

THURSDAY

12:00 - 15:00	Arrival and Registration
12:30 & 13:00	Free shuttle departure from Airport 12:30pm Stops at The Box Cafe in Stonetown for pickup (and lunch packs), departure 1pm to venue.
15:30 - 16:30	Opening Circle
17:00 - 18:00	1st Session for everyone
18:00 - 19:00	Bonfire
19:00	Dinner

We reserve the right to change the schedule at any time. Changes during the festival will be clearly announced.

PURPLE classes are workshops

BLUE classes have limited spaces, and require sign-ups (at festival)

PINK workshop requires signup and payment online, before the festival

FRIDAY

	YOGA SHALA 1	YOGA SHALA 2	RESTAURANT DECK	LOFT	POOL BANDA	JETTY	
06:00 - 07:30			Hatha Yoga Rebekah	Energising Yin/Yang Sophia	Meditation & Journalling Tizia	Dynamic Vinyasa "Feet & Lower Body" Mie	
07:30 - 08:30			Light breakfast (optional)				
09:00 - 10:30	Qigong Mugisha	Pilates Juliet	African Fusion Dance Ally		Sound bath "Heartcoherence" Cathy		
10:30 - 12:00			Rest & Shop				
12:00			Lunch as a community				
13:00 - 14:15 (workshops)	The Meditative Mind Shayur	Yoga Nidra Mugisha (with sound by Cathy)	Breathing Better: The Science Behind It Rebekah	Massage Techniques Tizia	Dyeing with natural colours Rose		
14:30 - 16:00	Contact Improvisation Dance Shayur	Pranayama & Somatics Mie	Afrikan Yoga Sister Tibebwa	Sivananda Sequence Masuma			
16:30 - 18:00	Aerial Yoga Mugisha	Gentle Vinyasa Kristina	Tantric Yoga Sister Tibebwa	Headstands Masuma	Floating Yoga Cathy (POOL)		
18:00			Free Time				
19:00			Dinner				
20:00			New Moon Circle (lead by Mie)				

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SATURDAY

	YOGA SHALA 1	YOGA SHALA 2	RESTAURANT DECK	LOFT	POOL BANDA	JETTY / POOL	
06:00 - 07:30			Hatha Yoga Rebekah	Restorative Yoga Mugisha	Meditation & Journalling Tizia	Dynamic Vinyasa "Heart & Upper Body" Mie	
07:30 - 08:30			Light breakfast (optional)				
09:00 - 10:30	Aerial Yoga Mugisha	Pilates Juliet	Yin Yoga Sophia	Prana Yoga Rose			
10:30 - 12:00			Rest & Shop				
12:00			Lunch as a community				
13:00 - 14:15	Healing Through Movement Masuma	Voice activation – through sound healing Cathy	Yin Yoga for Stress & Injuries Sophia	Between Tide and Breath - A Meditative Art Experience Cynthia			
14:30 - 16:00	Power Yoga Kristina	Sound bath "Chakra Healing" Cathy	Tantric Yoga Sister Tibebwa		Kirtan Singin Circle Mie		
16:30 - 18:00	Contact Improvisation Dance Shayur	Yoga Nidra Rebekah	Hormone Balancing Yoga Kristina		Floating Yoga Cathy (POOL)	Womb Wisdom Sister Tibebwa	
18:00			Free Time				
19:00			Dinner				

SUNDAY

	YOGA SHALA 1	YOGA SHALA 2	RESTAURANT DECK	POOL BANDA	JETTY / POOL
06:00 - 07:30	Sivananda Sequence <i>Masuma</i>	Hatha Yoga <i>Rebekah</i>	Animal Flow <i>Kristina</i>	Meditation & Journalling <i>Tizia</i>	Qigong <i>Mugisha</i>
07:30 - 08:30	Light breakfast (optional)				
09:00 - 10:30	CLOSING CIRCLE				
10:30 - 12:00	Rest & Shop				
12:00	Lunch (please confirm whether you will have lunch at venue, take away or not at all by 1st April)				
13:00	Bus Departs at 1pm (estimated arrival at The Box Cafe, Stonetwon: 2:30pm, estimated arrival at the airport: 3:00pm)				
14:30 - 16:00	Optional class TBC				