: Awakening Energy Through Breath and Flow (*Xanadu - Adult Only*)

 14:00 - 15:30: Water Safety Workshop with Wild Swim Wales (*On The Water*)

 14:00 - 16:00: Luisa Bradshaw-White - Ecstatic Dance with Ceremonial Cacao (*Jiva Tent*) **£**


 14:00 - 15:00: Aerial Silks Adults (*Soul Space*) **£**

 14:15 - 15:00: It's Not Them It's You - Cassie Watts (*Ganesh Talk Tent*)


 14:15 - 15:15: Copper Bangle Workshop **£** (*BlodauArain*)

 15:00 - 15:45: Happy Hormones (*Talk Tent*)


 15:00 - 15:45: Rockbox with Sam and Jo (*Fitness Studio 1*)

 15:00 - 16:00: Chill Sounds with Didgeridoo (*Feel Good Tent*)

 15:00 - 16:00: Body Percussion with Barry Mason (*Experience Tent*)

 15:00 - 16:00: Gemma Longworth - Group Art Lessons (*Arts and Craft*)

 15:00 - 16:00: Elemental Mandala Vinyasa - Rhiannon Kitson (*Shakti Yoga Tent*)


 15:00 - 15:45: Do Preserve - Make Your Own with Jen Goss (*Chef's Kitchen Stage*)

 15:00 - 15:45: Sow To Grow (Kids) (*Darwin's Den Hideout*)

 15:00 - 16:00: Mindful Juggling (*Lower Walled Garden*)

 15:00 - 16:30: Fitness Challenge Drop In (*Beside Fitness Studio 2*)

 15:00 - 15:30: Guided Heads Down Distance Swim (*On The Water*)


 15:00 - 16:00: Acro Yoga (*Om Yoga Tent*)


 15:00 - 16:00: Songwriting with Avril (*The Magic Teapot*)

 15:00 - 17:00: Healing Hands Workshop with Yumiko Asakura (*Walled Garden Spa*) **£**


 15:15 - 16:00: Your Manifestation Frequency - Louise George (*Ganesh Talk Tent*)


 15:30 - 16:30: Copper Bangle Workshop **£** (*BlodauArain*)


 15:30 - 17:00: Tai Chi - Liz Thomas (*Shiva Yoga Tent*)


 15:30 - 16:00: Family Disco Rave with the Super Pirates (Little Retreaters)

 15:30 - 16:30: Aerial Silks Adults (*Soul Space*) **£**

 15:30 - 17:00: Buzzard Bushcraft - Drop-in Woody Activities (*Buzzard Bushcraft*)


 16:30 - 17:30: Inhale Warrior, Exhale Worries - Eloise Lambert (*Feel Good Tent*)

 16:30 - 17:45: Grounding with Gem - Sacred Feminine Flow & Womb Healing (*Jiva Tent*) **£**

 16:30 - 17:30: Exploring Dating (*Experience Tent*)

 16:30 - 17:15: Day Rave with James Haskell (*Main Stage*)

 16:45 - 17:45: Silver Bangle Workshop **£** (*BlodauArain*)

 17:00 - 17:45: Life in Your 50s, 60s, 70s and Beyond (*Talk Tent*)

 17:00 - 17:45: The Art of Cake & Comfort - Kerry Hemms (*Chef's Kitchen Stage*)

- 17:00 - 17:45: Clubbercise with Nicola Fulin (*Fitness Studio 1*)
- 17:00 - 18:00: Backbends with Simon Halliday (*Om Yoga Tent*)
- 17:00 - 18:00: Aerial Silks Adults (*Soul Space*) £
- 17:00 - 18:00: Gemma Longworth - Group Art Lessons (*Arts and Craft*)
- 17:00 - 18:00: Kids Water Slide Fun with The Super Pirates (Little Retreaters)
- 17:30 - 18:15: Using Alchemy In Daily Life - Yumiko (*Ganesh Talk Tent*)
- 17:30 - 18:30: Wild Swimming & Cold Water Immersion Cosy Chat Q&A (*On The Water*)
- 17:30 - 18:30: Find Your Inner Calm (Breathwork with Anna Gough) (*Shiva Yoga Tent*)
- 18:00 - 18:30: Aerial Performance with Cirque de Silk (*Soul Space*)

- 18:00 - 18:45: Wine Tasting (*Chef's Kitchen Stage*)
- 18:00 - 18:45: Comedy with Ignacio Lopez (*Talk Tent*)
- 18:00 - 19:00: Rhythm and Drum Session (*Feel Good Tent*)
- 18:00 - 19:00: Comedy Improvisation (*Experience Tent*)
- 18:00 - 19:15: 5 Tibetan Moves for Youthful Flow with Kim Ingleby (*Shakti Yoga Tent*)
- 18:15 - 20:15: Renewal: A Multi-Sensory Journey - Cassie Watts / Luisa Bradshaw-White / Yoga Junkie (*Jiva Tent*) £
- 18:30 - 19:30: Shadow Work: Your Ego is Sabotaging You (*Ganesh Talk Tent*)
- 18:30 - 19:30: Kundalini Yoga (*Om Yoga Tent*)
- 19:00 - 20:00: Solo Travellers Meet-Up (*Feel Good Tent*)
- 20:00 - 21:30: Bhakti Yogi Collective (*Shakti Yoga Tent*)

MUSIC - Main Stage (SATURDAY)

12:00: Donna Ashworth
 16:30: James Haskell
 18:15: Al Lewis
 19:45: Nati
 21:30: Newton Faulkner DJ
 Justin Drag - *Evening DJ*

SUNDAY - 25TH MAY













Early Morning

- 05:00 - 06:30: Sunrise Dip (*On the Water Meeting Point*)
- 06:00 - 07:00: Wild Swimming & Cold Water Immersion and Wellbeing - Cosy Chat Q&A (*On The Water*)
- 06:30 - 07:30: Happy Heart Flow with Fizz Yasin (*Shakti Yoga Tent*)
- 06:30 - 07:30: The Dance of the 3 Warriors with Alex Mitchell (*Om Yoga Tent*)
- 06:30 - 07:30: Wake Up Flow (*Shiva Yoga Tent*)
- 07:00 - 08:15: Katie Blake - The Detox Blueprint: Supporting Your Body's Natural Systems (*Jiva Tent*) £













Morning Activities

- 09:00 - 12:00: Forest Bathing (*Forest Bathing*)
- 09:00 - 09:45: Mat Based Barre (*Fitness Studio 1*)
- 09:00 - 09:45: Every Body's Journey (*Talk Tent*)
- 09:00 - 10:00: Men's Sharing Circle (*Feel Good Tent*)
- 09:00 - 09:45: Talk & Chat: Ayurveda & Gut Health - Mira Manek (*Chef's Kitchen Stage*)
- 09:00 - 09:45: Runners Breath Workshop with Ben Davie (*Fitness Studio 1*)
- 09:00 - 09:40: Bluestone as the Blueprint: Making Tourism Regenerative (*Darwin's Den*)
- 09:00 - 10:00: Women's Sharing Circle with Claire Edwards (*Experience Tent*)
- 09:00 - 12:00: Collaborative Nature Art Workshop (child friendly) (*Darwin's Den Hideout*)
- 09:00 - 09:40: Trees Have Faces - Clay Artwork for Kids (*Darwin's Den Hideout*)
- 09:00 - 09:45: Rage on a Page with Tanya Lynch (*Art and Craft 1*)
- 09:30 - 10:30: EFT Tapping into Possibility (*Ganesh Talk Tent*)










- 08:00 - 08:50: Morning Run (*Fitness Studio 2*)
- 08:00 - 08:45: Morning Pilates (*Fitness Studio 1*)
- 08:00 - 09:00: Men's Yoga (*Shakti Yoga Tent*)
- 08:00 - 09:00: Hatha - Finding Madhya with Sam Feltham (*Shiva Yoga Tent*)
- 08:00 - 09:00: Wudang Tai Chi (*Om Yoga Tent*)
- 08:45 - 10:00: Yogatilikam Deepika Giri - Healing Pranyamas (*Jiva Tent*) £
- 09:30 - 10:00: Wake and Shake with The Super Pirates (Little Retreaters)
- 09:30 - 10:30: Nourish Yoga with Rose Fisher (*Shakti Yoga Tent*)
- 09:30 - 10:30: Tai Chi with Liz Thomas (*Shiva Yoga Tent*)
- 09:30 - 11:00: New Moon in Gemini with Joti - Kundalini Yoga (*Om Yoga Tent*)
- 10:00 - 11:00: Flower Crown Workshop (*Arts and Craft*)
- 10:00 - 10:45: Release, Revive & Rev It Up with Jane Wake (*Fitness Studio 1*)
- 10:00 - 11:30: Power Play - The Key To Getting What You Want (*Xanadu -Adult Only*)
- 10:00 - 10:45: Learn How To Make The Perfect Allergen Friendly Poke Bowl (*Chef's Kitchen Stage*)
- 10:00 - 12:00: Sensory Walk & Hapa Zone Scavenger Hunt (*Buzzard Bushcraft*)
- 10:00 - 10:40: Seaweed is Our New Superhero! (*Darwin's Den*)
- 10:00 - 11:30: Spoon Carving (Adults 16+) Buzzard Bushcraft Chris (*Buzzard Bushcraft*) £10













 10:00 - 12:00: Spoon Carving with Lee John Phillips (<i>Arts and Craft</i>) £
 10:00 - 11:00: Copper Ring Workshop £ (<i>BlodauArain</i>)
 10:00 - 12:00: Drop-In Art for Young Artists - Daisy Hâf (<i>Kids Art Tent</i>)
 10:00 - 11:30: Drop-In Arts & Crafts Table - Adults Only (<i>Arts and Craft</i>)
 10:00 - 11:30: Natural Dyes Workshop - Sian Lester (<i>Arts and Craft</i>) £
 10:00 - 11:00: Dorset Buttons Workshop - Kat Ellis (<i>Arts and Craft</i>) £
 10:00 - 11:30: Charcoal Drawing Workshop - Louise Burdett (<i>Arts and Craft</i>) £
 10:00 - 11:30: Macramé Workshop - Ella Hobby (<i>Arts and Craft</i>) £
 10:00 - 11:30: Book Binding Workshop - Oscar (<i>Arts and Craft</i>) £
 10:00 - 11:30: Drop Casting (Jewellery) Workshop - Gemma Slade (<i>Arts and Craft</i>) £
 10:00 - 11:30: Silver Rings Workshop - Jasmine Frank (<i>Arts and Craft</i>) £
 10:00 - 12:00: Intaglio Printing Workshop - Diana R Brook (<i>Arts and Craft</i>) £













Late Morning / Early Afternoon











 11:00 - 13:00: Nature and Foraging Walk (<i>Meet at Info Booth</i>)
 11:00 - 12:30: Vinyasa with Bryony (<i>Shiva Yoga Tent</i>)
 11:00 - 12:00: Sound Journey with Hohme Trio (<i>Shakti Yoga Tent</i>)
 11:00 - 11:45: Tuk Tuk Sisters (<i>Talk Tent</i>)
 11:00 - 12:00: Breathwork for Emotional Release - Josh Connolly (<i>Fitness Studio 1</i>)
 11:00 - 11:45: Gut Health Food - Nikkie Windsor (<i>Chef's Kitchen Stage</i>)
 11:00 - 11:45: Pilates Self Massage - Nicola Fulin (<i>Fitness Studio 2</i>)
 11:00 - 11:40: The Year That Changed Everything - Lucy Hardy (<i>Darwin's Den</i>)
 11:15 - 12:15: Copper Ring Workshop £ (<i>BlodauArain</i>)
 11:30 - 12:30: Hatha Yoga with Sue Davies (<i>Om Yoga Tent</i>)
 11:30 - 12:30: Aerial Silks Kids (<i>Soul Space</i>) £
 11:30 - 13:30: Inflatable Football Goals and Radar Speed Shot Challenge (Football Pitch)
 12:00 - 12:45: Authentic Voices - Real Impact (<i>Talk Tent</i>)
 12:00 - 13:30: Plants for The People - Get planting (The lower walled garden)















Afternoon Classes

 13:00 - 13:45: Fuel, Flow & Fitness: Midlife Reset (<i>Talk Tent</i>)
 13:00 - 14:00: Disco Flow with Fizz Yasin (<i>Shiva Yoga Tent</i>)
 13:00 - 13:45: Hang Fire Cookery School - Sam & Shauna (<i>Chef's Kitchen Stage</i>)
 13:00 - 14:00: Bushcraft Insights - Chris Elliott (<i>Buzzard Bushcraft</i>)
 13:00 - 14:00: Gemma Longworth - Group Art Lessons (<i>Arts and Craft</i>)
 13:00 - 13:40: Pre and Postnatal Body Shop (<i>Fitness Studio 2</i>)
 13:00 - 13:45: Old School Aerobics - Suzie Hopkins (<i>Fitness Studio 1</i>)
 13:00 - 13:45: Ditch the Diets - Zara Hiridjee (<i>Ganesh Talk Tent</i>)
 13:00 - 14:00: Transformation Station - Special Effects (<i>Darwin's Den Hideout</i>)
















	10:00 - 10:45: Zuui - Scott Lee Morris (<i>Fitness Studio 2</i>)
	10:00 - 15:00: Incredible Invertebrates with The Darwin Centre (<i>Darwin's Den Hideout</i>)
	10:00 - 11:00: Aerial Silks Kids (<i>Soul Space</i>) £
	10:00 - 10:45: Retirement Rebel (<i>Talk Tent</i>)
	10:00 - 13:00: Beautiful Transformation by Alchemy with Yumiko Asakura (<i>Walled Garden Spa</i>) £
	10:00 - 16:00: Drop In Willow Weaving (<i>The Feel Good Field</i>) £
	10:30 - 11:15: Mindful Juggling (<i>Lower Walled Garden</i>)
	10:30 - 15:30: Cold Immersion and Breathwork Sessions wth Ben Davie £
(every hour please book online or at info booth in the Soul Space)	
	10:30 - 11:30: Ecstatic Dance with Indigo (<i>Feel Good Tent</i>)
	10:30 - 11:45: The Skin Whisper - Facial Mapping Secrets (<i>Jiva Tent</i>) £
	10:30 - 11:30: Comedy Improvisation (<i>Experience Tent</i>)
	10:45 - 11:30: How To Stop Sabotaging Your Own Self Care with Julie Demick (<i>Ganesh Talk Tent</i>)

 12:00 - 16:00: Free Flow Festival Fun with The Super Pirates (Little Retreaters)
 12:00 - 13:00: Joyful Harmony Singing - Luna & Virgil (<i>Experience Tent</i>)
 12:00 - 13:30: Conscious Self: Journey Through Touch & Presence (<i>Xanadu - Adult Only</i>)
 12:00 - 12:45: Cook Wild, Eat Well - Fell Foodie (<i>Chef's Kitchen Stage</i>)
 12:00 - 12:45: Hormones and Exercise Talk - Hayley Empett (<i>Fitness Studio 2</i>)
 12:00 - 12:45: Live Your Best Laugh - Cat Google (<i>Ganesh Talk Tent</i>)
 12:00 - 12:40: Stunt Workshop - Screen Alliance Wales (<i>Darwin's Den</i>)
 12:00 - 13:00: Family Constellations (<i>Feel Good Tent</i>)
 12:00 - 12:45: Kids Cheer, Dance and Gymnastics with Georgia, Charlie and Jordan (<i>Fitness Studio 1</i>)
 12:15 - 13:30: Somatic Movement and Breathwork Journey£Anna Gough (<i>Jiva Tent</i>)
 12:30 - 13:30: Silver Ring Workshop £ (<i>BlodauArain</i>)
 12:30 - 14:00: Heart Opening Vinyasa Flow (<i>Shakti Yoga Tent</i>)



















 13:00 - 14:00: Breaking Boundaries: Raising an Ironwoman (<i>Darwin's Den</i>)
 13:00 - 14:00: Aerial Silks Adults (<i>Soul Space</i>) £
 13:30 - 14:30: Nordic Walking (<i>Beside Fitness Studio 2</i>)
 13:30 - 15:00: Yoga for Women - Caia Cappasso (<i>Om Yoga Tent</i>)
 13:30 - 15:00: Big Soul Breathe (<i>Feel Good Tent</i>)
 13:30 - 15:30: Kids Football Zorbing (Football Pitch)
 14:00 - 14:45: A Road Less Frazzled - Ruby Wax (<i>Main Stage</i>)
 14:00 - 15:30: Safe & Consensual Intimacy (<i>Xanadu - Adult Only</i>)
 14:00 - 14:45: Layers of Love - Kerry Hemms (<i>Chef's Kitchen Stage</i>)
 14:00 - 15:00: Sensory Walk & Hapa Zone Scavenger Hunt (<i>Buzzard Bushcraft</i>)

	14:00 - 17:00: Spoon Carving with Lee John Phillips (<i>Arts and Craft</i>) £10
	14:00 - 17:00: Drop-In Art for Young Artists - Daisy Hâf (<i>Kids Art Tent</i>)
	14:00 - 17:00: Intaglio Printing - Diana R Brook (<i>Arts and Craft</i>) £
	14:00 - 14:45: Finding Purpose Through Adversity (<i>Darwin's Den</i>)
	14:00 - 14:45: Broadway Boogie - Nicola Fulin (<i>Fitness Studio 1</i>)
	14:00 - 15:00: Axe Throwing - Drop In (<i>Tangled Woods</i>)
	14:00 - 14:45: Compassionate Boundaries - Jess Baker (<i>Ganesh Talk Tent</i>)
	14:00 - 15:00: Rebel Patch (<i>Darwin's Den</i>)
	14:15 - 15:15: Copper Bangle Workshop £ (<i>BlodauArain</i>)
	14:15 - 15:00: Stressbox Breath and Believe (<i>Fitness Studio 2</i>)
	14:15 - 15:30: Mechanism of Manifesting (<i>Jiva Tent</i>) £
	14:30 - 15:30: Water Safety Workshop - Wild Swim Wales (<i>On The Water</i>)
	14:30 - 15:30: Indian Classical Dance - Somita Bosak (<i>Shiva Yoga Tent</i>)
	14:30 - 15:30: Unwind Your Lower Back with Movement - Jambo Dragon (<i>Shakti Yoga Tent</i>)

Late Afternoon / Evening

	16:00 - 17:00: Gong Bath (<i>Shakti Yoga Tent</i>)
	16:00 - 16:45: Voices of Change - Stories That Break Silence (<i>Talk Tent</i>)
	16:00 - 17:30: Let's Talk About Sex - Emma Sayle & Polly Hazlewood (<i>Xanadu - Adult Only</i>)
	16:00 - 16:45: Life Kitchen: Cooking with Ryan Riley (<i>Chef's Kitchen Stage</i>)
	16:00 - 17:30: Guided Head's Down Distance Swim (<i>On The Water</i>)
	16:00 - 16:45: The Big Abba Workout - Claudia and Team (<i>Main Stage</i>)
	16:00 - 17:00: Ashtanga & Restorative Yoga - The Yoga Junkie (<i>Shiva Yoga Tent</i>)
	16:00 - 16:45: Build Strength Through Mindful Movement (<i>Fitness Studio 2</i>)
	16:00 - 16:45: Gut Conversations - Connecting Mind, Gut & Inner Self (<i>Ganesh Talk Tent</i>)
	16:15 - 18:00: Wild Swimming & Cold Water Immersion (<i>On The Water</i>)
	16:15 - 17:30: Cacao and Sound Healing Journey: Find Stillness Within (<i>Jiva Tent</i>) £
	16:30 - 17:30: Welcome to Reiki - Group Healing Experience (<i>Experience Tent</i>)
	16:30 - 17:30: Inhale Warrior, Exhale Worries - Eloise Lambert (<i>Feel Good Tent</i>)
	16:45- 17:45: Silver Bangle Workshop £ (<i>BlodauArain</i>)
	17:00 - 17:45: Free from Freedom - Ellen Picton (<i>Chef's Kitchen Stage</i>)
	17:00 - 17:45: Pilates Bands & Balls - Suzie Hopkins (<i>Fitness Studio 2</i>)

	15:00 - 15:45: How to Let Go and Feel Confident - Laura Ferry (<i>Talk Tent</i>)
	15:00 - 16:00: Mindful Juggling (<i>The Lower Walled Garden</i>)
	15:00 - 16:30: Fitness Challenge - Drop In (<i>Beside Fitness Studio 1</i>)
	15:00 - 16:00: Chill Sounds with Didgeridoo (<i>Experience Tent</i>)
	15:00 - 16:00: Laughter Yoga - Cat Googe (<i>Feel Good Tent</i>)
	15:00 - 15:45: How to Eat for Resilience - Sarah Bayliss (<i>Chef's Kitchen Stage</i>)
	15:00 - 16:00: Gemma Longworth - Group Art Lessons (<i>Arts and Craft</i>)
	15:00 - 16:00: Mel Fielding - Self-Discovery (<i>Darwin's Den</i>)
	15:00 - 15:45: Lyrical Dance Flow - Gina Roberts (<i>Fitness Studio 1</i>)
	15:00 - 15:45: Ayurveda: Healing & Higher Consciousness - Dylan Smith (<i>Ganesh Talk Tent</i>)
	15:30 - 16:00: Family Disco Rave with The Super Pirates (Little Retreaters)
	15:00 - 16:00: Songwriting with Avril (<i>The Magic Teapot</i>)
	15:30 - 16:30: Copper Bangle Workshop £ (<i>BlodauArain</i>)
	15:30 - 16:30: Open Heart Flow (<i>Om Yoga Tent</i>)
	15:30 - 17:00: Buzzard Bushcraft - Drop-in Woody Activities (<i>Buzzard Bushcraft</i>)

	17:00 - 18:00: Unlock the True Power of Pranayamas - Deepika (<i>Ganesh Talk Tent</i>)
	17:00 - 18:00: Kids Water Slide Fund with The Super Pirates (Little Retreaters)
	17:00 - 17:45: Ravekick (<i>Fitness Studio 1</i>)
	17:00 - 18:00: Gemma Longworth - Group Art Lessons (<i>Arts and Craft</i>)
	17:00 - 18:00: Nidra Meditation & Oracle for Restless Minds (<i>Om Yoga Tent</i>)
	17:30 - 19:00: Acro Yoga (<i>Shakti Yoga Tent</i>)
	17:30 - 18:30: Movement Through Chakras - Julia Phillips (<i>Shiva Yoga Tent</i>)
	18:00 - 18:30: The Soul Tourist - Comedy with Dom Joly (<i>Talk Tent</i>)
	18:00 - 18:45: Wine Tasting (<i>Chef's Kitchen Stage</i>)
	18:00 - 20:00: Deep Inner Dance with Ceremonial Cacao - Luisa Bradshaw-White (<i>Jiva Tent</i>) £
	18:00 - 18:30: Sassy Express Stretch - Suzie Hopkins (<i>Fitness Studio 2</i>)
	18:00 - 18:45: Turn'dUp with Gem (<i>Fitness Studio 1</i>)
	18:00 - 19:00: How to Really Go with the Flow - Workshop (<i>Experience Tent</i>)
	18:00 - 19:00: Rhythm and Drum Session (<i>Feel Good Tent</i>)
	18:30 - 19:30: Cacao and Sound Healing Ceremony (<i>Jiva Tent</i>) £ (Fully booked)
	19:00 - 19:45: A Taste of Gin (<i>Chef's Kitchen Stage</i>)
	19:00 - 20:00: Restorative Yoga - Alice Faulkner (<i>Shiva Yoga Tent</i>)
	19:30 - 21:00: Shivani Mair - Kirtan (<i>Shakti Yoga Tent</i>)

MUSIC - Main Stage (SUNDAY)

17:30: Dactyl Terra
18:30: Band Pres Llaeggub
19:45: Beatles Dub Club
21:15: ABBA Revival
Evening DJ - Dani Wallace

MONDAY - 26TH MAY

Early Morning

- 05:00 - 06:00: Sunrise Swim/Dip/Paddle (*On The Water*)
- 05:45 - 07:30: Wild Swimming & Cold Water Immersion (*On The Water*)
- 06:30 - 07:30: Twisted and Balanced - Simon Halliday (*Om Yoga Tent*)
- 07:00 - 08:00: Yin Yoga with Rhian (*Shiva Yoga Tent*)
- 07:00 - 08:00: Wake Up Flow (*Shakti Yoga Tent*)

- 07:15 - 08:15: Wild Swimming & Cold Water Immersion and Wellbeing - Cosy Chat Q&A (*On The Water*)
- 08:00 - 09:00: Wudang Tai Chi (*Om Yoga Tent*)
- 08:00 - 08:45: Sun Dance - Morning Dance Party (*Fitness Tent 1*)
- 08:30 - 09:30: Men's Yoga (*Shiva Yoga Tent*)
- 08:30 - 10:00: The Sound Experience - A Yoga Junkie Signature Immersion (*Shakti Yoga Tent*)
- 08:45 - 10:00: Charlotte Lewis - Your Voice is More Powerful Than You Think... (*Jiva Tent*) £

Morning Activities

- 09:00 - 10:00: Tackling the Climate Crisis - Jessica McQuade (*Darwin's Den*)
- 09:00 - 10:00: Men's Sharing Circle (*Feel Good Tent*)
- 09:00 - 09:45: Zumba with Tracey Keane (*Fitness Studio 1*)
- 09:00 - 10:00: Women's Sharing Circle - Claire Edwards (*Experience Tent*)
- 09:00 - 12:00: Collaborative Nature Art Workshop (Child Friendly) (*Darwin's Den Hideout*)
- 09:30 - 10:30: The Dance of Shiva and Shakti - Alex Mitchell (*Om Yoga Tent*)
- 09:30 - 10:00: Wake and Shake with The Super Pirates (Little Retreaters)
- 09:30 - 10:30: Your Manifestation Frequency - Louise George (*Ganesh Talk Tent*)
- 10:00 - 11:00: Flower Crown (*Arts and Craft*)
- 10:00 - 11:30: Sacred Sexuality Q&A (*Xanadu - Adult Only*)
- 10:00 - 10:45: One Wok Wonder - Kwoklyn Wan (*Chef's Kitchen Stage*)
- 10:00 - 12:00: Sensory Walk & Hapa Zone Scavenger Hunt (*Buzzard Bushcraft*)
- 10:00 - 11:00: Copper Ring Workshop £ (*BlodauArain*)
- 10:00 - 12:00: Spoon Carving (Adults 16+) - Buzzard Bushcraft Chris (*Buzzard Bushcraft*) £
- 10:00 - 12:30: Drop-In Arts & Crafts Table - Adults Only (*Arts and Craft*)
- 10:00 - 11:00: Gemma Longworth - Group Art Lessons (*Arts and Craft*)
- 10:00 - 10:45: Function Strength - Hayley (*Fitness Studio 1*)
- 10:00 - 12:00: Axe Throwing - Drop In (*Tangled Woods*)
- 10:00 - 11:00: Aerial Hoop Kids (*Soul Space*) £
- 10:00 - 11:00: Tai Chi with Liz Thomas (*Shiva Yoga Tent*)
- 10:00 - 10:40: See It, Feel It, Draw It: Visual Feedback for Change - Pool Tir Mor (*Darwin's Den*)
- 10:30 - 11:30: How to Let Go & Feel Confident (*Feel Good Tent*)
- 10:30 - 11:30: Laughter Yoga - Cat Googe (*Jiva Tent*)
- 10:30 - 11:45: The Skin Whisperer -The Elemental Beauty Ritual (*Shakti Yoga Tent*) £
- 10:30 - 11:30: Mindful Mobility Flow (*Talk Tent*)
- 10:45 - 11:30: Change is the One Constant in Life - Julie Demick (*Ganesh Talk Tent*)

Early Afternoon

- 11:00 - 11:45: From Burnout to Purpose -Building A Fashion Brand That Cares (*Darwin's Den*)
- 11:00 - 11:45: The Benefits of Cacao - Enchanted Earth (*Chef's Kitchen Stage*)
- 11:00 - 11:30: Aerial Hoop Adults (*Soul Space*) £
- 11:00 - 11:45: Latin Line Dance - Kim (*Fitness Studio 1*)
- 11:00 - 12:00: Yoga for Women - Caia Cappasso (*Om Yoga Tent*)
- 11:15 - 12:15: Copper Ring Workshop £ (*BlodauArain*)
- 11:30 - 12:30: Indian Classical Dance - Somita Bosak (*Shiva Yoga Tent*)
- 11:30 - 13:30: Inflatable Football Goals and Radar Speed Shot Challenge (Football Pitch)
- 12:00 - 13:00: Sober Curious with Harrison Ward and Emily Andrews (*Talk Tent*)
- 12:00 - 13:30: Plants for The People - Get planting (The lower walled garden)
- 12:00 - 13:00: We Would Love Your Feedback (*Ganesh Talk Tent*)
- 12:00 - 13:00: Make Friends with Nature - Billie Rose (*Feel Good Tent*)
- 12:00 - 13:00: Joyful Harmony Singing - Luna & Virgil (*Experience Tent*)
- 12:00 - 13:30: The Pleasure of Saying No (*Xanadu - Adult Only*)
- 12:00 - 13:00: Deep Tissue Release - Sam Feltham (*Shakti Yoga Tent*)

 12:00 - 12:45: Ravekick (<i>Fitness Studio 1</i>)	 12:15 - 13:45: Breathwork & Cacao Journey (<i>Jiva Tent</i>) £
 12:00 - 16:00: Festival Free Flow Fun with The Super Pirates (Little Retreaters)	 12:30 - 13:30: Fitness Challenge - Drop in (<i>Meet beside Fitness Tent 2</i>)
 12:00 - 13:00: Activated Snacking with Cathy Moseley (<i>Chef's Kitchen Stage</i>)	 12:30 - 13:30: Happy Heart Flow - Fizz Yasin (<i>Om Yoga Tent</i>)
	 12:30 - 13:30: Silver Ring Workshop £ (<i>BlodauArain</i>)
Afternoon Classes	
 13:00 - 13:40: Tech With Heart: Re-imagining Mental Health For A New Era (<i>Darwin's Den</i>)	 14:00 - 14:45: Burlywhirls Dance Theatre - Gem (<i>Fitness Studio 1</i>)
 13:00 - 14:00: Bushcraft Insights - Chris Elliott (<i>Buzzard Bushcraft</i>)	 14:00 - 15:30: Movement Through Chakras - Julia Phillips (<i>Om Yoga Tent</i>)
 13:00 - 13:45: Basic Pilates, Hollow and Scoop (<i>Fitness Studio 1</i>)	 14:15 - 15:30: Return to Awareness: Cacao & Sound Healing Experience (<i>Jiva Tent</i>) £
 13:00 - 14:00: Dynamic Hatha - Bryony Noble (<i>Shiva Yoga Tent</i>)	 14:15 - 15:15: Copper Bangle Workshop £ (<i>BlodauArain</i>)
 13:15 - 14:15: Ayurveda Interview/Q&A - Dylan Smith (<i>Ganesh Talk Tent</i>)	 14:30 - 15:30: Hatha Yoga - Sue Davies (<i>Shiva Yoga Tent</i>)
 13:20 - 14:30: How to Really Go With the Flow - Inspiring Workshop (<i>Experience Tent</i>)	 14:30 - 15:30: EFT Tapping into Possibility (<i>Ganesh Talk Tent</i>)
 13:30 - 14:30: Nordic Walking - (<i>Meet Beside Fitness 2</i>)	 14:30 - 15:30: Closing Thanks (<i>Feel Good Tent</i>)
 13:30 - 15:30: Kids Football Zorbing (Football Pitch)	 15:00 - 16:00: Sound Journey - Hohme Trio (<i>Shakti Yoga Tent</i>)
 13:30 - 14:30: Cooking Up Resilience with Fell Foodie (<i>Talk Tent</i>)	 15:00 - 16:00: Kids Water Slide Fun with The Super Pilates (Little Retreaters)
 13:30 - 14:30: Cooking with Compassion: Food for Healing - Ryan Riley (<i>Chef's Kitchen Stage</i>)	 15:00 - 16:00: Festival Round-Up & Feedback - Big Retreat Team (<i>Talk Tent</i>)
 13:30 - 14:30: Shivani Mair - Yogic Mantra Chanting, Movement & Meditation (<i>Shakti Yoga Tent</i>)	 15:00 - 16:00: Chill Sounds with Didgeridoo (<i>Experience Tent</i>)
 13:30 - 14:30: Cellovision - Julila (<i>Feel Good Tent</i>)	 15:00 - 16:00: From Cwtch to Crumbly: The Magic of Welsh Cheese (<i>Chef's Kitchen Stage</i>)
 14:00 - 15:00: Nature and Foraging Walk (<i>Info Booth</i>)	 15:00 - 15:45: Simply Stretch and Giggle (<i>Fitness Studio 1</i>)
 14:00 - 14:30: Celebration & Feedback - Jodi McLean (<i>Xanadu - Adult Only</i>)	 15:30 - 17:00: Buzzard Bushcraft - Drop-In Woody Activities (<i>Buzzard Bushcraft</i>)
 14:00 - 15:00: Sensory Walk & Hapa Zone Scavenger Hunt (<i>Buzzard Bushcraft</i>)	 15:30 - 16:30: Silver Bangle Workshop £ (<i>BlodauArain</i>)



Find them in the Feel Good Field
Open from 8am to 1am