

DAY/TIME	ROOM	Friday 29th Dec 2018	Saturday 30th Dec 2018	Sunday 31st Dec 2018	Monday 1st Jan 2019	Tuesday 2nd Jan 2019	Wednesday 3rd Jan 2019
7.15-8.30	Shiva/Shakti	OSHO MEDS	Dynamic (Maha Devi)	Kundalini- (Maha Devi)		Yoga – (Sahar)	Tai Chi (Nirav)
8:30-9:30	Heart Building		Breakfast				
9:45-11.15	Shiva/Shakti		Morning Gathering & Sharing				
11.15-11.45			BREAK				
11.30 – 1.30 Morning Sessions	Shiva/Shakti		Tantra Workshop (Mahara)	Tantra Workshop (Mahara)	Atisha Heart Meditation (Ashwin)	Mantra Dance (Nirav)	Spiritual Workshp (Maya Devi)
	Pantanjali		Contact Dance (Leah Curtis)	Contact Dance (Leah Curtis)	Ecstatic Awakening Dance (Kate)	Manose (Thearter & Drama)	Manose (Thearter & Drama)
1.30pm to 2.30pm	Outside		LUNCH				
2.30pm-3pm			BREAK				
3pm to 4.45pm Afternoon Sessions	Shiva/Shakti		Biodanza (Niraj)	Biodanza (Niraj)	Trance Dance (Niraj)	Belly Dance (Payal Gupta)	Belly Dance (Payal Gupta)
	Pantanjali		Sufi Dance Workshop (Sahar)	Sufi Dance Workshop (Sahar)	Contact Jam	Contemporary (Leah Curtis)	Contemporary (Leah Curtis)
4.45 to 5.15pm			BREAK				
5.15 to 7pm Evening Sessions	Shiva/Shakti	Opening Gathering Shiva/Shakti	Ecstatic Awakening Dance (Kate)	Ecstatic Awakening Dance (Kate)	Bollywood (Vidisha)	Bollywood (Vidisha)	Bollywood (Vidisha)
	Pantanjali		Shamanic Breathwork (Maha Devi)	Chakra Balancing with Aroma, Light & Sound (Ashwin)	Contemporary (Yuko)	Contemporary (Yuko)	Contemporary (Yuko)
7pm to 8pm	Heart Building		DINNER				
8pm to 8.30pm			BREAK				
8.30 to 11pm	Shiva/Shakti	Opening Ceremony & Dance Party	3 <sup>rd</sup> Eye Activation (Ashwin)	New Years Eve Party with, Cacao Ceremony, DJs Late night treats & Gong Bath	Live Concert	Professional Dance Performance	End of Festival Student & Teacher Performances
10 to 1am	Heart Building		Nataraj Lounge		Nataraj Lounge	Nataraj Lounge	