

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. <i>(signup required)</i>
16:00 - 18:00	Opening Circle and 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 <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	Pilates <i>Juliet</i>	Qigong <i>Mugisha</i>	African Fusion Dance <i>Ally</i>	108 Sun Salutations <i>Lola</i>	Sound bath "Chakra Healing" <i>Cathy</i>	
10:30 - 12:00	Rest & Shop					
12:00	Lunch as a community					
13:00 - 14:15 (workshops)	Healing Through Movement <i>Masuma</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	Yoga Nidra <i>Mugisha</i> <i>(Tunes by Cathy)</i>	Yin Yoga <i>Sophia</i>	Intuitive Contact <i>Lola</i>	Sivananda Sequence <i>Masuma</i>		
16:30 - 18:00	Aerial Yoga <i>Mugisha</i>	Pranayama & Somatics <i>Mie</i>	Gentle Vinyasa <i>Kristina</i>		Floating Yoga <i>Cathy</i> (POOL)	
18:00	Free Time					
19:00	Dinner					
20:00	New Moon Circle (lead by Mie & Rebekah)					

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SATURDAY

	YOGA SHALA 1	YOGA SHALA 2	RESTAURANT DECK	LOFT	POOL BANDA	JETTY
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>	Movement medicine: going deep within <i>Lola</i>	Pilates <i>Juliet</i>	Sivananda Sequence <i>Masuma</i>	Sound Bath "Heartcoherence" <i>Cathy</i>	
10:30 - 12:00	Rest & Shop					
12:00	Lunch as a community					
13:00 - 14:15	Yin Yoga for Stress & Injuries <i>Sophia</i>	Healing the Throat Chakra <i>Lola</i>		Between Tide and Breath - A Meditative Art Experience <i>Cynthia</i>		
14:30 - 16:00	Yoga Nidra <i>Rebekah</i>		Power Yoga <i>Kristina</i>		Kirtan Singin Circle <i>Mie</i>	
16:30 - 18:00	Prana Yoga <i>Rose</i>	Yin with sound healing <i>Lola</i>	Hormone Balancing Yoga <i>Kristina</i>	Headstands <i>Masuma</i>	Floating Yoga <i>Cathy</i> (POOL)	
18:00	Free Time					
19:00	Dinner					

SUNDAY

	YOGA SHALA 1	YOGA SHALA 2	RESTAURANT DECK	POOL BANDA	JETTY / POOL
06:00 - 07:30	Voice activation – through sound healing <i>Cathy</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. Signup required				
14:30 - 16:00	Optional class TBC				