

14-17 July 2023, Hay-On-Wye, UK

COMMUNITY

with LAURA + RUSSELL BRAND

FESTIVAL SCHEDULE



FRIDAY 14TH JULY

COMMUNITY

with **LAURA + RUSSELL BRAND**

AWAKEN

INSPIRE

KAYLO

RECOVER

ENGAGE

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GATES OPEN

QIGONG WITH
TALLULAH RENDALL

ANCESTRAL HEALING
WITH ALEX BEDOYA
(BRING A YOGA MAT)

FROM GRENFELL TO GUERRILLA
GARDENING TO GROW TO KNOW
WITH CHRISTABEL

THE ROLE OF SPIRITUALITY IN MENTAL
HEALTH - PREVENTION AND RECOVERY
WITH DR CHETNA KANG

WOMB HEALING
WITH ALEX BEDOYA
(BRING A YOGA MAT)

12 STEP - OPEN MEETING

ENERGY MOT WITH NIEVE TIERNEY

THE YOGA LADDER -
THE PHILOSOPHY OF YOGA
WITH NITESH GOR

ANARCHY AND
ECOPSYCHOLOGY
WITH DAVID LUKE

OPENING CEREMONY

BREATHWORK
WITH BIET SIMKIN

KIRTAN WITH
RADHIKA DAS

AFRIQUOI

KAYLO OPENING CACAO CEREMONY WITH
DEYA CACAOAMOR AND TALLULAH RENDALL

NA - OPEN MEETING

MOVEMENT MEDICINE
AND ECSTATIC DANCE
WITH MIRA KHANYA

STAND UP COMEDY
WITH PAUL FOOT



FRIDAY 14TH JULY

COMMUNITY

with LAURA + RUSSELL BRAND

FLOW

EMBODY

CRAFT

GATHER

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GATES OPEN

WARM UP FOR THE WEEKEND
WITH DAN TURNER

PRIMORDIAL TOOL MAKING
WITH LAUREN YOUNG

BOOTY SHAKE & MEDITATE
WITH MEGAN JAYNE CRABBE

LIFEFORCE QIGONG WITH BEN CALDER

MINDFUL VINYASA
WITH JESS HOPE-JONES

WELCOME CACAO CEREMONY
WITH SOFIA AND SANDRA BARNES

BRAZILIAN JIU JITSU WITH RYRON GRACIE

VOICE YOGA WITH OLIVIA PREYE



WIND-DOWN, BREATH,
STRETCH AND CHILL WITH PHILLY

YOGA NIDRA WITH SOUND JOURNEY
'THE OCEAN OF LOVE' WITH
SOFIA AND SANDRA BARNES

LIVE MUSIC FROM SADIE HORLER

FRIDAY 14TH JULY - KIDS COMMUNITY

with **LAURA + RUSSELL BRAND**

GROW

FLYING SEAGULLS - DJANGO WAGON STAGE

FLYING SEAGULLS

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GATES OPEN

NONSENSICAL CIRCUS SHOW

BIG TOP BREAK OUT

KIDS COMEDY CORNER

CIRCUS FREESTYLE

MAGICAL MADNESS

CIRCUS FREESTYLE

ROCK YOUR SOCKS OFF DRUM COMPETITION

END OF DAY BALKAN BOOGIE

COLOUR IN COMMUNITY &
DIVERSITY DRAWING
- MAMA BEE

LIGHTHOUSE CIRCUS ARENA
ONGOING SESSIONS
UNICYCLE BAR, AERIAL RIG,
TIGHTWIRE AND SLACKLINE ZONE

MAKE N CREATE PAVILION -
CRAFTS, PAINTING, MAKING AND MESS

MELODIES AND MYSTERIES
CAMPFIRE SESSION

SATURDAY 15TH JULY

COMMUNITY

with **LAURA + RUSSELL BRAND**

AWAKEN

INSPIRE

KAYLO

RECOVER

ENGAGE

07.00				
07.15				
07.30				
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08.15	FREE FLOW YOGA WITH LUCY SESTO		DIDGERIDOO SOUNDBATH WITH MICHAEL AND MICHAELA (BRING A YOGA MAT)	
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09.00	MORNING RITUAL AND INTENTION SETTING WITH KIRSTY GALLAGHER			
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SATURDAY 15TH JULY

COMMUNITY

with **LAURA + RUSSELL BRAND**

FLOW

EMBODY

CRAFT

GATHER

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EVERYDAY YOGA WITH
NAOMI ANNAND

BREATHWORK
WITH BIET SIMKIN

PARTNER YOGA, CREATING
COMMUNITY AND CONNECTION WITH
SOFIA AND SANDRA BARNES

THE ART OF CONTEMPLATIVE READING:
READING FOR TRANSFORMATION
NOT INFORMATION WITH ELIZABETH ROVERE

ELECTRONIC MUSIC MEDITATION
WITH BELINDA MATWALI

YOGA JOURNEY: KUNDALINI YOGA
AND THE BODY ELECTRIC
WITH TOMMY ROSEN

FEET HEALTH AND NATURAL MOVEMENT
FUNDAMENTALS WITH BEN LEVESCONTE,
HEAD COACH AT VIVOBAREFOOT

BREATHE LIKE AN
OLYMPIAN WITH ADAM BURGESS

WIND-DOWN, STRETCH AND CHILL WITH PHILLY

WIND-DOWN, STRETCH AND
CHILL WITH PHILLY

YOGA NIDRA AND SOUND JOURNEY
'INFINITE SKIES' WITH SOFIA
AND SANDRA BARNES

LIFEFORCE QIGONG WITH BEN CALDER

BRAZILLIAN JIU JITSU (INTERMEDIATE)
WITH RYRON GRACIE

BRAZILLIAN JIU JITSU
WITH CHRIS CLEERE

BRAZILLIAN JIU JITSU
(KIDS AND FAMILIES)
WITH RYRON GRACIE

BRAZILLIAN JIU JITSU (WOMENS ONLY)
WITH RYRON GRACIE

HEART OPENING BREATHWORK
WITH BEN BIDWELL

TEXTILE CONNECTION WITH PASCALE SPALL

PRESSED FLOWER ART WITH
BETH KENDALL OF WILDER & WREN

PRIMORDIAL TOOL MAKING
WITH LAUREN AND MATH

STITCHING CONNECTION WITH
PASCALE SPALL, STAG AND BOW

COOKING WORKSHOP WITH GAZ OAKLEY

ECO ART WORKSHOP / ART
THERAPY WITH LAUREN YOUNGS

THE ESSENTIAL INGREDIENTS
FOR A COMMUNITY
FEAST WITH TOM
HERBERT AND WILL JAMES



SATURDAY 15TH JULY - KIDS

COMMUNITY

with **LAURA + RUSSELL BRAND**

GROW

FLYING SEAGULLS - DJANGO WAGON STAGE

FLYING SEAGULLS

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KALMER KIDS MEDITATION
TRAINING - 9YRS+

WORLDS FAIR
WITH MAMA BEE

KALMER KIDS
MEDITATION TRAINING - 4-8YRS

BREATHWORK FOR A CALMER CHILD
WITH SCHOOL BREATHE

COMMUNITY PLEDGE AND
CONSTITUTION WITH MAMA BEE

WAKE, SHAKE AND SHINE MORNING MADNESS

THE CURIOUS COMPENDIUM OF FORGOTTEN GAMES

CIRCUS FREE STYLE

WOBBLE AND BALANCE CIRCUS SHOW AND WORKSHOP

KIDS COMEDY CORNER

CIRCUS FREESTYLE

BONKERS BALLOON SHOW

BIG TOP BREAK OUT

THE WILD CACTUS TAKEOVER FT. RESIDENT COWBOY BAND THE BARNYARD CREW,
WILD WEST RUNAROUND, LUCKY PENNY'S HILARIOUS HOEDOWN,
DADDY WRANGLING, SHERIFF SPLAT-ATHON, AND THE CRAZY SNAKE SHAKEDOWN



LIGHTHOUSE CIRCUS ARENA
ONGOING SESSIONS
UNICYCLE BAR, AERIAL RIG,
TIGHTWIRE AND SLACKLINE ZONE

MAKE N CREATE PAVILION -
CRAFTS, PAINTING, MAKING AND MESS

MELODIES AND MYSTERIES
CAMPFIRE SESSION

SUNDAY 16TH JULY

COMMUNITY

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RUSSELL BRAND - YOGA
FLOW AND MEDITATION
WITH DAN TURNER

THE HERO'S JOURNEY
WITH MARK DEMPSTER

DIDGERIDOO SOUNDBATH WITH
MICHAEL AND MICHAELA
(BRING A YOGA MAT)

ENERGY CLEANSING AND
ENERGY MAINTENANCE
WITH NIEVE TIERNEY

RADICAL LOVE TALK AND
Q&A WITH SATISH KUMAR

FROM ECO-ANXIETY TO ECO-ACTION
WITH CLOVER HOGAN & WILL JAMES

SOMATIC EMBODIMENT YOGA
WITH MASI FRAYSSE
(BRING A YOGA MAT)

MUSIC, RECOVERY & THE NERVOUS
SYSTEM - INCLUDING A LIVE MUSIC
GUIDED SONIC MEDITATION WITH AJOIA

YOUR DESIRES ARE SACRED
WITH AISHA PARIS SMITH

RETURNING HOME TO GAIA:
A LOCAL AGENDA FOR GLOBAL CHANGE
WITH HELENA NORBERG-HODGE

HARNESS COLD WATER FOR CIRCADIAN
OPTIMISATION WITH PHIL LEARNEY

CACAO CEREMONY WITH VOICE
ACTIVATION FOR THE WHOLE FAMILY
WITH LAOR OMAN-NAHARIN

THE RECOVERY SUTRAS - YOGA
AND MEDITATION TO MOVE
BEYOND ADDICTION AND
THRIVE WITH TOMMY ROSEN

METABOLIC HEALTH VERSUS
SILOED HEALTH WITH
GALLEY MEANS

LIVE MUSIC FROM
SADIE HORLER

RESTORATIONS AND LEARNING WITH
TAYSHAN, JACKS PATCH,
ELLEN MILES, CHRISTABE
AND PAUL WITH GROW TO KNOW

SHOESPIRACY. BACK TO
LIVE BAREFOOT WITH RUSSELL
BRAND AND GALAHAD CLARK

THE DAVID LYNCH
FOUNDATION

THE 4 PILLARS FOR CONSCIOUS
COMMUNITY / HOW TO BE A SPIRITUAL
REVOLUTIONARY WITH ED ANOBAH

THE CORPORATE TAKEOVER
OF THE NHS WITH DR BOB GILL

GREAT WAVE FOR PEACE:
5 RHYTHM DANCE
WITH CHRIS CONNORS

MENS SHARING CIRCLE
WITH DR CLIVE SELWYN

THE WAR ON DRUGS DON'T WORK:
COMMUNITY TO HEAL THE CRISIS
WITH SOPHIE PALMER

TAHIR BURHAM

LIFE AS A WORK OF
ART WITH BRAD EVANS

REIKI ENERGY MOT
WITH NIEVE TIERNEY

MASCULINE TRAUMA WITH CONNECTION
AND HEALING - ANTHONY MULLALLY

RUSSELL BRAND IN CONVERSATION
WITH SATISH KUMAR, VANDANA SHIVA
AND HELENA NORBERG-HODGE

OMID DJALILI

BECOME YOUR OWN HEALER
WITH NATALIE MUNK &
DR. KIRSTEN SMITH

TIME TO TAKE ACTION
WITH WILL JAMES

CLOSING CEREMONY

SAM LEE

K.O.G FT FRANZ
VON AND AZIZA

GOOD NIGHT AND GOODBYE



SUNDAY 16TH JULY

COMMUNITY

with LAURA + RUSSELL BRAND

FLOW EMBODY CRAFT GATHER

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SUNDAY 16TH JULY - KIDS

COMMUNITY

with **LAURA + RUSSELL BRAND**

GROW

FLYING SEAGULLS - DJANGO WAGON STAGE

FLYING SEAGULLS

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KALMER KIDS MEDITATION
TRAINING - 4-8YRS

KALMER KIDS MEDITATION
TRAINING - 9YRS+

BREATHWORK FOR A CALMER
CHILD WITH SCHOOL BREATHE

NATURE BREATHE
WITH SCHOOL BREATHE

KALMER KIDS MEDITATION
TRAINING - ALL AGES

SUNDAY TURBO TIME MORNING SESSIONS

THE CURIOUS COMPENDIUM OF FORGOTTEN GAMES

CIRCUS FREE STYLE

MAGICAL ILLIUSIONS, DELUSIONS AND CONFUSIONS

KIDS COMEDY CORNER

PIRATE TAKEOVER, INCLUDES A GREAT ESCAPE,
TUG O WAR, TREASURE QUEST AND THE PIRATE PROMISE

THE WIG N BOWTIE PARADE OF FOOLS

THATS A WRAP DANCE OFF AND DISCO

LIGHTHOUSE CIRCUS ARENA
ONGOING SESSIONS
UNICYCLE BAR, AERIAL RIG,
TIGHTWIRE AND SLACKLINE ZONE

MAKE N CREATE PAVILION -
CRAFTS, PAINTING, MAKING AND MESS

MELODIES AND MYSTERIES
CAMPFIRE SESSION

