

Surya Timetable 2019

7am – 2pm

Time	space	Saturday 25th	Sunday 26th	Monday 27th	Tuesday 28th
7.15 – 7.55	Meditation tent	Silent Sit- Steph	Daily Puja - Steph	Silent Sit - Steph	Daily Puja - Steph
8.15-9.15		Morning Bhajans Buddhenath & Gayatri	Morning Bhajans Buddhenath & Gayatri	Morning Bhajans Buddhenath & Gayatri	Morning Bhajans Budhenath & Gayatri
8 – 9.30am	Apple barn	Iyengar Janice	Flavia	Sasha	Steph
10 – 12	Apple Barn	Kundalini - Anna	Sasha	Lucinda	Janice - Iyengar
	Sky Space	Flavia	Scaravelli Wendy	Iyengar Janice	Foot Chakra workshop Anabell
	Sun	Sasha	Emma Glidon	Annabell Shiatsu "DO- IN" self massage workshop	Martial arts: Jodo and Laido with Elena 8 places per session 2-3pm 8-11ys 3-4pm 12-16 years
10-11am	Moon 2-5yrs	Kate	Karen	Steph	Emma
11-12noon	6+ yrs				
	Craftee	Lego free play	Mandala craft	Lego free play	
Lunchtime 12-2pm		Enjoy a slow lunch	Breathe and relax	Be nourished in nature	Time to just be

See page two for afternoon programme

Surya Timetable 2019

2pm – evening

Time	space	Saturday 26th	Sunday 27th	Monday 28th	Tuesday 29th
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2-4pm	Apple Barn	Lucinda	Acro yoga – Chris and Ceri	Shakti Dance yoga of Dance Magdalena	Thrive – interactive concert of original music and chants Magdalena
	Sky Space	Annabell Shiatsu “DO-IN’ self massage workshop	Anna Huette Yoga for healthy lower backs 2-330pm 330-4pm Nicki Yoga and osteoporosis	Scaravelli Wendy	Anna Sadler – Biodanza (adults)
	Sun	Sophie Wire	Anna - Kundalini	Thai Massage workshop Elena	Power Ballard Yoga Gill Sadler Open to all
	Moon	Charlotte Hula Hooping 2-3pm 3-4pm Mike Science	Bollywood and Kathak dance (2-3pm) Charlotte Sound and Yoga Relaxation (3-4pm) Charlotte & Abbey	Bollywood and Kathak dance (2-3pm) Charlotte Sound and Yoga Relaxation (3-4pm) Charlotte & Abbey	Belinda –beasties and bugs hunt 2-3 3-4pm Mike Science
	Craftee	Sarah Perry Cornwool Craftivista	Angela Brew A Drawing Growth project Adults and accompanied children	Angela Brew Drawing Growth project Adults and accompanied children.	
	Meditation Tent	Plant walk - Ariadne	Tibetan healing exercises - Ariadne	Plant Walk - Ariadne	
	Dingly dell	Forest school Alice	Forest school Alice	Belinda –beasties and bugs hunt 2-3 3-4pm Mike Science	
4.30 -6pm	Apple Barn	Denise Ashtanga Led half primary sequence	Charlie – circus conditioning and handstands	Power Ballard Yoga Gill Sadler Open to all	
	Sky Space	Embodied Yoga Mara	Embodied yoga Mara	Karen Hills Likhita japa	
	Sun	Charlie – circus conditioning and handstands	Sophie Wire	Rehearsal for children’s show Charlotte and Steph	
	Moon	Autonomic nervous system and yoga talk Wendy	Lucinda – Auyurveda and Women	Yoga Philosophy Buddhenath	

	Meditation Tent	Silent sitting space	Silent sitting space	Silent sitting space	
Evening 7:30pm	Apple Barn	Power Ballard Yoga 730-380pm	Chant and dance! – Buddhenath , and Gayatri	Surya Camp show 730-830pm	
9pm	Apple Barn	Yoga Nidra Karen		Yoga Nidra Emma	
<p>* 8pm Friday welcome meeting in the Apple Barn 9pm Yoga Nidra Wendy</p> <p>* Evening singing around campfire with Buddhenath</p> <p>* Quiet time 10pm onwards please</p> <p>* Timetable may be subject to last minute changes</p>					