

THURSDAY 12 August 2021

	Time	Activity	Tutor	Duration	Where
Arrival on site after 12noon					
Welcome	19.00	Inner Voice and acoustic jam			Apple Barn

FRIDAY 13 August 2021

	Time	Activity	Tutor	Duration	Where	
Session 1	8am - 8:45	Morning Yoga & Warm up	Yoga/ gentle stretch /breath	Steph/Brett	1 hour	Apple Barn
	08:30 - 09:45	Breakfast			1 hour	Café
	10:00 - 11:00	Forest school round the fire	Childrens Forest school	Sam	1 hour	Forest School
	10.00 -11.00	Foraging walk		Jon Dale	1 hour	Meet yurt
	10:00 - 11:00	Mindfulness session	Meditation intro	Steph	1 hour	Sky Barn
	11.30-12.30	Elevenes			30 mins	
	11.30-1.30	Heart yoga, Meditate:Move:Relate!	Workshop	Henri	2hour	Sky Barn
	11:30 – 13.00	Ecstatic dance	Headphone Dance	agnishala	1 hour	Lawn
	11:30 - 12:30	Forest school with Sam	Children and family		1 hour	Meet Yurt
	13:00 - 14:00	Lunch			1 hour	Café
	14:00 - 15:00				1 hour	Marquee
	14.00-15.30	Cherry Willow craft	Willow	Cherry	1 hour	Marquee
	14:00 - 15:00	Save our Wildlife	Activism/Drama	Nadya	1 hour	Sky Barn
	14:00 - 15:00	Magic workshop	Magic for all	Nat	1 hour	Yurt
	15:00 - 15:30	Tea			30 mins	
	15:30 - 16:30	Cooking Demo	Cooking Demo	Melanie Hubbard	1 hour	Apple barn
	15:30 - 16:30	Woodland Studio	Misic		1 hour	Apple barn
	15:30 - 16:30	Chakra dance	Dance	Jules	1 hour	Lawn
	16:30 - 17:00	Tea			30 mins	
Session 6	17:00 - 18:00	Astrology	Stephanie Lopez		1 hour	Yurt
	17:00 - 18:00	Whole Body Yoga	(meridian tapping)	Paula Bostock	1 hour	Sky Barn
	18:00 - 20:00	Dinner			2 hours	Café
Session 7	20.00-22.00	Tim Bliss Inner Voice and Mark Barnwell	Apple Barn concert		2 hours	Apple Barn

10.30-12.30 Silent Disco

SATURDAY 14 August 2021						
	Time		Activity	Tutor	Duration	Where
Session 1	08:00 - 08:45	Morning Yoga & Warm up	Yoga	Helz / Dr Steph	45 mins	Apple Barn
	08:30 - 09:45	Breakfast			1 hour 15mins	Café
Session 2	10:00 - 11:00				1 hour	Apple barn
	10:00- 11:00	Walk Foraging		John Dale	1 hour	Marquee
	10:00- 11:00	Tumbling on air track	Acrobatics for children	Cara	1 hour	Big Top Dome
	10:00 - 11:00	Astrology Talk			1 hour	Yurt
	10:00 - 11:00				1 hour	
	11:00 - 11:30	Elevenes			30 mins	
Session 3	11:30 - 12:30	Acrobatics/Parcour with Said	Acrobatics for children	Said	1 hour	Big Top
	11:30 - 12:30	Cooking demo		Melanie Hubbard	1 hour	Apple Barn
	11.30 -13.00	Ecstatic dance	Headphone Dance	agnishala	1 hour	Lawn
	11.30 – 13.00	Cherry Willow craft	Willow	Cherry	1 hour	Sky Barn
	11:30 - 12:30				1 hour	Big Top
	13.00-14.00	Giles	Singer/song writer	Giles	1 hour	Apple Barn
Session 4	14:00 - 15:00	Acrobatics / Parcour ages 15+		Said	1 hour	Big Top
	14:00 - 15:00				1 hour	Apple Barn
	14:00 - 15:00	Save our Wildlife	Activism/Performance	Nadya	1 hour	Yurt
	14.00 - 15.00	Juliette Talk	Wisdom Plants/Mushrooms	Juliette	1 hour	Apple Barn
	14:00 - 15:00				1 hour	
	15:00 - 15:30	Tea			30 mins	
Session 5	15:30 - 16:30				1 hour	Outdoor rig
	15.30 - 16.30	From under cover journalist to vegan farmer	Talk	Rich Hardy	1 hour	Applebarn
	15:30 - 16:30				1 hour	
	15:30 - 16:30				hour	Marquee

	15.30 - 16.30				1 hour	Apple Barn
	16:30 - 17:00	Tea			30 mins	
Session 6	17:00 - 18:00	Forest walk/talk Addy	Walk	Addy	1 hour	
	17:00 - 18:00	Chakra dance	dance	Jules	1 hour	Apple Barn
	17:00 - 18:00	Workshop	Essential Oil	Gerri O'Mara		
	18:00 - 19:00				2 hours	Apple Barn
Session 7	18.00 – 19.00	Anairda and the Anarkistas	Music/dance			Apple Barn
	19:00 – 20.30	Circus double bill – Moroccan acro Woodland Studios 432hz Inner			1.5 hr	Big Top Dome
	21:00 - 22:00	Voice			1 hour+	Apple Barn

10.30-12.30 Silent Disco

SUNDAY 15 August 2021						
	Time	Activity	Tutor	Duration	Where	
Session 1	08:00 - 08:45	Morning Yoga & Warm up	Yoga	45 mins	Apple Barn	
Session 2	10:0		Foraging walk	Jon Dale	1 hour	Marquee
	10.00 - 11.00				1 hour	
	10:00 - 11:00		Cooking demo	Melanie Hubbard	1 hour	Apple Barn
	1.00 - 11.00				1 hour	
	10:00 - 11:00				1 hour	
	11:00 - 11:30	Elevenes			30 mins	
Session 3	11:30 - 12:30				1 hour	
	11:30 - 12:30	Workshop	Essential Oils	Gerri O'Mara	1 hour	Yurt
	11:30 - 12:30	Jules	Chakra Dance	Jules	1 hour	Sky Barn
	11.30 -12.30	Save our Wildlife	Activism/performance	Nadya	1 hour	Marquee
	13:00 - 14:00	Lunch			1 hour	Café
Session 4	14.00 - 15.30					
	14.00 - 15.30	Cherry Willow craft	Willow weaving	Cherry		Marquee
	14.00 - 15.30	Estactic Dance	Headphone dance	agnishala		Lawn
	14:00 - 15:30	Seasonal wild food daily basics	Workshop	Terersa Effat	1 hour	Yurt

	15:00 - 15:30	Tea			30 mins	
Session 5	15.00 - 16.00	Vegan Farm/Animal Rebellion	Talk	Luke/Charlie	1 hour	Marquee
	15:00 - 17:00	Heart yoga, Meditate:Move:Relate!	Workshop	Henri	2 hours	Sky Barn
	15.30-16.30					
	16:30 - 17:00	Tea			30 mins	
Session 6	17:00 - 18:00					
	17:00 - 19:00			Henri	2 hour	Sky barn
	17:00 - 18:00	Essential Oil Workshop	Essential Oil Workshop	Gerri O'Mara		Yurt
	17:00 - 18:00					
	18:00 - 20:00	Dinner			2 hours	Café
Session 7	20:00 - 23:00	Inner Voice, Woodland Studio	Music/Dance			Apple Barn
		Silent disco	Sauna	Volunteer team	2 hours	Marquee
		10.30-12.30 Silent Disco				

Monday 16th August 2021

	Time	Activity	Tutor	Duration	Where
Session 1	08:00 - 08:45	Morning Yoga	Yoga	45 mins	Apple Barn
	08:30 - 09:45	Breakfast	Breakfast	1 hour 15mins	Café

Trip to the beach.

Depart Tuesday morning