

# Beulah Programme 2017

## Friday

<b>SunRa</b> Movers & Shakers Tent	<b>Gaia</b> Yoga Tent	<b>Vayu</b> InSpire Tent	<b>Oceanus</b> Kids Zone	<b>Hathor</b> Café	<b>Promtheus</b> 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  
Donna

**20.00 - Welcome & Opening Ceremony**

21.00  
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
7.00-8.30 Tai Chi  Ben	7.00-8.30 Ashtanga Yoga  Stewart	7.30-8.00 Om Chanting & Meditation  Bridget			
7.30 - 9.00 Breakfast					
9.00 Camp Heart Song with Lily & Nel					
10.00-12.00 Collaborative Sound  Lily & Nel	10.00-12.00 Slow Yoga  Sally	10.00-12.00 Authentic Communication  Justine	10.00-10.30 Family Yoga  Katy		
			10.45-12.15 Games & Woodland Wandering  Hattie		
11.30 - 13.30 Lunch					

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

**18.00 - 19.30 Dinner**

**Dress To Express**

<b>20.00-23.00</b> <b>5 Rhythms Wave &amp; Rave</b> <b>Chris</b>		<b>19.00-20.00</b> <b>Relax Kids</b> <b>Justine</b>	
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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
7.00-8.30 Tai Chi  Ben		7.30-8.00 Om Chanting & Meditation  Bridget			
<b>7.30 - 9.00 Breakfast</b>					
<b>9.00 Camp Heart Song with Lily &amp; Nel</b>					
10.00-12.00 Circus Skills  Ohiana & Paula	10.00-12.00 Partner Yoga Workshop  Stewart	10.00-12.00 Tantra: Connecting from the Heart  Tatiana & Kendal	10.00-10.30 Family Yoga  Katy		
			10.45-12.15 Games & Woodland Wandering  Hattie		
<b>11.30 - 13.30 Lunch</b>					

<b>13.00-15.00</b> <b>Circus Skills (open to all ages)</b> <b>Ohiana &amp; Paula</b>	<b>13.00-15.00</b> <b>Somatics to Sound</b> <b>Sylvia &amp; Collaborative Sound</b>	<b>13.00-15.00</b> <b>How to be a Good Man in a World of Rogues</b> <b>Nick</b>	<b>Circus Skills in SunRa Tent</b>	<b>13.00-17.00</b> <b>Acoustic Corner</b> <b>See the board</b>	
<b>15.00-17.00</b> <b>Spirit Dance &amp; Soul Dance (Women only)</b>  <b>Nel</b>	<b>15.00-17.00</b> <b>Sunshine Vinyasa Flow</b>  <b>Emma</b>	<b>15.00-17.00</b> <b>The way of your Magnificent SELF - Reclaiming yourself fully</b> <b>Kalyani</b>	<b>16.00-1700</b> <b>Story Massage</b>  <b>Justine</b>	<b>Muscians &amp; Poets Performing</b>	

**17.30 Closing Ceremony & Farewell**

**18.00 - 19.30 Dinner**

**19.30**  
**Sifaka**  
**Live Music**

**Farewell & Sweet Dreams Beulah Tribe**