

	GAIA YOGA	VAYU MEDITATION	SUN RA DANCE	OCEANUS KIDS & TEENS	ATHENA ARTS	HATHOR CAFÉ
<b>FRIDAY</b>						
<b>17:00</b>						
<b>17:30</b>	17:30-18:30					
<b>18:00</b>	Welcome Yoga (Bridget)	18:00-19:00 Yoga Nidra (Anji)				
<b>18:30</b>						
<b>18:00-19:30</b>	DINNER					
<b>19:00</b>				19:00-19:30 Storytelling Time (Gemma)		
<b>19:30</b>						
<b>20:00</b>	OPENING CIRCLE + CAMP SONG					
<b>20:30</b>	SOUND JOURNEY (The Sound of Three)					

	GAIA YOGA	VAYU MEDITATION	SUN RA DANCE	OCEANUS KIDS & TEENS	ATHENA ARTS	HATHOR CAFÉ
<b>SATURDAY</b>						
<b>07:00</b>	7:00-8:30 Ashtanga (Stewart)	07:00-07:30 Om chanting & meditation (Bridget)	07:00-08:30 Qi Gong (John Mackie)			
<b>07:30</b>						
<b>08:00</b>						
<b>08:30</b>						
<b>07:30-09:00</b>	BREAKFAST					
<b>09:00</b>	CAMP SONG					
<b>09:30</b>				09:30-10:00 Family Fitness (Anji)		
<b>10:00</b>	10:00-12:00 Kundalini & Gong Bath (Roisin & Dee)	10:00-11:00 Chakra Journey Meditation (Emma)	10:00-12:00 Nia Dance (Amanda)		10:00-12:00 Natrual Virility - Honouring and Embodying the Sacred Masculine (Nick)	
<b>10:30</b>				10:30-12:00 Bushcraft (Chris)		
<b>11:00</b>						
<b>11:30</b>						
<b>12:00</b>						
<b>11:30-13:30</b>	LUNCH					
<b>13:00</b>	13:00-14:30 Somatics (David Fleming)	13:00-13:30 Yoga Nidra (Anji)	13:00-14:30 Tantra Wisdom: Dynamics for Inner Marriage (Kalyani)			
<b>13:30</b>				13:30-15:00 A Journey to Wisdom (Gemma)	13:30-15:00 Collaborative Sound Release (Lily)	
<b>14:00</b>						
<b>14:30</b>						

<b>15:00</b>	15:00-16:30	15:00-17:00	15:00-16:30			
	Sunshine Vinyasa Flow (Emma)	Introduction to Tantra (Tatiana & Kendal)	Hula Hooping (Pete & Chloe)	15:30-16:30	15:30-17:00	
<b>15:30</b>				Om Kids Yoga (lisa)	Introduction to tarot reading (Hazel)	
<b>16:00</b>						
<b>16:30</b>						
<b>17:00</b>				15:00-18:00		
				Crafty Kids - Cosmic Mask Making (Rachel)		
<b>18:00-19:30</b> DINNER						
<b>19:00</b>			19:00-20:45	Massage Story (Justine		
<b>19:30</b>			5 Rhythms (Chris Boylan)	Merton)		
<b>20:00</b>						
<b>21:00-22:30</b> MUSIC & BAND - Celtarabia						



<b>15:00</b>	15:00-17:00 Kundalini Yoga & Gong Bath (Roisin & Dee)	15:00-16:30 Health & Happiness (Tatiana & Kendal)	15:00-17:00 Chakra Breathing Dance (Tracey)	15:00-16:00 Kids Yoga (Lisa)	15:00-16:30 Collaborative Sound Release (Lily)	15:00-15:45 Fran Wyburn	
<b>15:30</b>							16:00-16:45 Joseph Moore
<b>16:00</b>							
<b>16:30</b>							
<b>17:00</b>	CLOSING CIRCLE						
<b>18:00-19:30</b>	DINNER						
<b>20:00</b>						19:30-20:15 Pariss Elektra	
<b>20:30</b>							
<b>21:00</b>						20:30-21:15 Jonny O'Donnell	
<b>21:30</b>							



## GAIA YOGA

### ★ ASHTANGA & ASHTANGA PARTNER FUSION with Stewart Richmond

Ashtanga yoga is a dynamic breath-led practice which links postures together as a flowing (vinyasa) meditation. Ashtanga yoga complements other forms of exercise by helping to release tight muscles, improving flexibility and preventing injury. It also enhances mental wellbeing. Stewart's lessons are founded on the belief that a lifelong yoga practice should offer challenges but remain joyful. Music is one element of this. He also encourages students to play with advanced postures and connect with each other using partner work. This year at Beulah Stewart will be offering a formal led class and a partner / adjustment workshop.

### ★ GENTLE YOGA & YOGA NIDRA with Catharine Rosenthal

A gentle yoga class followed by a profound form of deep relaxation. Yoga Nidra has many benefits including promoting a sense of wellbeing, to restore body, mind and senses, encouraging deep healing reducing stress and improving sleep. Practiced lying down, you will be guided to a place of inner stillness and peace.

### ★ KUNDALINI YOGA & GONG BATH with Roisin Kiernan & Dee Mischka

Relatively new to the Western Hemisphere, Kundalini, "the yoga of awareness," opens your heart, builds strength and releases the energy located at the base of your spine. Kundalini is one of the more spiritual styles of yoga. Kundalini yoga focuses on breath and movement and challenges its students both physically and mentally.

The Saturday class will be a full-power vibration-raising set to awaken the life-force within, opening up the flow of love within you and starting your festival off with a good, Kundalini-kick. On Sunday, you'll be working more meditatively with wondrous mantras to take us deeper into the subconscious, exploratory writing to assist those more hidden layers to the surface and a watery-focussed sound bath with gong to finish.

You really are in for a treat. The super Dee Mishka will be playing her Pluto-tuned Gong for transformation and Roisin will be on her psychic-enhancing Neptune.

### ★ **POWER YOGA with Lisa Butcher**

The sessions are dynamic and energising - perfect for those who like a stronger flowing practice. It's a fast paced class and can get a little hot - it's perfect for building strength and increasing flexibility. The perfect way to start your morning...

### ★ **SOMATICS with David Fleming**

David from SomaMoves and Aerial Yoga Leeds will be delivering a Hanna Somatics session with a focus on breathing. Hanna Somatics is a form of neuromuscular education where the focus is on enhancing the connections between the brain and the body to produce smarter, more effective, efficient activity. In this session we'll explore how we actually breathe, focusing on which muscles are being used to breathe and whether we play with shifting how we breathe and where we receive the breath. We'll be playing with movement and breath to free up and enhance the functioning of the muscles involved in breathing including the abdominals, diaphragm, intercostals and scalenes.

This session is an especially good compliment to yoga, dance, running and any other physical activity where breathing could be important! Enhance your own breathe somatically from the inside out.

### ★ **SUNSHINE VINYASA FLOW with Emma Leaf**

Emma's Yoga classes are powerful for your body and mind, a great way to reach inside yourself to discover your inner strength. They are non-dogmatic and non-competitive, with an emphasis on joy and happiness in the postures, encouraging all to trust in their bodies and breath, developing playfulness and exploration within life.

### ★ **WELCOME YOGA with Bridget Rowan**

Bridget will be welcoming you to come to a stop & feel the grass between your toes & stretch out the stresses of the week & arrive at your home, Yourself.



## VAYU MEDITATION

### ★ **AUTHENTIC COMMUNICATION with Justine Marriott**

How often have you heard the phrase 'just be yourself'? How easy is it for you? Come and explore how it feels to 'just be yourself' in a safe and supportive environment. Find your authentic voice and communicate with others in a simple and liberating way. Nothing to do, nowhere to go, just come as you are.

★ **CHAKRA JOURNEY MEDITATION with Emma Leaf**

A guided meditation to clear, recharge, align and flow with your hearts wisdom and live with peace, awareness and gratitude.

★ **HEALTH & HAPPINESS with Tatiana & Kendal Aitken**

Covering body, mind & spirit: nutrition, relaxation techniques, building awareness, focus on gratitude, change thinking patterns from negative to positive, life purpose.

★ **INTRODUCTION TO TANTRA with Tatiana & Kendal Aitken**

Covering the basics of Tantra: history & explanation of what it is, teaching some introductory breathing/ meditation techniques (Microcosmic Orbit) followed by some connection exercises (e.g. eye gazing) and awareness of the 5 senses exercises, if time.

★ **MEDITATION TECHNIQUES with Jonny O'Donnell**

Jonny will be sharing his experiences of the many benefits of a daily meditation practice. He will be guiding you through some simple techniques to support deeper levels of expansion, such as posture, breathing and relaxation techniques. There will also be time for stillness.

★ **OM CHANTING with Bridget Rowan**

An Omtastic start of the day will be happening at 7am in the meditation tent with Om chanting & meditation.

★ **YOGA NIDRA with Anji Craven**

Yoga Nidra is powerful technique practiced in Shavasana (lying down). It is the practice of 'yogic sleep'; the body completely relaxes whilst the mind remains awake & aware. It is the state of consciousness between waking and sleeping, like the "going-to-sleep" stage. The practitioner becomes systematically and increasingly aware of the inner world by following a set of (audio) instructions. Yoga nidra is among the deepest possible states of relaxation while still maintaining full consciousness.





## SUN RA DANCE

### ★ 5-RHYTHMS with Chris Boylan

5-Rhythms is a simple movement meditation practice designed to release the dancer that lives in everybody, no matter what shape, size, age, limitation and experience. The 5 Rhythms are Flow, Staccato, Chaos, Lyrical and Stillness. They come together to create a Wave, a movement meditation practice. There are no steps to follow. Bring your heart, willingness to move and bottle of water.

### ★ AFRICAN DANCE with Katya

Energetic West African Dance Class with live drums!!!!

### ★ CHAKRA BREATHING DANCE with Tracey Crewdson

This chakra dance breath workshop brings in elements of tantra in aiming to bring in full embodiment of mind, body and spirit. Through movement and focused breath, we both energise the body and move energy, as well as awaken and balance each chakra. Through the conscious free flow of energy it is said enlightenment is but a breath away - so join me for a vibrationally energising couple of hours and experience the bliss of the sacred union laying in wait within us.

### ★ HANNA SOMATICS with Sylvia Jay

Bring awareness to your muscles to free up your body ready for all your Beulah activities. The gentle somatic movements release chronically tight muscles, resulting from desk work and using electronic devices, stress, anxiety, accident or emotional trauma – the hazards of busy western lifestyles.

You will learn how to 'pandiculate' like a cat - lengthening rather than stretching muscles, in order to loosen them and increase your range of movement without the risk of damage. Somatic movement in the tradition of Thomas Hanna is a neuromuscular (mind - body) training technique, which has rapid and lasting results.

### ★ HULA HOOPING with Peter White & Chloe Patchett

Get your hoop on! A great have-a-go activity for all ages and abilities. You'll have the chance to learn to spin a hula-hoop on different parts of the body.

### ★ **NIA DANCE with Amanda Franklin**

Nia is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. This year's Saturday Morning soundtrack theme is Love, Peace & Unity: dance from your heart and soul and let your light shine...

### ★ **TAI CHI with Arun Gujran**

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

### ★ **TANTRA WISDOM: DYNAMICS FOR INNER MARRIAGE with Kalyani Ma Mukti**

A Tantric Perspective on Exploring Masculine/Feminine Dynamics for Inner Marriage. In this workshop Kalyani will explain the Masculine and Feminine principles and will share practices to experience how they are alive within yourself. Whatever your gender, you also carry within the inner opposite gender. It is only by recognising the interplay of both Masculine and Feminine within you that you can address what stands in the way of your wholeness, your Inner Marriage. Both women and men are welcome to attend, of any sexual orientation.

### ★ **QI GONG with John Mackie**

This ancient Chinese Internal Health Art combines slow movement, breathing, posture and awareness. It helps us to SLOW DOWN and is an excellent antidote to the pace and stresses of 21st century living. It helps with injuries, mobility, back pain, energy levels, and much more. Suitable for any level of fitness.



## OCEANUS KIDS

### ★ A JOURNEY TO WISDOM with Gemma & Louise

This dynamic workshop is designed to connect to the beauty, love and wisdom present within everyone. Through creative activities, colourful metaphors, storytelling and movement, children and parents alike will be offered a new way to understand their thoughts and feelings. For ages 7 and upward.

### ★ BUSHCRAFT with Chris Ensor

Gimme Shelter (Saturday)

Come to the woods and learn how to create a simple lightweight shelter with all the right knots, or just come and build the best den ever! Fun and games in the woods!

Light my Fire (Sunday)

There are many ways to light a fire in the woods. This is your chance to experiment with a variety of modern and ancient techniques, tinders and toys to create fire. You will learn how generate an ember and how to nurture that ember into flames. Please bring a parent!

### ★ CRAFTY KIDS with Rachel MacHutcheon

A chance to make and decorate sparkly masks ready for tonight's cosmic costume party. Glitter, sequins and ribbons at the ready!

### ★ FAMILY FITNESS with Anji & Jason

Anji and Jason will be leading some fun family fitness sessions on a morning. These sessions will surely have you laughing, increasing your heart rate, playing with bendiness and maybe falling over!

### ★ KIDS YOGA with Lisa Butcher

We'll have lots of fun going on mindful and empowering story-based journeys along with sun salutation warm ups with a twist(!) Finishing off with a little relaxation allowing 'time-out' for peace and quiet, just to be.

### ★ MASSAGE STORY with Justine Merton

We all love stories! Just imagine how great it would be to combine your favourite story or nursery rhymes with massage bringing them together in a fun, creative & enjoyable way, allowing you to share a lovely relaxed & fun

time with your child (grown up children also allowed!). This story massage workshop will introduce you to 10 easy-to-follow strokes associated with the spoken word that can be used with existing stories or rhymes or, even more excitingly, the opportunity to get creative and make up your own stories. No massage oil is used and massage is given through clothing.

### ★ **STORYTELLING TIME with Gemma**

On Friday evening we'll be inviting the children to venture into the heart of a land where giants roam with a story about a particularly big, friendly giant.



## **ATHENA ARTS**

### ★ **COLLABORATIVE SOUND RELEASE with Lily Moharrer**

Express and let go through sound and rhythm. Find inspiration from those around you and let music into your heart by discovering your inner voice. Games and techniques, with a holistic approach, allow you to travel through sound in a safe and all encompassing environment. With a deep technical understanding and having studied the voice and its mechanics at a high level, we now want to draw out the all-natural voice that lies within and do this without formality, restrictions or judgement. If it's screaming, wailing, grunting or whispering, all is welcome and all is encouraged.

### ★ **NATURAL VIRILITY: HONOURING AND EMBODYING THE SACRED MASCULINE IN YOUR DAILY LIFE with Nick Hudis**

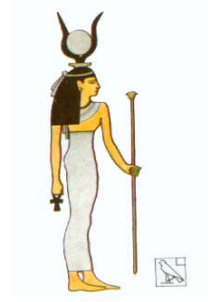
This workshop invites men to recognize and celebrate themselves as embodiments of the Sacred Masculine in all aspects of their daily life. Moving from the practicalities of health, sex and work to the esoteric aspect of the Masculine as pure consciousness, the workshop will include story telling, movement, and a talking circle.

### ★ **INTRODUCTION TO TAROT READING with Hazel Potter**

Hazel will introduce you to the mysterious art of Tarot reading, explaining the archetypes and symbols in the cards. You will have a chance to give other members of the group a reading with the help of our Tarot reader, learning to use your intuition and your own "sixth sense" in the process.

### ★ **PIMP MY CLOTHES with Emily & Michelle**

A chance for you to bring along a piece of clothing to bling. Emily and Michelle will be helping you to implement creative ideas to make your clothing more interesting, colourful and unique.



## MUSIC @ HATHOR CAFE

### ★ **CELTARABIA**

Celtarabia play a wild fusion of Arabic, Andalucian, Celtic, Medieval music and contemporary beats designed to get bodies dancing. Some of this country's finest world dance musicians, playing the wildest cross-over music being made in England today. Featuring Hurdy-Gurdy, Hammered Dulcimer, Vocals, Cittern, African and Arabic Percussion, Drum kit Didjeridu and Bass Guitar.

### ★ **FRAN WYBURN**

"Fran Wyburn has a unique, engaging voice and lyrical tales to share, a rising Yorkshire talent"

BBC Introducing West Yorkshire

### ★ **JOE KEMP**

Intricate and Refreshingly different Blue-eyed Soul, performed in a powerful and exiting way.

### ★ **JOSEPH MOORE**

You may have seen this talented laidback singer songwriter busking on the streets of Leeds.

### ★ **JONNY O'DONNELL**

Jonny will be returning to Beulah for his third year. He will be performing his own songs and no doubt one or two feel good covers that you can sing along and dance to. Expect some good vibes from this talented man!

### ★ **MIRANDA ARIEH**

Miranda started out her solo project at the beginning of last year. Since releasing her debut album she has gone on to tour the UK twice and ventured across to America to do a week long stint in New York, gaining rave reviews across the board for her passionate and dynamic live performances, including from BBC Introducing on which she has regularly featured.

#### ★ **PARISS ELEKTRA**

Pariss is a flamboyant Neo Soul/ Future Soul musician. Her music is Jazz orientated, with a large injection of Soul. She shares her life learnings with the world when she writes her songs and joins hearts with the world when she performs, truly setting the stage alight with her ever-glowing presence.

#### ★ **THE SOUND OF THREE**

Pariss Elektra, Jonny O'Donnell and Shmueli Bell embark on an improvised music performance with the aid of guitars, drums, didgeridoo, Native American flute, vocals and various technological gadgets. It will be meditative, calming, uplifting and rhythmic, so you may feel like dancing by the end!