



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

# COMMUNITY

with LAURA + RUSSELL BRAND







# FRIDAY 14TH JULY COMMUNITY

	AWAKEN	INSPIRE	KAYLO	RECOVER	ENGAGE
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14.30			QIGONG WITH Tallulah rendall		
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15.00					
15.15 15.30			ANCESTRAL HEALING		
15.45			WITH ALEX BEDOYA		
16.00			(BRING A YOGA MAT)		
16.15		FROM GRENFELL TO GUERRILLA			THE YOGA LADDER -
16.30 16.45		GARDENING TO GROW TO KNOW		12 STEP - OPEN MEETING	THE PHILOSOPHY OF YOGA
17.00		WITH CHRISTABEL	WOMB HEALING		WITH NITESH GOR
17.15			WITH ALEX BEDOYA		ANADOUV AND
17.30		THE ROLE OF SPIRITUALITY IN MENTAL HEALTH - PREVENTION AND RECOVERY	(BRING A YOGA MAT)	ENERGY MOT WITH NIEVE TIERNEY	ANARCHY AND Ecopsychology
17.45 18.00		WITH DR CHETNA KANG			WITH DAVID LUKE
18.15					
18.30	OPENING CEREMONY				
18.45	OF ENING OLINEWION I				
19.00 19.15					
19.30	BREATHWORK				
19.45	WITH BIET SIMKIN				
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20.15 20.30	VIDTAN WITH				
20.45	KIRTAN WITH Radhika das				
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21.30 21.45	AFRIQUOI			NA - OPEN MEETING	
22.00			KAYLO OPENING CACAO CEREMONY WITH DEYA CACAOAMOR AND TALLULAH RENDALL	INA OF ENTINEETING	
22.15			THE THE PARTY OF T		
22.30					
22.45 23.00			MOVEMENT MEDICINE		STAND UP COMEDY WITH PAUL FOOT
23.15			AND ECSTATIC DANCE WITH MIRA KHANYA		WITHFAULTOUT
23.30			WITH MIKA KHANYA		
23.45					
00.00					

# FRIDAY 14TH JULY COMMUNITY

	FLOW	<b>EMBODY</b>	CRAFT	GATHER
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15.45		WARM UP FOR THE WEEKEND WITH DAN TURNER	PRIMORDIAL TOOL MAKING With Lauren Young	
15.45 16.00		WARM UP FOR THE WEEKEND WITH DAN TURNER	PRIMORDIAL TOOL MAKING With Lauren Young	
15.45 16.00 16.15 16.30	BOOTY SHAKE & MEDITATE	WITH DAN TURNER	WITH LAUREN YOUNG	
15.45 16.00 16.15 16.30 16.45	BOOTY SHAKE & MEDITATE WITH MEGAN JAYNE CRABBE	WARM UP FOR THE WEEKEND WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA	
15.45 16.00 16.15 16.30 16.45 17.00	BOOTY SHAKE & MEDITATE WITH MEGAN JAYNE CRABBE	WITH DAN TURNER	WITH LAUREN YOUNG	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30	WITH MEGAN JAYNE CRABBE WELCOME CACAO CEREMONY	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45	WITH MEGAN JAYNE CRABBE	WITH DAN TURNER	WITH LAUREN YOUNG  MINDFUL VINYASA	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00	WITH MEGAN JAYNE CRABBE WELCOME CACAO CEREMONY	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15	WITH MEGAN JAYNE CRABBE WELCOME CACAO CEREMONY	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45	WITH MEGAN JAYNE CRABBE WELCOME CACAO CEREMONY	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
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15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
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15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15 20.30 20.45	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
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15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15 20.30 20.45 21.00 21.15 21.30	WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 20.00 20.15 20.30 20.45 21.00 21.45 22.00 22.15	WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45 22.00 22.15 22.30	WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45 22.00 22.15 22.30 22.45	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES  WIND-DOWN, BREATH, STRETCH AND CHILL WITH PHILLY	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	LIVE MUSIC FROM SADIE HORLER
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45 22.00 22.15 22.30 22.45 23.00 23.15	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES  WIND-DOWN, BREATH, STRETCH AND CHILL WITH PHILLY  YOGA NIDRA WITH SOUND JOURNEY 'THE OCEAN OF LOVE' WITH	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	LIVE MUSIC FROM SADIE HORLER
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45 22.00 22.45 23.00 23.15 23.30	WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES  WIND-DOWN, BREATH, STRETCH AND CHILL WITH PHILLY  YOGA NIDRA WITH SOUND JOURNEY	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	LIVE MUSIC FROM SADIE HORLER
15.45 16.00 16.15 16.30 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 20.00 20.15 20.30 20.45 21.00 21.15 21.30 21.45 22.00 22.15 22.30 22.45 23.00 23.15	WITH MEGAN JAYNE CRABBE  WELCOME CACAO CEREMONY WITH SOFIA AND SANDRA BARNES  WIND-DOWN, BREATH, STRETCH AND CHILL WITH PHILLY  YOGA NIDRA WITH SOUND JOURNEY 'THE OCEAN OF LOVE' WITH	WITH DAN TURNER  LIFEFORCE QIGONG WITH BEN CALDER	WITH LAUREN YOUNG  MINDFUL VINYASA  WITH JESS HOPE-JONES	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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13.30 13.45		NONSENSICAL CIRCUS SHOW	
14.00			
14.15		BIG TOP BREAK OUT	
14.30 14.45		DIG TOF DILLAR GOT	
15.00		KIDS COMEDY CORNER	
15.15			
15.30 15.45		CIRCUS FREESTYLE	LIGHTHOUSE CIRCUS ARENA
16.00		The same was a series of the same and the sa	ONGOING SESSIONS
16.15 16.30		MAGICAL MADNESS	UNICYCLE BAR, AERIAL RIG, TIGHTWIRE AND SLACKLINE ZONE
16.45		MAGIONE MADINESS	
17.00	COLOUR IN COMMUNITY & DIVERSITY DRAWING	CIRCUS FREESTYLE	MAKE N CREATE PAVILION -
17.15 17.30	- MAMA BEE		CRAFTS, PAINTING, MAKING AND MESS
17.45		ROCK YOUR SOCKS OFF DRUM COMPETITION	
18.00			
18.15 18.30		END OF DAY BALKAN BOOGIE	
18.45			
19.00 19.15			
19.15			
19.45			
20.00 20.15			
20.30			The state of the s
20.45			MELODIES AND MYSTERIES
21.00 21.15			CAMPFIRE SESSION
21.30			
21.45			
22.00 22.15			
22.30			
22.45			
23.00 23.15			
23.30		Winds Allendary March 1997	
23.45			
00.00			

# SATURDAY 15TH JULY COMMUNITY

with LAURA + RUSSELL BRANI

	AWAKEN	INSPIRE	KAYLO	RECOVER	ENGAGE
07.00 07.15					
07.30			Y		
7.45 8.00			DIDGERIDOO SOUNDBATH	FORGIVENESS MADE EASY IN	
08.15	FREE FLOW YOGA		WITH MICHAEL AND MICHAELA (BRING A YOGA MAT)	SUPPORT OF STEP 4 WITH BARBARA HUNT	KUNDALINI YOGA
8.30 8.45	WITH LUCY SESTO		(Similari Fourthall)	TRANSFORMING YOUR MINDSET, THE IMPORTANCE OF KEEPING A SYSTEM WITH STU MACE	WITH CHARLENE
09.00	MORNING RITUAL		RAISE YOUR VIBRATION WITH		
09.15 9.30	AND INTENTION SETTING WITH		KUNDALINI WITH CHIARA DE LUCIA (BRING A YOGA MAT)	12 STEP - OPEN MEETING	KIRTAN WITH Radhika das
9.45	KIRSTY GALLAGHER	CALL OF THE SHAMAN EXPERIENCE WITH	(DNING A TOGA WAT)		
0.00 10.15		JAY AND KESTREL		SHARING EXPERIENCE, STRENGTH	FUTURE FUNGHI
10.30 10.45	WIM HOF	DIQUITO OF MATURE		AND HOPE WITH CAM RITCHIE	WITH GROW TO KNOW
11.00		RIGHTS OF NATURE WITH PAUL POWLESLAND			
11.15 11.30				SOBER CURIOUS WITH Janey Lee Grace	PARENTING TEENAGERS IN TH DIGITAL AGE WITH DR SUE EGA
11.45		MASCULINITY IN THE MODERN AGE WITH RUSSELL BRAND -		OANET LLE GILAGE	DIGITAL AGE WITTIBIT OOL EGA
2.00 12.15		ANTHONY MULLALLY, Mark Dempster, ben bidwell and pasco		SOBER CONFIDENCE	CONSCIOUSNESS AND
12.30				WITH FLAMINGO AF	PSYCHEDELICS WITH DR DAVID LUKE
2.45 3.00		FORGIVING TO HEAL WITH DR CHETNA KANG	OSUN GODDESS CIRCLE WITH OLUWATOBILOBA		DIT DAVID LONE
13.15		WITH DIT OIL THA RAING		ONE DISEASE MANY SYMPTOMS	JOY AND THE BODY
13.30 13.45	DE 110 011 TO 10T	TRIBAL INSIGHTS. INDIGENOUS	STEPPING INTO YOUR POWER	WITH MARK DEMPSTER	WITH AISHA PARIS SMITH
4.00	BEANS ON TOAST	WISDOM FOR MODERN TIMES WITH BRUCE PARRY	AND PURPOSE WITH ZORAN TODOROVIC		
14.15 14.30			ZOIDUTTODONOTIO		MEN AND MASCULINITY WITH ANTHONY MULLALLY
14.45	THE NEW AGE OF EMPIRE	HEALING WITH FOOD - CONQUERING INFLAMATION AND AUTOIMMUNE DISEASE WITH	RAISING YOUR KIDS FOR THE FUTURE Q&A WITH NATALIE MUNK	NA - OPEN MEETING	
15.00 15.15	WITH KEHINDE ANDREWS	BRANDOM HIEMSTRA AND JULIA VAN DER RIET	AND ZORAN TODOROVIC		SACRED ACTIVISM: INNER TRANSFORMATION AND
15.30	FOOD TO FEED YOUR	BEFORE RELIGION - THE VEDIC TAKE	7	Y	OUTER CHANGE WITH SATISH KUMAR AND ADVAYA
15.45 16.00	SOULS AND THE PLANETS	ON UNIVERSAL SPIRITUALITY	PLEASURE AND SENSUALITY WITH	TREASURES	CATTON NO MAN AND ADVAN
16.15	WITH THE HAPPY PEAR	WITH NITESH GOR	KALINDI JORDAN AND		SUSSURATIONS OF NATURE
16.30 16.45		THE CORRUPTION OF FOOD AND	PETE WARNOCK	DO SOMETHING FOR NOTHING	WITH MATH PLUMB
17.00		PHARMA: HOW TO BREAK FREE WITH CALLEY MEANS		WITH JOSHUA COOMBES	LEIGH HOSY-PICKETT - POWEI
17.15 17.30	MOVAMILYTY				OF PEOPLE AND COMING TOGETHER
17.45 18.00	NICK MULVEY			V	COMING TOGETHER
18.15		THE TROUBLE OF BEING HUMAN -		MENS SHARING CIRCLE WITH LEE STAGLES	NOURISH YOUR GUT AND
18.30 18.45		LIFE AS A TRAGEDY WITH BRAD EVANS			RECLAIM YOUR VITALITY WITH TRISH TUCKER MAY
19.00					
19.15 19.30	RUSSELL BRAND				
19.45					
20.00 20.15					
20.30			VAVI O FAMILY CIMOINO C		ZAVIER COYNE PRESENTS
20.45 21.00	THE SKINTS		KAYLO FAMILY SINGING &  JAMMING CIRCLE (FOR THE WHOLE FAMILY, BRING YOUR INSTRUMENTS)		LYRICAL LECTURES
21.15			PAMILT, DAING TOOK INSTROMENTS)		MAN LIKE NELLS
21.30 21.45					
22.00 22.15			EOGTATIO DANOE		JJ THE GREAT
2.30			ECSTATIC DANCE WITH SOPHIE BOLTON		CEREMONY: CONSCIOUS
22.45					DANCE MUSIC WITH AJOIA
23.15					
23.30 23.45				, , , , , , , , , , , , , , , , , , , ,	
23.40				The state of the s	

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### SATURDAY 15TH JULY COMMUNITY

with LAURA + RUSSELL BRANI

**FLOW EMBODY** CRAFT **GATHER** 07.00 07.15 07.30 07.45 LIFEFORCE QIGONG WITH BEN CALDER 08.00 EVERYDAY YOGA WITH NAOMI ANNAND 08.15 08.30 BRAZILLIAN JIU JITSU (INTERMEDIATE) WITH RYRON GRACIE 08.45 09.00 BREATHWORK WITH BIET SIMKIN 09.15 09.30 09.45 10.00 PARTNER YOGA, CREATING COMMUNITY AND CONNECTION WITH SOFIA AND SANDRA BARNES TEXTILE CONNECTION WITH PASCALE SPALL 10.15 10.30 BRAZILLIAN JIU JITSU WITH CHRIS CLEERE PRESSED FLOWER ART WITH BETH KENDALL OF WILDER & WREN 10.45 11.00 THE ART OF CONTEMPLATIVE READING: READING FOR TRANSFORMATION NOT INFORMATION WITH ELIZABETH ROVERE 11.15 11.30 PRIMORDIAL TOOL MAKING WITH LAUREN AND MATH 11.45 12.00 BRAZILLIAN JIU JITSU (KIDS AND FAMILIES) WITH RYRON GRACIE 12.15 ELECTRONIC MUSIC MEDITATION WITH BELINDA MATWALI 12.30 12.45 THE ESSENTIAL INGREDIENTS FOR A COMMUNITY FEAST WITH TOM HERBERT AND WILL JAMES STITCHING CONNECTION WITH PASCALE SPALL, STAG AND BOW 13.00 13.15 13.30 13.45 YOGA JOURNEY: KUNDALINI YOGA AND THE BODY ELECTRIC WITH TOMMY ROSEN 14.00 14.15 BRAZILLIAN JIU JITSU (WOMENS ONLY) WITH RYRON GRACIE 14.30 14.45 COOKING WORKSHOP WITH GAZ OAKLEY 15.00 FEET HEALTH AND NATURAL MOVEMENT Fundamentals with Ben Levesconte, Head Coach at Vivobarefoot 15.15 15.30 ECO ART WORKSHOP / ART Therapy with Lauren youngs 15.45 16.00 HEART OPENING BREATHWORK
WITH BEN BIDWELL BREATHE LIKE AN OLYMPIAN WITH ADAM BURGESS 16.15 16.30 16.45 17.00 17.15 17.30 WIND-DOWN, STRETCH AND CHILL WITH PHILLY 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15 20,30 20.45 21.00 21.15 21.30 WIND-DOWN, STRETCH AND CHILL WITH PHILLY 21.45 22.00 22.15 22.30 YOGA NIDRA AND SOUND JOURNEY 22.45 'INFINATE SKIES' WITH SOFIA AND SANDRA BARNES 23.00 23.15 23.30 23,45 00.00

#### SATURDAY 15TH JULY - KIDS COMMUNITY

with LAURA + RUSSELL BRAND

**GROW** FLYING SEAGULLS - DJANGO WAGON STAGE **FLYING SEAGULLS** 07.00 07.15 07.30 07.45 08.00 08.15 08.30 08.45 09.00 **KALMER KIDS MEDITATION** TRAINING - 9YRS+ 09.15 09.30 09.45 10.00 WAKE, SHAKE AND SHINE MORNING MADNESS 10.15 **WORLDS FAIR** WITH MAMA BEE 10.30 THE CURIOUS COMPENDIUM OF FORGOTTEN GAMES 10.45 11.00 11.15 **CIRCUS FREE STYLE** 11.30 11.45 12.00 12.15 **WOBBLE AND BALANCE CIRCUS SHOW AND WORKSHOP** 12.30 LIGHTHOUSE CIRCUS ARENA 12.45 ONGOING SESSIONS 13.00 UNICYCLE BAR, AERIAL RIG, KIDS COMEDY CORNER 13.15 **TIGHTWIRE AND SLACKLINE ZONE** 13.30 KALMER KIDS MEDITATION TRAINING - 4-8YRS 13.45 14.00 **MAKE N CREATE PAVILION -CIRCUS FREESTYLE BREATHWORK FOR A CALMER CHILD** CRAFTS, PAINTING, MAKING AND MESS 14.15 WITH SCHOOL BREATHE 14.30 **BONKERS BALLOON SHOW** 14.45 15.00 15.15 **BIG TOP BREAK OUT** 15.30 **COMMUNITY PLEDGE AND CONSTITUTION WITH MAMA BEE** 15.45 16.00 THE WILD CACTUS TAKEOVER FT. RESIDENT COWBOY BAND THE BARNYARD CREW, WILD WEST RUNAROUND, LUCKY PENNY'S HILARIOUS HOEDOWN, 16.15 16.30 DADDY WRANGLING, SHERIFF SPLAT-ATHON, AND THE CRAZY SNAKE SHAKEDOWN 16.45 17.00 17.15 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20.00 20.15 20.30 20.45 **MELODIES AND MYSTERIES** 21.00 **CAMPFIRE SESSION** 21.15 21.30 21.45 22.00 22.15 22.30 22.45 23.00 23.15 23.30 23.45 00.00

# SUNDAY 16TH JULY COMMUNITY

	AWAKEN	INSPIRE	KAYLO	RECOVER	ENGAGE
07.00 07.15					
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8.00 08.15			DIDOCDIDOO COUNDRATU WITH		
8.30 8.45			DIDGERIDOO SOUNDBATH WITH MICHAEL AND MICHAELA (BRING A YOGA MAT)		
9.00			(DRING A TOGA MAT)		
09.15 19.30					ENERGY CLEANSING AND
9.45 0.00	RUSSELL BRAND - YOGA				ENERGY MAINTENANCE WITH NIEVE TIERNEY
0.30	FLOW AND MEDITATION WITH DAN TURNER	THE HERO'S JOURNEY WITH MARK DEMPSTER			
0.45 1.00				MUSIC, RECOVERY & THE NERVOUS System - including a live music	YOUR DESIRES ARE SACRED WITH AISHA PARIS SMITH
11.15 1.30	RADICAL LOVE TALK AND	FROM ECO-ANXIETY TO ECO-ACTION	SOMATIC EMBODIMENT YOGA	GUIDED SONIC MEDITATION WITH AJOIA	
1.45	Q&A WITH SATISH KUMAR	WITH CLOVER HOGAN & WILL JAMES	WITH MASI FRAYSSE (Bring a Yoga Mat)		METABOLIC HEALTH VERSUS SILOED HEALTH WITH
	RETURNING HOME TO GAIA: A LOCAL AGENDA FOR GLOBAL CHANGE WITH HELENA NORBERG-HODGE			THE RECOVERY SUTRAS - YOGA AND MEDITATION TO MOVE	CALLEY MEANS
2.30	LIVE MUSIC FROM	HARNESS COLD WATER FOR CIRCADIAN	CACAO CEREMONY WITH VOICE	BEYOND ADDICTION AND Thrive with tommy rosen	RESTORATIONS AND LEARNING WITH TAYSHAN, JACKS PATCH, ELLEN MILES, CHRISTABE
3.00 3.15	SADIE HORLER	OPTIMISATION WITH PHIL LEARNEY	ACTIVATION FOR THE WHOLE FAMILY WITH LAOR OMAN-NAHARIN	THE DAVID LYNCH	ELLEN MILES, CHRISTABÉ And Paul with Grow to know
3.30 3.45	SHOESPIRACY. BACK TO			FOUNDATION	THE 4 PILLARS FOR CONSCIOUS
.00	LIVE BAREFOOT WITH RUSSELL Brand and Galahad Clark				COMMUNITY / HOW TO BE A SPIRITUAL REVOLUTIONARY WITH ED ANOBAH
4.15 l.30				MENS SHARING CIRCLE	
1.45 5.00	TAHIR BURHAM	THE CORPORTATE TAKEOVER OF THE NHS WITH DR BOB GILL	GREAT WAVE FOR PEACE:	WITH DR CLIVE SELWYN	THE WAR ON DRUGS DON'T WORK: COMMUNITY TO HEAL THE CRISIS WITH SOPHIE PALMER
15.15 5.30	TATIIN DONITAM		5 RHYTHM DANCE With Chris Connors		<u> </u>
5.45 6.00	VANDANA SHIVA	LIFE AS A WORK OF ART WITH BRAD EVANS		REIKI ENERGY MOT	MASCULINE TRAUMA WITH CONNECTION AND HEALING - ANTHONY MULLALLY
16.15		ANT WITH DRAW EVANS		WITH NIEVE TIERNEY	MARK MORE COMPANY
6.30 6.45	RUSSELL BRAND IN CONVERSATION WITH SATISH KUMAR, VANDANA SHIVA				
7.00 17.15	AND HELENA NORBERG-HODGE				
7.30 7.45			BECOME YOUR OWN HEALER		TIME TO TAKE ACTION
3.00 8.15	OMID DJALILI		WITH NATALIE MUNK & DR. KIRSTEN SMITH		WITH WILL JAMES
8.30 8.45					
0.00	CLOSING CEREMONY				
9.15 9.30					
9.45 0.00	SAMLEE				
0.15					
0.45 1.00	K.O.G FT FRANZ VON AND AZIZA				7
21.15	VON AND AZIZA				
1.30 1.45	GOOD NIGHT AND GOODBYE				
22.15					
2.00 22.15 2.30 2.45					
2.15 2.30 2.45 3.00					
2.15 2.30 2.45					M 00

#### SUNDAY 16TH JULY

### **COMMUNITY**

with LAURA + RUSSELL BRAND

**FLOW EMBODY** CRAFT **GATHER** 07.00 07.15 07.30 07.45 LIFEFORCE QIGONG WITH BEN CALDER 08.00 LUCY TEAR AND LARCHWOOD PRACTITIONERS 08.15 08.30 BRAZILLIAN JIU JITSU (BEGINNER Adults) with Ryron Gracie 08.45 09.00 09.15 09.30 MOVEMENT WITH MEGAN JAYNE CRABBE 09.45 **ECO ART WITH LAUREN YOUNGS** 10.00 10.15 10.30 BRAZILLIAN JIU JITSU WITH CHRIS CLEERE 10.45 MEN'S BREATHWORK Workshop with Ben Bidwell 11.00 TEXTILE CONNECTION WITH PASCALE SPALL 11.15 11.30 PRESSED FLOWER ART WITH BETH KENDALL OF WILDER & WREN 11.45 12.00 12.15 AUDIO INTENTION WORKSHOP WITH MATTHEW BENJAMIN THE TRIAL OF CORPORATE RAT CARGILL 12.30 BRAZILLIAN JIU JITSU (KIDS AND FAMILIES) WITH RYRON GRACIE 12.45 13.00 PLANTING EDIBLE HAPPINESS, SOWING AND GROWING SEED EXPLORERS WITH AUGUST BERNSTEIN 13.15 13.30 13.45 RADIANT BODY YOGA WITH KIA MILLER 14.00 14.15 STITCHING CONNECTION WITH PASCALE SPALL, STAG AND BOW 14.30 LIVING A MORE CONNECTED, NATURAL HEALTH LIFESTYLE WITH TONY RIDDLE, NATURAL LIFESTYLE EXPERT, ENDURANGE ATHLETE, AUTHOR, VIVOBAREFOOT AMBASSADOR FREE FLOW YOGA WITH LUCY SESTO 14.45 15.00 15.15 15.30 15.45 YOGA: A SUNDAY SOOTHE WITH NAOMI ANNAND BRAZILLIAN JIU JITSU (INTERMEDIATE) WITH RYRON GRACIE 16.00 16.15 16,30 16.45 17.00 17.15 CACAO CEREMONEY WITH ELEMENTAL DANCE AND SOUND JOURNEY WITH SOFIA AND SANDRA BARNES 17.30 17.45 18.00 18.15 18.30 18.45 19.00 19.15 19.30 19.45 20,00 20.15 20.30 20.45 21.00 21.15 21.30 21.45 22.00 22.15 22.30 22.45 23.00 23.15 23.30 23,45 00.00

### SUNDAY 16TH JULY - KIDS

#### COMMUNITY

with LAURA + RUSSELL BRAND

	GROW	FLYING SEAGULLS - DJANGO WAGON STAGE	<b>FLYING SEAGULLS</b>
7.00			
7.15			
7.30 7.45			
1.45 3.00			
8.15			
8.30			
8.45 9.00	KALMER KIDS MEDITATION		
9.15	TRAINING - 4-8YRS		
9.30			
9.45 0.00			
0.15		SUNDAY TURBO TIME MORNING SESSIONS	
0.30			
0.45	KALMER KIDS MEDITATION	THE CURIOUS COMPENDIUM OF FORGOTTEN GAMES	
1.00 11.15	TRAINING-9YRS+		100
1.30			
1.45		OLDOLIO EDEF OTALE	
2.00	BREATHWORK FOR A CALMER Child with School Breathe	CIRCUS FREE STYLE	H A
2.30	NATURE BREATHES		
2.45	WITH SCHOOL BREATHE	MAGICAL ILLIUSIONS, DELUSIONS AND CONFUSIONS	LIGHTHOUSE CIRCUS ARENA
3.00			ONGOING SESSIONS Unicycle Bar, Aerial Rig,
13.15 3.30	KALMER KIDS MEDITATION	KIDS COMEDY CORNER	TIGHTWIRE AND SLACKLINE ZONE
3.45	TRAINING - ALL AGES		
4.00			MAKE N CREATE PAVILION -
14.15 4.30			CRAFTS, PAINTING, MAKING AND MESS
4.45		PIRATE TAKEOVER, INCLUDES A GREAT ESCAPE,	
5.00		TUG O WAR, TREASURE QUEST AND THE PIRATE PROMISE	
15.15	A CONTRACTOR OF CONTRACTOR		
5.30 5.45			
6.00			78
16.15		THE WIG N BOWTIE PARADE OF FOOLS	
6.30 6.45		THATS A WRAP DANCE OFF AND DISCO	
7.00		TO BE A STATE OF THE PARTY OF T	
17.15			
7.30			
7.45 8.00			
18.15			
8.30			
8.45 9.00			
19.15			
9.30			
9.45			
0.00 20.15			
0.30			
			MELODIES AND MYSTERIES
			CAMPFIRE SESSION
1.00			
1.00 21.15			
21.00 21.15 21.30 21.45			
21.15 21.30 21.45 2.00			
21.15 21.30 21.45 2.00 22.15			
0.45 21.00 21.15 21.30 21.45 2.00 22.15 2.30 2.45			
21.00 21.15 21.30 21.45 2.00 22.15 2.30 2.45 3.00			
1.00 21.15 11.30 11.45 2.00 12.15 2.30 2.45 3.00			
1.00 21.15 1.30 1.45 2.00 22.15 2.30 2.45 3.00			