

Beulah Festival 2014 Programme

FRIDAY	
16:00	Arrival, camp set-up, meet & greet.
16:30	
17:00	
17:30	
18:00 - 19:30 Dinner - Served at Rocket Catering Cafe	
19:30	Letting Go Fire Cleanse
20:00	
20:30	Candlelit Kirtan (Har Rang)
21:00	
22:00	Campfire Jam
22:30	

SATURDAY			
	Heart Temple	Round House	Stone Circle
07:30 - 09:30 Breakfast - Served at Rocket Catering Cafe			
08:00	Sun Power Yoga (Emma Fotherby)		
08:30			
09:00			
09:30	Ambient Dance (Lucia Castano)	Meditation (Jules Staverly)	Mandala Earth Art (Rik Stak)
10:00			
10:30	Hatha Yoga (Jules Staverley)		Dru Yoga (Chrissy Chelinski)
11:00			
11:30 - 13:30 Lunch - served at Rocket Catering Cafe			
13:30	Tantric Flow Yoga (Roisin Kiernan)	Finding Your Voice (Issi Freeth-Hale)	Wild Ways Woodland Adventure (Sarah De Nurtcheylo)
14:00			
14:30			

SATURDAY

	Heart Temple	Round House	Stone Circle
15:00	Nia Dance Fusion (Amanda Franklin & David Fleming)		Outdoor Guided Meditation (Emma Fotherby)
15:30			
16:00			Practice for Kids Talent Show (Rik Stak)
16:30	Hanna Somatics (Sylvia Jay)	Shamanic Drum Circle (Maria Wind Talker)	
17:00			
18:00- 19:30 Dinner - served at Rocket Catering Cafe			
20:00	Talent Show		
20:30	Boogie Time!		
21:00	Tarantismo (Live Cuban/ Salsa Band)		
23:00	Campfire Jam		

SUNDAY

	Heart Temple	Round House	Stone Circle
07:00	Yoga & Meditation (self-practice)		
07:30 - 09:00 Breakfast - served at Rocket Catering Cafe			
08:00	Child & Parent Yoga (Emma Fotherby)		
08:30			
09:00	Kundalini Yoga (Roisin Kiernan)	Earth Heart Meditation (Lynda Haigh)	Fairy & Pixie Treasure Hunt
09:30			
10:00			
10:30	Dance for Life (Roger King)	Developing a Herbal First Aid Kit (Natalia Williams)	
11:00			
11:30			
12:00 - 13:30 Lunch - served at Rocket Catering Cafe			

SUNDAY		
	Heart Temple	Stone Circle
13:30	Jenni Noyes	
14:00		
14:30	Jonny O'Donnell	Kids Circus Skills Workshop (Pete White & his Suitcase Circus)
15:00		
15:30	Yoga Fusion Performance	
16:00		

YOGA

☯ Dru Yoga with Chrissy Chelinski

Dru Yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit—improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole being...

...Dru is a style of yoga designed to be practised by people of all abilities, all fitness levels and all age groups.

☯ Hatha Yoga with Jules Staverley

Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength and flexibility, and relaxation.

Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner.

☯ Kundalini Yoga with Roisin Kiernan

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 without a doubt one of the more spiritual styles of yoga. Kundalini yoga focuses on breath and movement and challenges its students both physically and mentally.

☯ Sun Power Yoga with Emma Fotherby

Sun Power Yoga is a flourishing and innovative style, perfect for our modern times yet still laced with traditional yoga principles. It is a wonderful blend of flowing movement sequences, sun salutations, strength work, core, stretching, opening, increasing flexibility and breathing techniques with all the traditional asanas (postures).

☯ Tantric Flow Yoga with Roisin Kiernan

Tantra Flow is Flow Yoga that uses postures as a tool to change the energy of the students, moving them closer to what they need and further away from imbalance. The aim of Tantra Yoga is to expand awareness in all states of consciousness, whether waking state, dream state or sleep state. To accomplish this we need a kind of "deprogramming" and "reprogramming" of our human computer. Tantra Flow uses the breath through a variety of methods as a tool to help improve poses and to heighten the experience of the poses.

Meditation

☯ Earth Heart Meditation with Lynda Haigh

Earth Heart meditation with Celestial crystal singing bowls and Cosmo form movement prayer - a gateway to higher consciousness - blending Celestial and Earth energies for Unity

☯ Candlelit Kirtan with Har Rang Band

Please ensure that you bring a head covering (scarf, bandana, hat...)

8.35pm - Raga Instrumental Piece on Traditional Indian Instruments

9.05pm - Shabad Guru and Kundalini Yoga Mantra Chants including a Kundalini Yoga Meditation

9.40pm - Kirtan Sohila - Sacred Poetry for Bedtime

9.55pm - Close with Long Time Sun and Long Sat Nams

☯ Meditation with Jules Staverley

An opportunity to go on a beautiful journey, where you contemplate any issues of your choosing. Remove stress and replace it with a dose of inner peace.

☯ Outdoor Guided Meditation with Emma Fotherby

We will be breathing peace, love, gratitude, understanding & creativity with the beautiful surrounding, sights and sounds of Lime Tree Farm.

Sometimes focusing on our breath with different pranayama exercises, sometimes breathing into our chakra light energies bodies, sometimes linking light yoga movement with breath, sometimes a walking meditation..

Our goal is to spread love and positive intentions to the world and to introduce more people to the peace of meditation, breathing fully and awakening to the beauty of life, themselves and all around.

☯ Yoga & Meditation Self Practice

This is an opportunity for your own early Sunday morning practice, whatever form that may take. Enjoy the time & space.

Movement

☯ Dance for Life with Roger King

"Dance for life!" requires no fixed dance steps.

We will dance on our own, with partners, and with the whole group. The workshop is suitable for beginners and experienced alike. There is no right or wrong way to dance! We will dance to some great music that stirs the mind, body & soul.

☯ Hanna Somatics with Sylvia Jay

Somatic movement in the tradition of Thomas Hanna is a neuromuscular (mind-body) training technique which has rapid and lasting results.

The simple, gentle movements release chronically tight and painful muscles, resulting from stress, posture, accident or emotional trauma – the hazards of busy western lifestyles.

In the workshop, you will learn how to 'pandiculate' like cats - lengthening rather than stretching muscles, in order to loosen them and increase range of movement without the risk of damaging them.

☯ Nia Dance Fusion with Amanda Franklin & David Fleming

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.

Nia employs 52 basic movements and techniques that draw on a combination of Jazz, Modern, Duncan Dancestyles, Tai Chi, TaeKwonDo, Aikido; and the bodymind healing arts of Feldenkrais Method, Alexander Technique and Yoga.

☯ TranscenDance with Lucia Castano

Combining trance-like fusion styles predominantly using belly dance & improvisation to enter an ecstatic state. This is an ancient dance form of transcendence. A way to gain higher experience by expressing the inner through our natural flow.

Other

☮ Campfire Jam

Come and join us round the campfire for singing, dancing, laughter and general merriment. Please bring an instrument if you have one.

☮ Developing a Herbal First Aid Kit

Natalia Williams is a practicing medical herbalist. The workshop will cover topics such as:

- * why herbal medicine is a good first aid option
- * what your herbal first aid kit should contain
- * common household accidents and their first aid treatments
- * Q&A session.

☮ Finding your Voice with Issi Freeth-Hale

Issi's workshop aims to help you build confidence in singing. Learn simple vocal, breathing and rhythm exercises to develop your voice. Learn new songs as a group. Beginners welcome.

☮ Letting Go Fire Cleanse

Fire is a powerful symbol that consumes indiscriminately with remarkable evidence of total elimination.

Pens & paper will be provided . Write down anything that you would like to let go of this weekend and surrender it to the fire.

☮ Shamanic Drum Circle with Maria Wind Talker

Join Maria for a Shamanic Drum Circle and experience a Shamanic journey to meet your power animal and receive deep cellular healing. During the journey you may ask for guidance on any issue that you may be experiencing at this time or be guided to your life purpose. Learn to reconnect with your own natural healing power, through the magic of the drum. No experience necessary, please bring a blanket and blindfold for your comfort.

Kids

☮ Circus Skills Workshop with Pete White

Pete's Suitcase Circus workshop is a great have-a-go activity for all ages and abilities. You'll have the chance to learn new skills such as hoola hooping, juggling, diablo and plate spinning.

☮ Fairy & Pixie Treasure Hunt

There are 12 cheeky fairies & pixies hiding around the festival. Can you help us find them? There's a prize if you can find all 12. Get your sheets from the café.

☮ Mandala Earth Art

Mandala is a Sanskrit word, meaning "circle" and symbolizes the universe. During this workshop we

will collect natural objects, such as leaves, sticks and flowers to create our mandala. Mandala making can be a great way to work with others by creating something together. This can be a very rewarding experience as each person contributes their own findings to the mandala project.

Children must be accompanied by an adult

☮ Talent Show

This will be a chance to showcase any talents you have. Singing, dancing, juggling, telling jokes. Anything goes! Rik Stack (a performing artist himself) will be offering help and guidance.

Children must be accompanied by an adult.

☮ Wild Ways Woodland Adventure with Sarah De Nurtcheylo

Join Sarah, a Forest School Leader, and together you will explore Lime Tree Farm woods. Solve the secret trail, create a woodland flag using nature's inks and dyes, carve a cooking or fire stick out of wood and search for nature's top 5 watery beasts in the nearby pond.

Under 5's to be accompanied by an adult

☮ Child & Parent Yoga with Emma

This class is open to mothers, fathers, grandparents, child carers and of course children. You can do some postures with your child – you may find that they copy you anyway.

It's a nice and fun way to interact with you child and helps them to develop co-ordination and strengthen their muscles.

Entertainment

🌀 Tarantismo

A Leeds-based six piece band playing salsa and Cuban Son. Prepare to be transported to Havana with the raw sound of the acoustic rhythm section, grooving on traditional songs from the Cuban repertoire.

Playing classic songs by the Buena Vista Social Club, Cachao, and modern songs of New York salsa groups such as La Excelencia.

🌀 Jenni Noyes

Crystal clear, you can hear the breath in her graceful voice. And with such personal songs it's hard not to feel like you're getting to know her as she sings.

🌀 Jonny O'Donnell

Combining a fluent mix of virtuoso finger-style guitar and beautiful melodic vocals, Jonny will take you on a journey to another place and time.

🌀 Yoga Fusion Performance by Leeds University Yoga Society

Beautifully incorporating the various elements of yoga along with movement and dance. The performance hopes to take on a life of it's own, creating wonderful shapes from not being perfectly in time but being connected to each other, only revealed by seeing the bigger overall picture rather than looking at specific parts / individuals. We hope you enjoy!

Site Plan



	Stone Circle		Toilets
	Healing Tent		Fire Pit
	Round House		Juice Bar/Raw Snacks
	Drinking Water		Rocket Café
	Heart Temple		