

# Beulah Programme 2018

## FRIDAY

Time	SunRa Movers & Shakers	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Prometheus Meditation Tipi
17.00		17.00-18.30 Ashtanga Fusion  ~ Georgie	17.30-18.30 Meadow Love Yoga Nidra & Sound Bath ~ Emma	17.00-18.00 Family Friendship Dance  ~ Nicola		
<b>Dinner (18.00 - 19.30)</b> 						
19.00				19.00-20.00 Story Time ~ Cheryl		
<b>Welcome &amp; Opening Ceremony (19.30)</b>						
20.00	20.00-23.00 5 Rhythms Wave & Rave  ~ Chris B					

*Please note the programme may change, Please check the site boards for up to date info*

# SATURDAY (day)

Time	SunRa Movers & Shakers	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Promtheus Meditation Tipi
7.00	7.00-8.00 Tai Chi ~ Ben	7.00-8.00 Gentle Hatha Yoga ~ Marie	7.30-8.00 Om Chanting & Meditation ~ Bridget			Silent Sitting  Self Led
<b>Breakfast (7.30 - 9.00)</b> 						
<b>♥ Morning Circle &amp; Camp Heart Song with Lily (9.00) ♥</b>						
10.00	10.00-12.00 Women Sacred Dance (women only)  ~ Nel	10.00-12.00 Yoga for Healthy Backs  ~ Anna	10.00-12.00 EFT Emotional Freedom Technique  ~ Kirsty	10.00-11.00 10.00-10.30 Pre School Yoga 10.30-11.00 Kids Yoga Emily		10.00-12.00 Life, The Universe & Meditation  ~ Jonny
11.00				11.00-12.00 Kung Fu ~ Angus		
<b>Lunch (12.00 - 13.30)</b> 						
13.00					13.00-17.00 Open Mind Open Mic Words Ideas Dreams  Poetry Inspiration	
14.00	14.00-16.00 Chakra Dance & Gong Bath	14.00-16.00 Somatics	14.00-16.00 Living Playfully for Adults	14.00-15.00 Creative Time  ~ Andrea		14.00-15.00 Face Yoga & Meditation ~ Anne Marie
15.00				15.00-16.00 Music & Movement		15.15-16.00 Breathing Meditation & Handpan

	~ Andrea & Craig	~ Sylvia	~ Jessica & Melanie	~ Georgie	Open Mind Open Mic Words Ideas Dreams Poetry Inspiration	Relaxation ~ James
16.00	16.00-18.00 Bollywood, Bhangra & Indian Folk Dance  ~ Ravinda	16.00-18.00 Flow Yoga  ~ Jules	16.00-18.00 Tantra Sexuality  ~ Tatiana & Kendal	16.00-17.00 Play Games ~ Paula & Ohiane		16.00-17.00 Sound Journey  ~ Christian
17.00				17.00-18.00 Family Acroyoga ~ Gemma		

## SATURDAY (eve)

Time line	SunRa Movers & Shakers	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Prometheus Meditation Tipi
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Dinner (18.00 - 19.30) 🍴

**DRESS UP: "WILD THING"**

19.00		19.30-20.30 Kirtan		19.00-20.00 Poetry Walk ~ Ravinda		
20.00		OneThousand Ways to Kneel & Kiss the Ground ~ Geoff & Kaye				
20.30	20.30 Mobius Loop Live Music					

23.00 Sweet Dreams Beulah Tribe (camp fire; acoustic jam)

# SUNDAY

Time line	SunRa Movers & Shakers	Gaia Yoga Tent	Vayu InSpire Tent	Oceanus Kids Zone	Hathor Café	Promtheus Meditation Tipi
7.00	7.00-8.00 Tai Chi ~ Ben	7.00-8.00 Vibrate Happy into Your Day ~ Roisin & George	7.30-8.00 Om Chanting & Meditation ~ Bridget			Silent Sitting  Self Led
<b>Breakfast (7.30 - 9.00) 🍴</b>						
<b>♥ Morning Circle &amp; Camp Heart Song with Lily (9.00) ♥</b>						
10.00	10.00-12.00 African Dancing with live drumming	10.00-12.00 Re-Wild Yourself Flow Yoga	10.00-12.00 Collaborative Sound Release	10.00-10.30 Pre School Yoga ----- 10.30-11.00 Kids Yoga  Emily		10.00-12.00 Wild Woman Yoga Mentoring
11.00	~ Katya & Diego	~ Emma	~ Lily	11.00-12.00 Family Friendship Dance ~ Nicola		~ Alison
<b>Lunch (12.00 - 13.30) 🍴</b>						
14.00	14.00-16.00 Kung Fu Fusion	14.00-16.00 Dru Yoga- Inner Power	14.00-16.00 Cuddle Workshop	14.00-15.00 Picture Poetry Cheryl	13.00-17.00 Acoustic Corner	14.00-15.00 Yoga Nidra Jules
15.00	~ Angus	~ Sally	~ Andrew	15.00-16.00  Songs & Stories ~ Noel	Musicians & Poets Performing	15.30-16.30 Sound Journey

16.00	16.00-18.00 Family Circus Skills ~ Paula & Ohiane	16.00-18.00 Acro Yoga ~ Gemma & Jake	16.00-18.00 An Energetic Sex Intro' ~ Roisin & Binoy		See Board for details	~ Christian
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**Dinner (18.00 - 19.30) ** Acoustic Corner

**Beulah All Together Ceremony (19.00)**  

19.30					Acoustic jam	
	20.30 Kontiki Live Music					

**Thank you, Farewell & Sweet Dreams Beulah Tribe**

# Beulah Festival 2018 – workshop descriptions

**NB.** workshops & times may unavoidably be subject to change, & perhaps some exciting additions – we will give details during the festival wherever possible... check out the boards at the tents, & in the Café.

**Also, please note that not all workshops will last the full time allocated for them.**

**Please try to arrive at the workshop space of your choice at the start so it can begin smoothly on time, though this is a festival & latecomers welcome too.**

## SunRa Movers & Shakers Tent

Friday

### **5 Rhythms Wave & Rave with Christopher Boylan - Fri 20.00-23.00**

5Rhythms is a funky, fun, profound movement meditation: the wild way to still your mind. Always very popular at Beulah, you really can't get it wrong. It is about your dance. We welcome every part of ourselves, the pretty bits, the ugly bits, the light, the dark & the shadows. And we allow it all to dance, arriving in a field of complete & ecstatic presence.

Chris completed his teacher training with Gabrielle Roth in 2008 & is accredited to teach the Waves & Heartbeat levels of 5Rhythms. The music will carry on after the 5Rhythms session, as he will be DJing, but don't let the headphones get in the way of grabbing him for a chat. Website

<http://www.northernrootsandwings.com>

Saturday

### **Tai Chi with Ben Morley - Sat 7.00-8.00**

Ben practices a Tai Chi/Qi Gong system from ancient China called Lishi. The workshops will focus on breath exercises, Daoist forms, chi activation & partner work. The sessions are energising & a great way to start the day.

### **Sacred Dance for Women with Nel Wenek – Sat 10.00-12.00**

To All Sisters, I would like to invite you for a Sacred Dance-a sacred Journey where you can connect with your inner source, with the pure essence within you...with all your feelings & emotions. Through this journey you can have the opportunity to reconnect again with your body, with your heart, with your Soul. You can dance with your Ancestors, Spirit Animals. You can dance the inner child within you. The intention of this dance is to let go of your head & to allow yourself to be who you really are, to feel your uniqueness. Let's meet & connect together...Lets dance our emotions in the energy of the Sisterhood...Lets feel the Freedom & Joy of movement.

### **Chakradance & Gong Sound bath with Andrea Jackson & Craig – Sat 14.00-16.00**

Welcome to Chakradance...CHAKRADANCE™ is a well-being movement practice. It uses spontaneous dance, to specific chakra-resonant music, for the purpose of healing & re-tuning your whole energy system. It leads to an awakening, a discovery of your true self but at a deeper level, Chakradance is also about healing & balance. There is no right or wrong way to move your body. It's a journey of self-discovery. Chakradance puts you in touch with the sacred within yourself. It helps you re-connect with your own soul, unique & beautiful. Dancing the seven chakras is like dancing into seven different worlds, seven different facets of your whole self, each with their own lessons, meanings & stories.

## **Bollywood, Bhangra & Indian Folk Dance with Ravinda Cheema –**

**Sat 16.00-18.00**

"Uplifting, exciting....joyful....incredible....amazing fun." Our dances are choreographed to suit all ages & abilities. All sessions are for absolute beginners & form an excellent cardio workout as you make brand new moves on the dance floor. Come & shake your bootie!

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Sunday

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## **Tai Chi with Ben Morley - Sun 7.00-8.00**

Ben practices a Tai Chi/Qi Gong system from ancient China called Lishi. The workshops will focus on breath exercises, Daoist forms, chi activation & partner work. The sessions are energising & a great way to start the day.

## **West African dance class with live drums with Katya Harington, Diego & friends – Sun 10.00-12.00**

Fun & energetic!! All ages welcome. 'The drum is the heart beat, listen & feel connected to the drums'

## **Kung Fu Fusion with Angus McHenry – Sun 14.00-16.00**

Join me in the journey of the venerable ancient one & unlock the treasure house of Kung Fu Tzu. The greatest skill is found when we fuse the breath & movement into an action of the purest intent, ultimately channelling a myriad of emotional inputs in a resolution which treats all with kindness. Open to all ages.

## **Family circus skills with Paula & Ohiane – Sun 16.00-18.00**

An interactive drop in circus workshop for young & old. There'll be a variety of props for you to try, including diablo, poi, flower stick, juggling kit, hula hoops, hand held stilts, staffs & much more.

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# Gaia Yoga Tent

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Friday

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## **Ashtanga Fusion with Georgie McCredie – Fri 17.00-18.30**

This class will synchronize breath & movement to lead you through the Ashtanga Primary Series with elements of Vinyasa & core strength thrown in! Suitable for all levels.

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Saturday

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## **Gentle Hatha Yoga with Marie Seller – Sat 7.00-8.00**

Marie teaches gentle Hatha yoga in a style which uses visualisation techniques combined with the science of yoga to help you achieve the full benefits of each posture.

## **Yoga for Healthy Lower Backs with Anna Semlyen – Sat 10.00-12.00**

This will be easy, relaxing therapeutic yoga so dress warmly. Proven in a randomised trial & taught by co-author of the book, BWY Specialist Advisor in Back Care & therapeutic research from York.

## **Essential Somatic movement with Sylvia Jay – Sat 14.00-16.00**

Essential Somatics (in the tradition of Thomas Hanna) is a wonderful technique that teaches you to release unconsciously held chronic muscle tension through awareness & movement. It's great for relieving muscular pain & stiffness, for restoring range of movement, & to bring greater ease & joy into

your whole life. Develop your awareness of muscular imbalances in your body, then gentle movements will release patterns of muscle tightness. In this workshop we will explore breath to give you a sense of greater spaciousness & energy, & then free the fundamental pattern of moving, for you to walk, dance, play with a greater sense of freedom. Somatic movements are slow, safe, & good for everyone.

### **Yoga Flow with Jules Staveley – Sat 16.00-18.00**

In our yoga flow workshop, we will be bringing our focus into our breath, which allows us to release tension in the body so that we can unite the body & breath. Moving through sun salutations, standing postures & seated postures to encourage mobility of the spine, opening the major joints & stretching the whole body for full wellbeing. We will work to remove blockages & allow energy to move freely around the body, spending time in each pose to gently ease the body to expand, ending in a lovely nourishing savasana to ensure the body can rest & restore before returning to the rest of the festival!

### **One Thousand Ways to Kneel and Kiss the Ground with Geoff & Kaye – Sat 19.30-20.30**

Join Kirtan Wallahs, Geoff & Kaye, for traditional Indian bhajans as well as sacred songs from other traditions, along with soul poetry from around the world.

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Sunday

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### **Vibrate Happy into Your Day- Kundalini Yoga & Mantra Singing With Roisin Kiernan & George Ruddiman – Sun 7.00-8.00**

Awaken your cells into vibrating happy with our deeply nourishing, breath expanding & gentle Kundalini Yoga Kriya (set) followed by a group-led mantra meditation to 'Ang Sang Wahe Guru', which means 'every cell in my body is vibrating with that of the divine'. Drums, rattles, and shakers will be available for you to join in & other musical instruments are welcome. This is an enlivening mantra meditation that really shakes your cells into vibrating happy! All ages & levels of experience or ability are welcome to join.

### **Re-wild Yourself Flow Yoga with Emma Leaf – Sun 10.00-12.00**

We will be re-wilding ourselves to dive deeper, get wilder, go inside, outside and travel all the way through ourselves. Experiment with varied movement, creative flow vinyasa, pranayama & mantra to re-wild your yoga. This will be a challenging & then softening 2hr class with a long juicy shavasana to surrender fully & integrate your wild heart. Connect to the intuitive side of asana, your body's somatic movement, your heart's calling. Move & breathe in innovative & ancient ways where you can find fluidity & strength on and off the mat to take into your life, for empowerment and creativity. Enjoy this rare gift as a fun practice where we all become one.

### **Dru Yoga - Inner Power with Sally Townend – Sun 14.00-16.00**

Nurturing your reserve of inner power is the first step towards creating more space in your life & ensuring you have the fuel needed to not only sustain, but to succeed. Join me on this nourishing Dru Yoga workshop focusing on cultivating inner power, to ignite the flames of inspiration & strength within.

### **Base Acro Yoga with Jake Ainsworth and Gemma Crickmore – Sun 16.00-18.00**

An introduction to acroyoga - challenge yourself physically & mentally through mindful movement. Learn the fundamentals of flying, basing & spotting. No experience necessary, no partner necessary, just bring a willingness to learn! Acroyoga combines elements of acrobatics with yoga & is a sociable and fun way of building strength, flexibility, confidence & connection. Suitable for ages 7+ (each child under 16 must be accompanied by a participating adult).

# Vayu InSpire Tent

Friday

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## **Meadow Love Yoga Nidra & Sound Bath with Emma Leaf – Fri 17.30-18.30**

Yoga Nidra (yogic sleep) is a wonderful deep relaxation which supports your asana (physical yoga) practice. It helps you find deep rest & stillness, reducing daily stress by teaching pratyahara - turning attention inward for your own healing awareness, & dharana - concentration, meditation & awareness. Immerse yourself in this blissful journey to a summers meadow, bathing in your inner sunshine & heart's radiance. Nourishing, healing & expanding with your senses & the sound of shamanic instruments, crystal singing bowls & a Japanese wind gong.

Saturday

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## **Om Chanting & Meditation with Bridget Rowan – Sat 7.00-8.00**

You are invited to join me to chant, meditate on the vibrations & experience the power of the sacred mantra OM. A beautiful way to start our day & gently wake up the camp. All welcome & no dress code just come in your pyjamas!

## **EFT Emotional Freedom Technique with Kirsty Elliott – Sat 10.00-12.00**

Learning EFT- "Tapping" in a group setting is a wonderful experience. In a safe, nurturing & supportive environment, you can learn this ground-breaking technique for yourself to use for life. We will tune into a particular issue or theme & tap to release the intensity of these issues whilst tuning into how we feel about it, how it affects our lives & how we notice it in our bodies. People often start at a 10/10 intensity & come right down to a ZERO in minutes! often finding much clarity & peace. It's a fantastic experience & an opportunity to find a connection with like-minded people.

## **Living Playfully for Adults (age 17 and over) with Jessica Penrose & Melanie Taylor (Playful Being) – Sat 14.00-16.00**

Play unlocks creativity & generates ideas. It encourages wonder & connection, reduces stress & helps us to be fully in the moment. Yet as adults, in our busy lives, we seldom let ourselves play for play's sake. In this light-hearted workshop, we invite you to reawaken your curiosity & reconnect with your playful side, to see the familiar with fresh eyes & free yourself from the need to achieve all the time. Laughter guaranteed! The workshop is aimed at adults, for ages 17 and over, so that we can create a space in which adults feel able to open up & play for themselves, rather than for/with their children.

## **Connect with your Sexuality (Tantra) with Tatiana & Kendal Aitken – Sat 16.00-18.00**

Start to discover the world of Tantra & Sacred Sexuality. Join us to heart connect with self & others, loosen the body, relax the mind & come into the present moment. We invite you to experience giving & receiving conscious, loving touch & to continue the journey of your sexual healing & empowerment.

Sunday

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## **Om Chanting & Meditation with Bridget Rowan – Sun 7.00-8.00**

You are invited to join me to chant, meditate on the vibrations & experience the power of the sacred mantra OM. A beautiful way to start our day & gently wake up the camp. All welcome & no dress code just come in your pyjamas!

## **Collaborative Sound Release with Lily Moharrer – Sun 10.00-12.00**

A sound & movement workshop aimed at encouraging honest communication, sharing, playing & exploring through sound & rhythm. Our workshops are based on the practices of circle singing, body percussion, music therapy, peace building & interactive music games. Find your inner voice & move freely to your own rhythm.

## **Cuddle workshop with Andrew Broadbent – Sun 14.00-16.00**

This is a workshop in platonic touch which is about exploring connection, nurturing touch & personal boundaries. Human beings are basically kind & loving creatures. We will do exercises in pairs & then in larger groups, so you'll get the chance to mix with lots of people. And of course, you don't have to cuddle anyone you don't want to. It's purely a non-sexual environment & because when there's no sexual agenda, participants can be more open & relaxed, we aim for a nurturing feel to the physical contact & a noticing of what happens to the human body when oxytocin starts to flow. Many of us are hard wired from our early teens to associate touch with sex. What would it be like to separate nurturing touch from sexual touch? And then to explore that nurturing touch, with the wisdom & understanding of an adult, but with a childlike innocence.

## **An Energetic Sex Intro' With Roisin & Binoy – Sun 16.00-18.00**

Sexual energy is deeply healing - it's life force energy that can be moved without touch & can be cultivated by yourself, for yourself, &/or channelled into any area of your life. It can also take your love making to the next level; beyond the physical. During this taster we'll be: \* Creating a safe container with clear consent & boundary setting. \* Leading a meditative exploration of your sacred sexual creative energy. \* Guiding exercises exploring the feminine & masculine principles of sexual energy, which we all have, regardless of gender. \* Offering a fully-clothed energetic sex ritual for pairs or as a group. Come and have some fun reclaiming the greatest creative force within you - your sexual energy; your life force energy; your power. This fun, uplifting introductory session is open to all over the age of 16. You can come as an individual or with a partner. And all is optional.

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## **Oceanus - Kids Zone**

Friday

## **Family & Friendship Dance with Nicola Kinsey – Fri 17.00-18.00**

Dances of Universal Peace are simple, meditative & joyous circle dances. Using sacred phrases, chants, movements, & music from the world's wisdom traditions. The Dances are uplifting & can also be very insightful. They're a great way to have fun, make new friends & explore the spiritual essence within us & around us. There are no 'wrong' moves in these dances, each dance is taught step by step. All welcome. Please feel free to just come & sit in the healing sounds, in the middle of the circle or on the sides. The mantras sung are very healing. Come drench yourself in love, peace & joy. Together one family.

## **Story Time with Cheryl Constance – Fri 19.00-20.00**

Cosy up for a bedtime story.

Saturday

## **Pre-school Yoga with Emily Winter – Sat 10.00-10.30**

## **Kids Yoga with Emily Winter – Sat 10.30-11.00**

Children's yoga sessions to inspire imagination, natural movement & expression. Sessions involve storytelling, asanas, pranayama & guided visualisation. Adults are invited to watch & join in as they feel.

## **Kung Fu Fusion with Angus McHenry – Sat 11.00-12.00**

Two of the oldest eastern traditions began their evolution together in our collective ancient shamanic past. We learn to exercise the mind, body and spirit through a series of linked practices that will allow you to develop the flexibility of action and weave yourself a new pathway of courage, compassion and confidence.

## **Create & Craft with Andrea Brajer – Sat 14.00-15.00**

Breath-taking Nature Craft for Kids...Summer is here & as we spend more time outside, nature is our craft shop. We will have fun creating, & also searching for the resources - twigs, leaves, flowers, stones, feathers & much more. While we are on our mission to collect, we will ensure that we don't damage our precious environment. I have a good selection of nature resources the children can use to make their own breath-taking creations. However, children are more than welcome to collect their own resources beforehand too & bring them along.

## **A Tribe of Kids - An expressive movement for children with Georgie McCredie – Sat 15.00-16.00**

Created & choreographed from a children's storybook, this workshop will take children on an adventure across the globe using expressive movement. Using our bodies, we will learn about different creatures & elements in nature, & how when gathered as a collective, we are at our strongest. A fun & physical exploration into collective nouns within nature. Parents are welcome to join in with little ones.

## **Pop up games with Paula & Ohiane – Sat 16.00-17.00**

A supportive, fun & interactive games session for young & old. Bringing many games from our experience in Belgium where we took part in an International Games Exchange. The games will encompass theatre, mime, movement, stillness, focus & madcap. Both competitive & non- competitive. How often do we get to play together & be silly in a field?

## **Family Acro Yoga with Gemma & Jake – Sat 17.00-18.00**

Join us for an hour of family acroyoga. A wonderful parent-child bonding activity. Enjoy connecting with each other, balancing the mind & the body & celebrating the relationships within our family. This playful session will include, games, partner balances, acroyoga & relaxation. It will encourage you to explore, play, unwind & appreciate each other. No previous yoga experience necessary. Suitable for all ages.

## **Poetry Walk with Ravinda Cheema – Sat 19.00-20.00**

We will walk a little & listen to some fun poetry each time we sit down.

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Sunday

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## **Pre-school Yoga with Emily Winter – Sun 10.00-10.30**

### **Kids Yoga with Emily Winter – Sun 10.30-11.00**

Children's yoga sessions to inspire imagination, natural movement & expression. Sessions involve storytelling, asanas, pranayama & guided visualisation. Adults are invited to watch & join in as they feel.

## **Family & Friendship Dance with Nicola Kinsey – Sun 11.00-12.00**

See Fri 17.00-18.00

## **Picture Poetry with Cheryl Constance – Sun 14.00-15.00**

Cheryl will guide you in choosing pictures from magazines & using them to create a poem.

## **Songs & Stories with Noel Watkins – Sun 15.00-16.00**

Find out why dogs & cats don't get on any more in the Tale of "Party Party", "How Turtle cracked his shell" & what Pythius was willing to do for his best friend Damon (yes it was a matter of life or death!) Join Noel Watkins, teller of tantalising tales, singer of silly songs & reciter of ridiculous riddles for a thought provoking and fun filled session of tales especially suitable for 5 to 95 year olds (other ages considered with parental accompaniment especially 96 year olds and above!)

## **Family Circus skills with Paula and Ohiane – Sun 16.00-18.00**

**\*\*\*\* In the field by the SunRa Movers & Shakers Tent (or in this tent if raining)**

An interactive drop in circus workshop for young and old. Bringing a variety of props including diablo, poi, flower stick, juggling kit, hula hoops, hand held stilts, staffs and much more.

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## **Prometheus – Meditation & Time Out Tipi**

Between planned sessions this space is available for quiet time out, or for you to offer a guided meditation if you feel moved to.

\_\_\_\_\_ Saturday \_\_\_\_\_

### **Silent sitting – Sat 7.00-8.00**

A time to be – self led meditation time.

### **Life, the Universe & Meditation with Jonny O'Donnell – Sat 10.00-12.00**

Can our deepest questions about life really be answered through meditation? A practical workshop exploring a deeper enquiry into life through the expanded states of awareness found in meditation. This workshop will include: Relaxation & breathing techniques; Asking bigger questions & how to find the answers; How to bring the benefits of meditation in your daily life; The opportunity to explore the true nature of meditation & the vast potential within us. Imagine a state of total freedom. It cannot be described in words – you must become it.

### **Face Yoga & Meditation with Anne Marie Burford – Sat 14.00-15.00**

This is a unique, bespoke class including not only Face yoga exercises and eye exercises but also incorporating pressure points, breathing techniques, crystals and essential oils to enhance and deepen the practice. Face yoga is not only an extremely effective natural face lift, but it is also very helpful for issues such as migraines, eye strain, and an anxious mind. Those who attend and are experiencing headaches and migraines are already reporting improvements as they learn to relax the muscle and direct prana into areas of need. Please bring 2 crystals with pointed ends that would be helpful for the acupressure massage part of the session.

### **Breathing Meditation & Handpan relaxation with James Burford – Sat 15.15-16.00**

James will lead you through different breathing exercises from both Chi Gong & Yogic traditions. This will be followed by a guided mindfulness meditation, concluded with a Handpan relaxation.

## **Sound Journey with Christian Jensen – Sat 16.00-17.00**

Sound for the Soul. Come and experience a mystical journey through sound, using a range of instruments, including Didgeridoo, Kosmosky tank drum & Hand Pan. I'll take you on a journey, to relax & nourish your soul.

\_\_\_\_\_ Sunday \_\_\_\_\_

## **Silent sitting – Sat 7.00-8.00**

A time to be – self led meditation time.

## **Wild Woman Yoga Mentoring with Alison Goodwin – Sun 10.00-12.00**

Wild Woman mentoring holds space for women, supported by yoga practice, to clarify their deeper intentions for their lives & let go of what is holding us back. We'll be exploring how we can be more true to ourselves in our lives, including reflection on the idea of san kalpa as a deep statement of our true self & our purpose; menstrual cycle/menopause awareness; letting go of what is no longer serving us & inviting in new ways of being that authentically express who we are. When we are living more authentic lives, we have the power to influence profoundly in our homes, families, communities & in the wider world, & play our own role in creating the world we want to live in.

## **Yoga Nidra with Jules Staverley – Sun 14.00-15.00**

In this Yoga Nidra workshop we will enjoy the calm & stillness in the body that comes from deep rest, while the mind moves through various states of consciousness. Please remember this is a still workshop, & so you are invited to bring layers to wear, cushions, pillows and blankets to create a yoga nidra nest with for yourself. Some eye bags will be provided but please bring your own if you have one.

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## **Hathor Café & around**

\_\_\_\_\_ Saturday \_\_\_\_\_

## **Open Mind Open Mic with YOU! – Sat 13.00-17.00**

Bring a poem, talk about something you feel strongly about, mobilise for a campaign, share what inspires you, tell a story... this is your space to express yourself amongst supportive, like-minded souls.

\_\_\_\_\_ Sunday \_\_\_\_\_

## **Acoustic Corner – Sun 13.00 – 18.00**

Chill over food or a cuppa, listening to some of our favourite talented music makers (times subject to change – check Café board).

Kelly Boyle	13.00 - 13.20
Sinead Campbell	13.30 - 14.00
Cair Paravel - Miranda Arieah & Tom Clegg	14.10 - 14.30
Jenni Noyes	14.40 - 15.00
Joe Kemp	15.10 - 15.30
Sisterhood – Fran Wyburn, Miranda Arieah Fuzzy Jones, Astraluna	15.40 - 17.00
Jonny O'Donnell	17.15 - 17.45
Pariss Electra	17.25 - 18.00

## **Beulah All Together Ceremony with EVERYONE! – Sun 19.00 – 19.30**

## The Bands

### Saturday 20.30

**Mobius Loop** create gloriously eccentric gypsy folk stories, fusing world music & conscious rap with eruptions of free-form dance charged with an intimately powerful & intense energetic live performance. Mobius Loop are on a mission to raise positive vibrations, projecting an organic co-operative voice for humanist spirituality, vegan philosophy, grassroots philanthropy, true democracy & alchemical magic, in the name of Hemp Redemption & the infinite unknown.

Mobius Loop began on 08/08/08 & so the band are celebrating 10 years in August 2018. Managed & nurtured by singer/songwriter soul mates Alex & Katie, Mobius Loop have independently toured 10 European countries, written over 50 songs, released our 1st album, created sustainable hand-made merchandise, performed at many of the UKs best alternative festivals, graduated together with 1st class honours degrees in Experimental Music from University of Central Lancashire, won VegfestUK's 2016 Vegan Song Competition, collaborated with some phenomenal artists & musicians & have hosted numerous family-friendly donation based music events around the UK promoting creative expression, celebrating diverse community, demonstrating healthy living & galvanising the Hemp Redemption.

### Sunday 20.30

**Kontiki** Some of you will remember their storming impromptu set at last year's Beulah Festival. Well we loved them so much, we invited them back to delight you & get you dancing. Kontiki are a Leeds & Bradford based outfit playing Afro-infused guitar driven heavy grooves who aim to get people moving. See you down the front!