

Healing Festival 2009

	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
7:30		Fragrant Qi Gong / Morning Meditation	Yoga/ Morning Meditation	Fragrant Qi Gong/ Morning Meditation	Yoga / Morning Meditation
8:30 am		Breakfast	Breakfast	Breakfast	Breakfast
9:30		Morning Gathering (Z)	Morning Gathering / Sharing (Z)	Morning Gathering / Sharing (Z)	Morning Gathering / Sharing (Z)
11:00		Nataraj Meditation (Z)	Healthy Eating. Talk & demo about Nutrition with Rani (Z)	Bio energetics / Shaking with Rani & Sukhi (Z)	Tapas Acupressure (Z) Technique. Sukhi & Mahant
11:00		Shiatsu with Rajan (S)	Indian Head Massage with Premal (S)	Colour Light therapy with Kamla (S)	Colour your life workshop with Kamla (S)
1:00 pm		Lunch	Lunch	Lunch	Lunch
1:45		Campcare	Campcare	Campcare	Campcare
3:00		Chinese Medicine & Herbs with Tyagi (Z)	Partner Yoga & Pranayama with Shambavi (Z)	Conscious Communication with Laurel (Z)	Love Meditation (Z)
3:00		Hawaiian Massage with Amura (S)	Diksha Energy Circle with Sudha (S)	Sound bath with Chrystal Bowls. Michelle (S)	4:00 Closing circle
5:00 – 7:00	Arrival / In check Coffee shop open	Individual sessions available, Juice bar & Coffee shop open.	Individual sessions available, Open Art space, Juice bar & Coffee shop	Individual sessions available, Open Art space, Juice bar & Coffee shop	
5:30	Kundalini Meditation (Z)	Power Shaking (Z)	Welcome & Contact Dance with Laurel (Z)	Mantra singing with Sukhi & Mahant (Z)	
7:00 pm	Dinner	Dinner	Dinner	Dinner	
7:45	Campcare	Campcare	Campcare	Campcare	
7:45 – 8:45	Bar & Coffee shop	Sessions available	Sessions available	Sessions available	
9:00	Opening Circle, followed by Bonfire & Bar hang out	Yurt Sauna, Art space, Movie, Bar open.	Healing Bazaar (M), Movie, Bar hang out	Party Night !	
	Check the	noticeboard	for other	evening	activities