

Beulah Programme 2017

Friday

SunRa Movers & Shakers Tent	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Promtheus Meditation & Time Out Tipi
	17.00-18.30 Hatha Yoga Bridget	18.00-18.30 Yoga Nidra Anji			See Board For guided Meditations

18.00 - 19.30 Dinner

19.00-20.00
Mask Making
Barbara

19.30 - Welcome & Opening Ceremony

20.30
KLONK!
Live Music

Please note this programme is subject to change, Please check the site boards for up to date info

Sweet Dreams Beulah Tribe

Saturday

SunRa Movers & Shakers Tent	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Promtheus Meditation & Time Out Tipi
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7.00-8.30 Tai Chi	7.00-8.30 Ashtanga Yoga	7.30-8.00 Om Chanting & Meditation			
Ben	Stewart	Bridget			

7.30 - 9.00 Breakfast

9.00 Camp Heart Song with Lily & Nel

10.00-11.30 Woodland Singing	10.00-12.00 Slow Yoga	10.00-12.00 Authentic Communication	10.00-10.30 Family Yoga		
Fran	Sally	Justine	Katy		
			10.45-12.15 Games & Woodland Wandering		
			Hattie		

11.30 - 13.30 Lunch

13.00-15.00 Movement Playtime Kim	13.00-15.00 Improving your Yoga & Pilates using the Franklin Method Kath	13.00-15.00 Wild Wisdom, Writing your way Home Siobhan	13.30 -15.30 Birdsong & Beyond Linda	13.00-17.00 Sharers SoapBox Open Word Mic Words Ideas & Dreams Poetry Put your name on the list	13.00-14.00 Guided Meditation Jonny & Nick
15.00-17.00 Wildman Dance (Men Only) Marcin & Nick	15.00-17.00 Kundalini Yoga & Gong Bath Harry & Dee	15.00-16.00 Sacred Blue Lotus Ceremony Jacqui	16.00-17.00 Create a Musical Instrument Barbara		
		16.15-17.00 Yoga Nidra Emma			

18.00 - 19.30 Dinner

Dress To Express

21.00-23.00 5 Rhythms Wave & Rave Chris		19.00-20.00 Relax Kids Justine	
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Sweet Dreams Beulah Tribe

Sunday

SunRa Movers & Shakers Tent	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Promtheus Meditation & Time Out Tipi
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7.00-8.30 Tai Chi		7.30-8.00 Om Chanting & Meditation			
Ben		Bridget			

7.30 - 9.00 Breakfast

9.00 Camp Heart Song with Lily & Nel

10.00-12.00 Circus Skills	10.00-12.00 Partner Yoga Workshop	10.00-12.00 Tantra: Connecting from the Heart	10.00-10.30 Family Yoga		
Ohiana & Paula	Stewart	Tatiana & Kendal	Katy		
			10.45-12.15 Games & Woodland Wandering		
			Hattie		

11.30 - 13.30 Lunch

13.00-15.00 Circus Skills open to all ages Ohiana & Paula	13.00-15.00 Somatics to Sound Sylvia & Lily	13.00-15.00 How to be a Good Man in a World of Rogues Nick	Circus Skills in SunRa Tent	13.00-17.00 Acoustic Corner See the board	
15.00-17.00 Spirit Dance & Soul Dance (Women only) Nel	15.00-17.00 Sunshine Vinyasa Flow Emma	15.00-17.00 The way of your Magnificent SELF - Reclaiming yourself fully Kalyani	16.00-17.00 Story Massage Justine	Muscians & Poets Performing	

17.30 Closing Ceremony & Farewell

18.00 - 19.30 Dinner

19.30
Sifaka
Live Music

Farewell & Sweet Dreams Beulah Tribe