



## THE CHILLOUT AREA

### FRIDAY 30TH JULY 2021

Time	Activity	Location
4:00pm - 5:00pm	Qui Gong: Caitlin McReynolds-White	Big Chill Tent
5:00pm - 6:00pm	Gongs: Craig Winterburn	Big Chill Tent

### SATURDAY 31ST JULY 2021

Time	Activity	Location
9:00am - 10:00am	Hatha: Niki Lindley	Big Chill Tent
10:00am - 11:00am	Vinyasa: Lucianne Robyn	Big Chill Tent
10:00am - 11:00am	Gentle Yoga: Lauren Witham	Small Chill Tent
11:00am - 12:00pm	Shakti Dance: Tamzin McCartney	Big Chill Tent
11:00am - 12:00pm	Laughter Yoga: Janice Fisher	Small Chill Tent
12:00pm - 1:00pm	Deep Yoga Beats "Lifted": Sam & Laura	Big Chill Tent
12:00pm - 1:00pm	Kundalini: Uma Amrita	Small Chill Tent
1:00pm - 2:00pm	Gongs: Craig Winterburn	Big Chill Tent
1:00pm - 2:00pm	Yoga: Sarah McKenna	Small Chill Tent
2:00pm - 3:00pm	Kundalini: Kaye Sutcliffe	Big Chill Tent

2:00pm - 3:00pm	Shamanic Journey: Dawn Wesselby	Small Chill Tent
3:00pm - 4:00pm	Capo Yoga: Emma Gibbs de Oliveira	Big Chill Tent
3:00pm - 4:00pm	Reflexology: Hayley Holden	Small Chill Tent
4:00pm - 5:00pm	Yoga To Get You Dancing: Natalie Verhaegen	Big Chill Tent
4:00pm - 5:00pm	Yoga: Ananda Hayley Shaw	Small Chill Tent
5:00pm - 6:00pm	Qui Gong: Caitlin Reynolds	Big Chill Tent

## SUNDAY 1ST AUGUST 2021

Time	Activity	Location
9:00am - 10:00am	Yoga Flow: Niki Lindley	Big Chill Tent
10:00am - 11:00am	Forest Yoga: Kate Harrington	Big Chill Tent
10:00am - 11:00am	Gentle Yoga: Lauren Witham	Small Chill Tent
11:00am - 12:00pm	Shakti Flow Yoga: Tamzin McCartney	Big Chill Tent
11:00am - 12:00pm	The Magic of Mushrooms: Ashley Thornton-Higgs	Small Chill Tent
12:00pm - 1:00pm	Yoga To get you Dancing: Natalie Verhaegen	Big Chill Tent
12:00pm - 1:00pm	Kundalini Meditation: Kaye Sutcliffe	Small Chill Tent
1:00pm - 2:00pm	Yin Yoga: Echo Elliot	Big Chill Tent
1:00pm - 2:00pm	Mindfulness: Susie Langton	Small Chill Tent
2:00pm - 3:00pm	Yoga to House Music with Deep Yoga Beats: Sam & Laura	Big Chill Tent
2:00pm - 3:00pm	Woodland Yoga: Lucianne Robyn	Small Chill Tent
3:00pm - 4:00pm	Sound Healing: Lucy Lock	Big Chill 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. \*