



THE CHILLOUT AREA

SATURDAY 27TH JULY 2019

Time	Activity	Location
9:00am - 10:00am	Sunrise Yoga	Indian Tent
9:00am - 10:00am	Yoga Nidra	Bell Tent
10:00am - 11:00am	Kundalini Yoga	Indian Tent
10:00am - 11:00am	Manifestation & Guided Meditation	Bell Tent
11:00am - 12:00pm	Inversion Workshop	Indian Tent
11:00am - 12:00pm	Self-Love Workshop	Bell Tent
12:00pm - 1:00pm	Dru Yoga	Indian Tent
12:00pm - 1:00pm	Ribbon Reading	Bell Tent
1:00pm - 2:00pm	Intro To Ayurveda	Indian Tent
1:00pm - 2:00pm	Mindfulness Space Workshop	Bell Tent
2:00pm - 3:00pm	Acro Yoga	Indian Tent
2:00pm - 3:00pm	Healing with Hypnosis	Bell Tent
3:00pm - 4:00pm	Forrest Yoga	Indian Tent
3:00pm - 4:00pm	Conscious Touch	Bell Tent
4:00pm - 5:00pm	Qoya	Indian Tent

4:00pm - 5:00pm	Aura Cleansing	Bell Tent
5:00pm - 6:00pm	Reggae Yoga	Indian Tent
5:00pm - 6:00pm	Yin & Sound Healing	Bell Tent

SUNDAY 28TH JULY 2019

Time	Activity	Location
9:00am - 10:00am	Wake Up & Flow	Indian Tent
9:00am - 10:00am	Mindfulness Yoga in Pairs	Bell Tent
10:00am - 11:00am	Gong Bath	Indian Tent
10:00am - 11:00am	Crystal Healing	Bell Tent
11:00am - 12:00pm	Temple Dance	Indian Tent
11:00am - 12:00pm	Enjoy Ecstatic Energy	Bell Tent
12:00pm - 1:00pm	Pyramid Yoga	Indian Tent
12:00pm - 1:00pm	Yin Immersion	Bell Tent
1:00pm - 2:00pm	Shamanic Healing	Indian Tent
1:00pm - 2:00pm	Connect to your Unconscious	Bell Tent
2:00pm - 3:00pm	Kundalini Dance	Indian Tent
2:00pm - 3:00pm	Kundalini Yoga	Bell Tent
3:00pm - 4:00pm	Inner Dance	Indian Tent
3:00pm - 4:00pm	Restorative Yoga & Mindfulness	Bell Tent
4:00pm - 5:00pm	Primordial Sound Healing	Indian Tent
4:00pm - 5:00pm	Mechanisms of Mediation	Bell Tent
5:00pm - 6:00pm	Kirtan Yoga	Indian Tent
5:00pm - 6:00pm	Kindfulness	Bell Tent

* Program of workshops, performers, facilities and venues offered throughout the weekend are be subject to change or cancellation. Tickets are non-refundable and non-transferable under any circumstances, including adverse weather conditions or cancellation of workshops, performances, facilities or venues. *