

# THURSDAY

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

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

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

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PURPLE classes are workshops

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

# SATURDAY

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

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# SUNDAY

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