



Into the Summer Festival 2019 Workshop descriptions and workshop leader Bios

Adele Watt

Nature Madalas

Making natural mandalas allows us to combine the beauty and abundance of nature with our creative urge to form pattern and create order from chaos. Nature itself is full of patterns, as observed and applied in permaculture. A sense of peace and deep satisfaction can be gained through the mindful creation of circular, geometric patterns using simple materials gathered from the natural world.

In this workshop there will be a wealth of natural materials to work with, allowing you to select those to which you are attracted to create your mandala. You will work either individually, in a small group or on a larger, collective piece and our finished works will adorn the Village Green during the festival. Using tactile natural materials in contrasting shades, from buxom opened-up pine cones to perfectly shiny green apples.

Bio First awakened to the beauty of patterns in nature when undertaking a Permaculture Design course at the Findhorn Foundation many years ago, Adele takes inspiration from the diversity of naturally occurring patterns in her work. she has created mandalas and run workshops to create natural mandalas at a number of festivals over the past few years. She delights in the endless creativity of combinations of colour and form that workshop participants bring.

Amy Star

Laughter Yoga & Improve Games

A laughter session lifts the spirits, relaxes and energises, enhancing our feeling of connectedness. Including plenty of playfulness, breathing and light stretching, come and experience the power of extended laughter! Make mistakes, play structured and improvised games, explore body based improv, and possibly nonsense. Bring yourselves, water and a blanket for the laughter meditation. This is not a serious workshop.

Bio Amy is a cosmic joker who takes play seriously. She has been laughing for some time, she took a gigglequest in 2012 and co-leads Brighton Laughter Club. Inspired by Action Theatre, art therapy, comedy dabbling and the catharsis of chuckling, she is fascinated by the way people connect through play, whether for humorous reasons or purely from unconditional laughter.

Andrii Diachenko

Warre hive beekeeping

Warre hive is the most hands-off of any hive design. With this design there is no need to frequently inspect the hive or use chemical-laden foundation. The design of the hive is the best for natural, chemical-free beekeeping, there is little to no maintenance.

I will present 3 types of hives for people to look at and take apart. I will talk about pluses and minuses about the design, with a brief history of Warre hive, as well as bee needs, ethics in beekeeping, purpose and benefits of beekeeping, and bee products.

Construction of the people's hive

I will bring basic tools and materials to construct a hive and show the audience how it could be done more easily. I will explain materials used and explain function of each part of the hive.

Bio Andrii Diachenko is a beekeeper and company director of Beauty Distribution Ltd. He Graduated from National Agricultural University in Ukraine. In 2003 he had an opportunity to work with a professional beekeeper that a set strong desire to keep bees. The next season Andrii became a member of the Twickenham and Thames Valley Beekeepers Association. But working full time made it challenging to stick to all the procedures of managing bees, so he started to look for a hive design that would allow him to keep more hives with less time spent. Having experience in basic carpentry allowed him to build new hives from recycled materials. The last three seasons working with Warre hives finally gave him the enjoyment of beekeeping. The bees are minimally disturbed, no chemicals used and bees are happier naturally. Keeping Warre hive is like giving nature a home.
Contact Andrii Diachenko by email beautydistribution@gmail.com

Ania

Gathering with Goddesses

Guided Soundbath to connect with the Heart and all the Devine We are, followed by a Circle of Women where We are each able to be seen and heard.

Bio Ania holds the space for Women in Her Goddess Sanctuary. She helps Women see Their own beautiful light, step into Their Power and embrace Their own unique flavour as a Woman.

Benjamin Crystal

Ecstatic Shamanic Dance

Benjamin guides shamanic ecstatic dance workshops with music and gentle direction. Through harmonic flow, simple exercises, visualisation and intention, he builds the energy and experience.

During the journey participants intuitively connect with oneness and experience ways of naturally accessing higher consciousness.

The focused intention and dynamic energy within the dance, is channeled into a deep healing & a personally transformative experience. Together we create a safe, non judgemental & fun arena :) In this sacred space we explore our connection to the synchronous nature of everything, our place in this great mystery and most importantly gain an authentic experience of our true selves. From this place, we can become lighter and more connected to deep insights, healing and our intuitive selves.

The Workshop starts with an opening circle and brief guided meditation and the creation of intentionality with the space, we then move from ambient and acoustic through waves of dance to an ecstatic crescendo. We then land the process with a shavasna style sound healing meditation using sacred frequencies.

'As we practice connecting to our deepest bliss, we resonate and flow with divine purpose' - Benefits of this include, becoming more alive, blissfully aware, joy-full, at one, and in peace.

Shamanic Trance Dance & Meditation

An intentional dance workshop guided with music and gentle direction. Through harmonic flow, simple exercises, visualisation and intention we build the energy and a transformational process.

During the journey participants intuitively connect with oneness and experience ways of naturally accessing higher consciousness.

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'As we practice connecting to our deepest bliss, we resonate and flow with divine purpose' - Benefits of this include, becoming more alive, blissfully aware, joy-full, at one, and in peace.

Bio Benjamin facilitates ecstatic dance workshops with music, spoken word and some fun exercises to maximise your benefit, development & enjoyment of the process.

He draws from 20 years experience DJing in starting in London on the underground club & festival scene and having now performed at trance & dance events around the planet.

For the last 14 years Benjamin has dedicated himself to the path of Shamanic Healing & Conservation. This involves creating a safe space for participants & giving them the tools to heal and develop themselves. Part of this work also involves raising awareness of our environment, Planet Earth and how everything is deeply connected. This journey of service has led him from deep roots in the Amazon Rainforest to working across 5 Continents.

Participants who have now become good friends include, Ministerial Politicians, Diplomats, Authors, Pop stars, Celebrities & Captains of Industry.

Always being a pioneer of contemporary culture & human development Benjamin has now returned to his roots in dance music to help with the continued evolution of this high vibrational phenomena currently sweeping the planet. His extensive experience and deep understanding of both modern and ancient spiritual, healing & dance practices gives him a unique perspective and skill set with which to facilitate these workshops.

Ecstatic dance is an evolving practice. We are only just beginning to scratch the surface of the potential within this space & practice. Exciting times! Working in this collectively channelled energy matrix, we are already experience grounded yet ecstatic states of joy, healing & transformation & lightness.

We invite you to join us on this beautiful & playful journey of discovery, healing & authenticity. Follow your bliss, your highest joy. Come Dance your Dreams Alive!

www.ecstaticshamanic.com

<https://www.facebook.com/ecstaticshamanic/>

Bethan Evans

Shadow Into Light

Carl Jung: "One does not become enlightened by imagining figures of light, but by making the darkness conscious." Come to find and meet a part of yourself which is usually in shadow, and welcome it with a light heart.

In this workshop you will have an opportunity to identify a part of you which has been hidden, suppressed or denied and yet is still operating in your life – perhaps a little out of your control! Bringing it out 'into the light' of your own awareness can expand possibilities and help bring balance.

We will be using a well-known model for working with the Shadow, including four archetypes, which will be briefly introduced. No previous knowledge or experience required!

Flow of Being (Active meditation)

Come and wake up your body, bring yourself more fully into your day, more fully into your life. This sequence helps create more inner space. It is an invitation to shake up and open to your experience, whatever thoughts, feelings and emotions that includes.

With background music, you will be led through the different phases of the sequence starting with some gentle shaking, then movement and sound, followed by a guided 'journey' through your body, finishing with stillness and quiet before a gentle return to full wakefulness and hopefully more readiness for all the day brings.

The session will start with a short description and demonstration of each of the phases – you aren't expected to remember it all as there will be spoken guidance as you progress through

the sequence. Once we begin you will be invited to close your eyes (or bring a scarf or blindfold to cover your eyes if you prefer), to stay on the same spot in the space and to leave all the talking for afterwards.

Bio Bethan's approach is summarised by the phrase "all of you is welcome; all parts of you are welcome". Her aim is to create an accepting, non-judgmental space for whatever arises. Having encountered adversity in her young life, early bereavement and depression - as well as great joys and a diversely fascinating work life - Bethan brings great compassion, empathy and understanding to her work. A lifelong desire to understand and to delve deeply into both the challenges of life and that which catches her interest took her as a young woman from yoga asana practice to developing a long-standing meditation practice which she now sees as crucial to her wellbeing. The discovery of parts work as used in Voice Dialogue and ShadowWork was like a home-coming; providing a framework which felt intuitive and familiar and strongly informs how Bethan works, as does her engagement in what can loosely be termed non-duality.

After a first career in the helping professions she accidentally retrained as an Alexander Technique teacher and then later in Shadow Work facilitation and with renowned relationship expert Jan Day's School of Being. She continues to study with Jan Day and with Joanna Watters ("Supporting a radical acceptance of present moment reality")

Bethan lives in a large semi-rural intentional community in Devon; an ongoing growth experience and fantastic opportunity to put into practice what she learns and shares. She loves to move and to be still outdoors, especially by the sea.

Clive and Philippa Hedger

Free Spirit Ecstatic Dance

Free Spirit Ecstatic Dance – Clive Hedger.

This ecstatic rhythms dance session is an exploration of human connection through dance and movement. In it we will explore connection with ourselves, others and the tribe. There are no steps to learn, just following the heart in motion and an undoing of any learned behaviours in terms of what dance actually is. When we begin to move and connect with the heart, possibilities for deepening our experience become more obvious. Intuitive movements leads the heart into embodiment, where often old stories are held and are re-experienced. Focusing upon the subtleties of our own movement and guiding the breath into specific body parts, the mysterious process of stepping into our own dance emerges and leads to many deep realisations.

This will be a held freestyle dance class drawing upon many threads including ecstatic/shamanic dance and also showcasing some of the best music ever in a truly eclectic soundtrack

Barefoot or soft 'dance' footwear and loose clothing recommended.

Clive has been working with embodied dance practice for over 30 years including five rhythms, ecstatic dance and shamanic trance dance and is known for having an intuitive approach to space holding. He was jointly responsible for launching the legendary Brighton Wave in the early 90's which at the time was the largest 5 Rhythms group of its kind in the world. Currently he runs several regular dance groups in Wales where he lives and teaches around the UK. He is also highly respected as a dj too.

Spirit of the Honeybee

Throughout history there have been lineages of men and women who work with the hive and the honeybee as or part of a spiritual path. Within the mythology of some of these traditions is the belief that the honeybee brings and sustains all life to earth with their poetic hum and also carrying a prophecy that 'when the bee ceases to hum, the world will cease to turn'. Many people are now realising the importance for humans of instigating new ways of developing relationships with these amazing insects.

There are many ways to interact with the spirit of the honeybee and we will be exploring some of them in this workshop.

Working alongside the honeybee is an opportunity to connect with nature, and help us find a way of existing in harmony with our planet.

We will explore practical considerations when actually working with live bees as well as ways

to connect the bee spirit wherever you may be. The workshop may be of use to those who are wanting first steps and some guidance in natural beekeeping, or equally as useful to experienced beekeepers wanting to explore new considerations for communicating with bees. It may also be of use to those who are just interested in developing a spiritual relationship with the hive.

Our approach to working with bees involves developing respect, cooperation, kindness, sensitivity and gentleness. This comes about through having a clear sense of mutual relationship.

Bio Clive and Philippa have been successfully working with natural beekeeping for over 10 years and keep many colonies in the smallholding and surrounding areas in Powys, Wales.

www.clivehedger.com

www.mixcloud.com/clivehedger

Facebook: clivehedgerartist

Colin Power

Introduction to Sacred Geometry

Beginners guide to the fundamental forms and their metaphysical significance

Solar Geometry

We explore the spacing of the planets in our Solar System.

Bio Colin Power has been running workshops for over 10 year. Since 2015 whilst in India he developed a unique set of workshops that explore the metaphysical side of life.

www.in2infinity.com

www.facebook.com/intwainfinity

Daniel Gladwell

Thai yoga massage

Do you have back pain sleeping in your tent? Or some neck and shoulder pain? Then this workshop is for you. Thai yoga massage introduction and demonstration of a few moves to help rid yourself and your dear one of these all too common pains and aches.. After a brief introduction everyone is invited to pair up and practices on each other following the teacher in some guided moves.

Bio Daniel is proficient in different modalities and has studied extensively in Chiang Mai, Thailand. As well as being a qualified Thai Yoga massage therapist, he has also studied abdominal massage (Chi Nei Tsang), body assessment and realignment.

Daniel takes a holistic approach to health for his clients; taking into account factors such as diet, posture, breathing and simple exercise regimes. Using only natural and organic oils, Daniel sees massage as a means of prevention and knows that these treatments are of great benefit in relieving stress and tightness in the body.

Massage can also improve blood circulation, revive stiff, tired muscles, and address any imbalances which could cause serious problems in the future if they are not seen to. Daniel knows that a great massage leaves the receiver feeling relaxed and invigorated.

He is experienced in many different treatments and can recommend a session based on what you want to gain from a treatment and on resolving any apparent issues in the body. Whether you are looking for relief of pain, freedom from tightness in some part of the body, want to feel energised, or are simply looking for a relaxing therapeutic massage that will tone the whole body; Daniel is able to recommend the right treatment for you.

Daniel founded the Gladwell School in order to share his expertise with others and create a network of 21st Century healers.

To find out more about Gladwell School of Massage, visit us here

www.gladwellschoolofmassage.com

Facebook: gladwellmassage

Daniella Kamara

Vinyasa Flow Yoga

A dynamic, energising and fun yoga class designed to improve strength, balance and flexibility. In this class you will be guided through a series of postures and sequences linking the movement of your body with the breath. When I teach classes I aim to create sequences that combine attention to the breath, peace and centring of the mind as well as building strength and flexibility in the body. As a teacher, I encourage my students to connect with their bodies in each posture, awakening their intuition and find the variations and modifications of movements that best suit their individual bodies.

Dynamic Vinyasa Flow

A dynamic yoga flow practice, designed to strengthen and find balance. Postures covered will include arm balances and headstands.

When I teach classes I aim to create sequences that combine attention to the breath, peace and centring of the mind as well as building strength and flexibility in the body. As a teacher, I encourage my students to connect with their bodies in each posture, awakening their intuition and find the variations and modifications of movements that best suit their individual bodies.

Bio I am a 200-hour registered yoga teacher. I began my yoga practice in 2011 whilst living in Germany and working in women's fitness clothing design at Puma. I loved the clarity and peace of mind I felt during yoga and quickly developed a regular daily practice. Yoga teacher training was a natural progression that came after years of regular practice and development. I never stop learning and strive to continue developing as a teacher and as a student. I am happiest when escaping the city for a weekend of camping, hiking and immersing myself in nature. Over the last year I have developed a love of Bouldering and pole fitness which I now practice regularly. I am also a keen painter and dressmaker.

I am enthusiastic about health and wellness and read as much literature as I can on how to lead and maintain optimal health; currently reading 'Gut' by Giulia Enders. My exploration in health has sparked a joy for cooking, baking and creating new recipes using natural whole foods that fuel the body and mind.

Facebook: yogawdaniella

Dave Todd

Crocheting summer

Come and get woolly with us! An opportunity to share craft space on the Community Love Blanket, with the emphasis on crochet projects reflecting the beauty of summer. All knitters, crocheters and weavers are welcome, and basic tuition is available. All materials are provided.

Knitting in summer

Come and get woolly with us! An opportunity to share craft space on the Community Love Blanket, with the emphasis on knitted projects reflecting the beauty of summer. All knitters, crocheters and weavers are welcome, and basic tuition is available. All materials are provided.

Bio Dave Todd has been gathering woolly-minded folk around the beautiful Community Love Blanket for 20 years, creating peaceful, sharing spaces for crafting at such festivals as Into the Wild, Wood and Tribal Earth. The Community Love Blanket is a respectful, peaceful space in which to enjoy the therapeutic benefits of crafting, and be part of the joyous patchwork of the project. His approach to his work focuses on inclusivity and connection.

www.communityloveblanket.blogspot.com

www.facebook.com/Community-Love-Blanket

David Bailey

Introduction to Book-Making

Making a book by hand is a richly rewarding experience. We live in an age of technological wonders, and our lives are far easier because of it. Mass production is useful, and everywhere. Yet the sight of row upon row of identical objects can deaden the soul. A handmade book celebrates uneven edges, the warmth of natural materials, and one-off objects made with sensitivity and love. In this workshop you'll learn how to make a book with a simple yet beautifully elegant stitch. We'll be using leather, paper, thread and wooden beads, and explore ways of personalising the book by adding extra details. There will also be the chance to try out more complex binding patterns. These lend a striking visual effect to a book and once mastered can be quite meditative to create. Finally, we'll look at some of the tools and techniques you might need if you wish to take your bookmaking further. The process of making a book by hand is a relatively simple process. But it is an endlessly generous gift to those lucky enough to be drawn to it...

Bio Dave has been earning his living as a self-employed book-maker for the past eight years, making and selling thousands of books over that period. He strives to make each book unique in some way. The process involves much looking and contemplation; sometimes the hardest part is just getting out of the way, doing only enough to let the leather itself take centre stage. Prior to book-making Dave was a professional sculptor, working exclusively in cardboard, a material he has always loved. He has taught Creative Thinking, Scriptwriting and Sound Production at college, performed in an improv-theatre group and made radio documentaries. He has also been involved in a long-term project that aims to give people starting their own business the tools to overcome their doubts and fears, running workshops to help people move forward with confidence and belief.

Debbie Reynolds

Shakti dancing the heart open

Welcome to Shakti dance (The yoga of dance). Come and delve into your inner world with grace and presence. Get fully in your body and move with your essence, merging with Spirit. Aligned with the heart. An opportunity for Men and Women to come together, set our intentions, tune in, connecting through our hearts and dance our prayers. Listening to our sacred and divine voice of wisdom. Connecting deeply to our Earth Mother during the practise. This is an invitation to simply allow whatever arises in the moment, without judgement and to dance yourself free!

Shake your Shakti

Welcome to Shakti dance (The yoga of dance). Come and delve into your inner world with grace and presence. Get fully in your body and move with your essence, merging with Spirit. Aligned with the heart. An opportunity for Men and Women to come together, set our intentions, tune in, connecting through our hearts and dance our prayers. Listening to our sacred and divine voice of wisdom. Connecting deeply to our Earth Mother during the practise. This is an invitation to simply allow whatever arises in the moment, without judgement and to dance yourself free!

SHAKTI DANCE is a powerful practice that will take you on a journey in to the self. It is conscious dance infused with the wisdom of yoga. This is a sacred healing practice, taught in 8 stages to bring the dancer into a heightened state of awareness with a more expansive consciousness.

Mantra, Tuning in , Flowing asanas (Fluid yoga postures), Rhythmic dance sequences, (Using breath), Free dance , Relaxation , Celestial communication , Meditation, Close Mantra

Bio Debbie Reynolds is a London based Shakti dance facilitator who has also shared this wholesome practice in Thailand, Bali and many festivals across England. She has practiced and studied many different styles of yoga over the past 20 years. A dance performer and kids yoga teacher for 12 years.

" I am passionate about helping others to see their inner light Through my own life

experiences, and deep work i have done on myself, including raising my three daughters. I feel what i can offer is an authenticity to dance with our shadows, and come out the other side fluttering our wings feeling connected and whole ".

" Shakti has the ability to delve deep and hold space with integrity and love ".

"A recognition that when you blend yoga, dance, conscious breath and mindfulness .

Something magic happens? We begin to let go of our identity and allow our body to become our guide and teacher. We let go of our need to control and being controlled by our minds or ego . In this we start to break down barriers and peel off layers. Until the moment comes when we feel total freedom during the dance. A moment of bathing in the stillness. Of full presence with our essence. We experience a heavenly moment.

Deborah Brown

Stress Release with TRE

Release Stress, Tension & Anxiety with TRE (Tension Releasing Exercises)

TRE (Tension Releasing Exercises) is a series of 7 simple exercises suitable for all which induce a natural shaking reflex we have within us as mammals to release stress, tension and trauma from the body. TRE is a natural, organic and an empowering tool that individuals can use themselves to create a balance in the nervous system and resilience to deal with life's challenging experiences.

My passion for this work lies in its simplicity and organic nature (we have this ability to shake within us like other mammals). It can be used by all and compliments all other therapies and practices. By 'shaking' and simply observing and learning to trust in the wisdom of the body our neurophysiology alters, thought patterns and behaviours change, and our reactions to situations become more aligned with what is happening.

Learn TRE With Body Awareness

Release Stress, Tension & Anxiety with TRE (Tension Releasing Exercises)

TRE (Tension Releasing Exercises) is a series of 7 simple exercises suitable for all which induce a natural shaking reflex we have within us as mammals to release stress, tension and trauma from the body. TRE is a natural, organic and a empowering tool that individuals can use themselves to create a balance in the nervous system and resilience to deal with life's challenging experiences.

You will learn the Tension Releasing Exercises RE experience what it is like to allow the body to 'shake' or move involuntarily in a way that feels grounded, safe and maybe also fun and playful. By simply observing and learning to trust in the wisdom of the body with body awareness our nervous system rebalances, and over time thought patterns and behaviours change, and our reactions to situations become more aligned with what is happening.

Developed by Dr David Bercelli, TRE is now used by millions worldwide for reducing stress, tension and trauma through releasing from the body. It is used extensively for humanitarian work internationally, across different countries, races, beliefs and cultures. My passion for this work lies in its simplicity and organic nature (we have this ability to shake within us like other mammals). It can be used by all and compliments all other therapies and practices.

Please note that due to the numbers attending these workshops we recommend one to one sessions for those with complex/developmental trauma, during pregnancy or with health conditions that require deeper containment and support. If you are unsure if this workshop is suitable for you please check in with me before the workshop in the space outside, I will make sure that I am available.

Bio I am a UK Certified Advanced Provider of TRE® (Tension Releasing Exercises) with over 12 years of experience working with body based practices to release tension and trauma by meeting ourselves through the body.

I work with adults, babies and children as a Biodynamic Craniosacral Practitioner in the Brighton and Hove area, and over recent years have specialised in working more with stress, anxiety and trauma with TRE and Brainspotting.

My passion is working with practices that empower the individual to shift towards natural health by releasing tension and restoring balance, and I'm touched to be working with others

on their journey exploring how it is to trust in and meet the wisdom of their body.
I love dancing and free movement, and being in nature with all it offers.

www.deborah-brown.co.uk

Facebook: TRESussex

Deborah Richmond

The Wild Within: Mythical Constellation

Mythical cloaks meets Constellation Work

In each of us resides a magical cast of characters, a world of wild, wonderful and compassionate energies just waiting to be discovered and help us connect deeply with our true essence. Please join us for a unique embodiment experience using the method of constellation work and handmade totemic robes and power objects to help you connect with aspects of self that want to come forward now to support your way of being in the world.

Working as a group and then solo, engaging the body with breath, will and imagination, you will surround yourself in colours and textures designed to enchant the soul. You will ride the ancient and beautiful winds of the archetypal energies within and connect deeply to nature.

Facilitated by Liz Granfort and Deborah Richmond from Rewilding Our Planet -
rewildingourplanet.com

Constellation Work: Action from our wildness

In each of us resides a magical cast of characters, a world of wild, wonderful and compassionate energies just waiting to be discovered and help us connect deeply with our true essence. Please join us for a unique embodiment experience using the method of constellation work and handmade totemic robes and power objects to help you connect with aspects of self that want to come forward now to support your way of being in the world.

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Facilitators are Liz Granfort and Deborah Richmond from Rewilding Our Planet -
rewildingourplanet.com

Bio Deborah is a yoga teacher, shamanic practitioner and constellation coach, working in a variety of sectors from environmental projects, corporates, charities and in the field of mental health. She is co-founder of a land regeneration and honey bee sanctuary project, Rewilding Our Planet, through which she offers coaching, workshops and trainings.

www.rewildingourplanet.com

www.facebook.com/rewildingourplanet

Dom Schnell

Heart Wave Dance

In each Heart Wave we co-create a deep sacred container through listening within, meditation, visualisations and guided journeying with the powerful archetypes of the lover, the magician, the warrior and inner sovereign. As we explore each of these energies we move out of our minds into embodied flow and create an intricate matrix of energy between us through witnessing, connection and boundary work. The invitation is to allow yourself to be moved rather than to move, be expressed rather than 'perform'. Each wave creates an elevated heart frequency that we can use to surf the tides of reality in a more balanced and fulfilled way. You don't need any dance experience, simply a willingness to show up with all of you.

Bio Dominik has been passionately engaged in dance for over two decades, exploring performance, contemporary, contact dance as well as many forms of expressive dance styles. He draws from his rich experience as facilitator, combining dance, tantra and process work.

Dominik also has a long and colourful history that spans 2 decades of the UK's most vibrant music events and festivals, running first the now legendary IDSpiral chill out, co-creating the Synergy Project and even earlier being part of the Warp Experience events. He is also well known for setting up the

much loved optimum nutrition brand inSpiral and running the inSpiral Lounge in Camden for many years, an oasis for music and community lovers alike.

www.heartwave.dance

www.facebook.com/HeartWaveDance

Ed Rooke

Freedom From The Critic Within You

This workshop will help you build an awareness of judgement in your inner world. You'll be gently guided to observe and break free of the old internal dynamics that hold you back. To reclaim your true power, vital strength and rediscover who you are beyond ideas of what you should be.

Transformation Through Intimacy

A playful exploration using sensations, image & intimacy to discover the transformational power of your unconscious mind. We will be attuning to a sacred space of possibility, where stuck & hidden parts can be welcomed home, and transformed to open to your heart's deepest calling.

"It was like my heart kept breaking open into deeper and deeper layers of myself."

W.A. London

Bio Ed's passion is helping people to reconnect with lost parts of their soul nature, so that they can open to the freedom and power of being truly themselves. His own healing journey was catalysed 15 years ago when a transformation of his own emotional blocks allowed him to recover from a chronic illness. Not only did his health return, but he found life more connected and richer than it had been before his illness. Experiencing this shift has led Ed to help others heal their emotional wounds, and to reconnect with their natural vitality.

After completing a doctorate in Psychology, Ed trained in Hypnotherapy, Generative Coaching and Shadow Work. The roots of his work lie in the depths of his fascination with meditation that complements and enhances his formal training. Woven together with a non-judgmental sensitivity and presence, his approach is both gentle and powerfully transformative. Above all, Ed's work has been influenced by extensive training, assisting and supervision with renowned relationship expert Jan Day.

Ed's therapeutic work includes a range of workshops for men, based on the Jungian Archetypes, and several workshops for mixed groups focused on the themes of connection, intimacy and shadow. Ed is part of Jan Day's School of Being faculty and co-leads several Living Tantra workshops. Alongside his workshops, Ed has a private coaching practice based in Bristol, Glastonbury and over Skype.

"It was like my heart kept breaking open into deeper and deeper layers of myself. Thank you so much Ed for this wonderful experience and deep healing. I can highly recommend Ed's work to anyone as it is so gentle yet so powerful." W.A. London

www.edrooke.com

Eileen Beckmann

Face Analysis: Chinese Medicine

An interactive workshop explaining how our faces, including our tongue show our character, strengths and weaknesses according to Chinese Medical diagnosis, combined with pressure point location and simple stretches which can help common ailments for self and others. This workshop will explore the colour, tone and shape of the face and involve an explanation of the 5 elements and 8 conditions. We will learn how external factors such a food, weather and pollution play a part as well as the internal emotions and spirit of the individual.

The internal organs and connecting meridian pathways can be strengthened and opened by the right stimulation and whilst this is a complex and profound subject, it is important for us to deepen our understanding of how we can help ourselves at times of ill health or stress. The aim of this workshop is to empower the individual to learn more about the workings of the body and mind and as well as understand more what can specifically disturb our balance,

what can we do to improve the quality of our own health.

We will also be palpating the 12 pulses at the wrist and understanding how they are a reading for the internal working of our bodies.

The term Ji-Hi is from the East and it means to remove suffering and impart joy and vitality, which in this modern, sometimes harsh world is crucial for a happy life. This is the intention that lies behind my work and which motivates me to share my knowledge of almost 30 years working as a therapist. I hope by the end of this workshop that each person will leave with a deeper understanding of their own body and some tips of how to revitalise themselves on a daily basis.

Bio Eileen Beckmann founder of Ji-Hi-Health, graduated from Bath University in 1987 with an Honours Degree in Social Sciences with History and Philosophy, and then studied Acupuncture and Chinese Medicine theory in Hong Kong at the Wan Chai College/hospital. On my return to the UK I then spent 4 years at the International College of Oriental Medicine in East Grinstead, studying Acupuncture, massage and then later went on to study Macrobiotics and more recently I studied scalp and medical acupuncture in Harbin University in China along with the British Acupuncture Council delegation.

I have lectured in Chinese Medicine at the International College of Oriental Medicine, and as well as running my own private practice in Sussex for over 25 years, I have been an active member of the SGI - a socially engaged International Buddhist Organisation. The SGI is affiliated to the United Nations and promotes peace and understanding through dialogue, culture and education and is established in around 192 countries with a membership of 12 million members.

'Soka Gakkai' means 'Value-Creating Society', reflecting the fact that the purpose of the practice of Nichiren Daishonin's Buddhism is to develop individually the wisdom, courage, compassion and power to create value through all our actions in society as a whole. The primary goal of this organisation is to become a strong, united force able to break through prejudice and conflict - so transcending the perceived divisions of national or race boundaries.

Ji-Hi, meaning to remove suffering and impart joy and vitality, lies at the heart of my therapeutic practice. It is a unique combination of Acupuncture with Scalar Wave laser (a hand-held warm quantum laser) massage and moxa, in order to restore balance and ease discomfort both mentally and physically, aiming to promote better well being and happiness.

www.ji-hi-health.co.uk

Facebook: EileenBeckmann

Elliot Joe Bennett

Capoeira Angola

People taking part in Capoeira workshops develop skills and knowledge that will enhance their physical and mental health and overall quality of life. Through the practice of Capoeira participants will develop their sense of confidence, self-awareness, social and cultural awareness within a safe, playful and supportive environment. The strong focus on group work and activities also promote social inclusion and community participation.

Many of the movements in Capoeira Angola are dynamic, including acrobatic, dance and martial. Applying all of these together creates the 'Jogo de Capoeira'

Capoeira Angola classes focus on movement and music. In a typical class we will cover aspects of movement that will range from basics to more advanced as the class progresses. Many of the movements learnt will be applied to pair work, to encourage communication and connection for the 'jogo' game where 2 people will play Capoeira together in the 'roda' circle.

Capoeira Angola Music

Music is also a very important part of Capoeira Angola, as the ritual of the roda needs great music to facilitate great games.

You will be invited to sing, and play Brazilian percussion instruments to create ensemble music. We dip into traditional Afro-Brazilian stories, which tell of other times, peoples and places but which may well speak to your own life experiences.

This workshop will focus on the music and percussion of Capoeira music with traditional songs in Portuguese.

Bio Elliot Bennett was born in Eastbourne, UK and started training Capoeira in 2000. He has trained in Brighton for over 10 years with Contra Mestre Boneco and in Australia with Mestre Roxinho from 2011.

Elliot regularly visits Brazil and travels to other Capoeira groups and events. He received the title of Treinel from Mestre Roxinho in 2014 and now runs the UK branch of Ecamar Capoeira Angola. With over 18 years of experience, Elliot's classes are engaging and accessible for all levels.

www.capoeiraecamar.co.uk

www.amazonasarts.org.uk

www.facebook.com/ecamar.uk

www.facebook.com/amazonasarts

Erica Montes

AcroYoga - Learn to FLY!

This taster class is the perfect introduction to the practice - and an opportunity to take your first flight! This workshop will get you off your mat and in the air trying things you never knew were possible! Learn how to base, fly and spot each other in acrobatic flying. In each of these rolls you'll learn a new skill and will be presented with a different perspective. You do not need to be an acrobat to do Acroyoga - the practice is designed to be accessible to all levels of ability. By cultivating skilful partnership, AcroYoga provides a vehicle to explore positive and supportive relationships with an emphasis on honest and compassionate communication. Open to all levels. No partner necessary.

AcroYoga Thai & Fly

Let go into a deep level of relaxation through therapeutic flying and the ancient practice of Thai Yoga massage. Experience a deeper, easeful release into poses with the support of a partner.

Through breath work and massage sequences we channel the ancient wisdom of Metta – loving kindness. This lays the foundations for compassionate touch, receptivity and communication.

Then take your practice from the mat into the air! We will introduce the art of suspended therapeutics, involving a base and flyer. The base grounds and suspends the flyer with their hands and feet to create the potential to release tension and muscular holding patterns. The passive nature of the flyer enables the base to sculpt the flyer into a variety of shapes that stretches and opens the flyers upper body.

Open to all levels. No partner needed.

Bio Erica first worked with the body through performance art, acrobatics and theatre. As a performer she became enamoured with going to yoga classes where she found the connection between her physically intense body work in the theatre and eastern practices that promotes mindfulness through physical movement as a vehicle to spirituality. This sparked a lifelong interest in exploring conscious movement and the connection of mind, body and spirit. Erica subsequently completed a 200 hour Hatha yoga with Elena Voyce, followed by a 500 Hour certification with the renowned Edward Clark's much celebrated Tripsichore Yoga, and Acro Yoga level 1 and 2 with founders Jason Nemer & Jenny Sauer Klein. Erica is one of the most highly trained AcroYoga teachers in the world and is a mentor for other teachers. She is also a qualified Thai massage therapist and enjoys incorporating the knowledge of this ancient healing art into her teachings.

Erica's classes intrinsically possess an elegant beauty and fluidity. They are the ideal vehicle to express the themes of harmony, balance, spirituality, joy, bliss and mysticism.

Based in London Erica teaches regular classes, private lessons, retreats and immersions internationally.

www.ericamontes.com

<https://www.facebook.com/erica.montes>

Eshana Spiers

Enchanted Cycles - Women's Workshop

In this workshop you will be guided on an enchanted journey through the four inner seasons, using the creative arts to explore ways in which you can honour the natural rhythm of your cycle. You will discover how to use the gifts of your cycle to get the most out of your meditation practice, future visioning, thrive in your connections and release any build up of tension. Whether you are at the peak of your menstruating years, menopausal, on the pill or your bleed has mysteriously vanished, this workshop will help you tune into your inner rhythm and enchant your outer life.

Bio Eshana has a huge passion for cycle awareness and shares this practice with other women. She has a particular interest in the pre-menstrual phase of the cycle and supports women to release the build-up of tension through a practice called 'Pre-Menstrual Permission'. Eshana embraces her cyclical nature, her sexuality and spirituality and celebrates herself as a deeply feeling woman.

Eshana has been on a vibrant journey of self development over the past decade. With an adventurous spirit and bursting heart for truth, she has dived into the realms of psychotherapy, tantra, meditation, dance and yoga. All of which have contributed to an exquisite unfolding, where her body has defrosted and life-force ignited, arriving at a place of deep appreciation for her feminine nature.

www.loveandcareforyourself.co.uk

Feela Light

Rediscover Your Greatness

Brothers and Sisters, I welcome you to come journey with me rediscovering your Greatness through the alchemy of sound, movement and silence.

A safe, sacred space of non-judgement and compassion, to be your whole self just as you are, to feel, release and heal.

Our journey will begin with setting our intentions. Intention is like a seed, its where everything begins to grow, as we focus our attention on that which we desire to manifest. This will be followed by active meditation, where through shaking and breath work we will release stagnant, pent-up emotions and energy from the body, as we find our voice through screaming and shouting, letting go of what we've suppressed. Movement also allows our bodies to relax and become more receptive to healing. As we find the stillness in silence after the active meditation, I will be guiding you through a DNA activation using guided meditation, visualization and channelling light to raise your vibration and helping you remember you true self. We will be ending our journey with sound healing using Himalayan and Crystal Singing bowls, helping you relax, release and heal. I will be brining you back with the sound of the shamanic drum and we will be closing the circle with prayer and share.

A space where you will be held, seen, heard and loved!

I look forward to journeying with you to a different dimension!

Opening to Receive

Brothers & Sisters, I welcome you to come journey with me where we open our hearts and minds, in a safe and scared space of non-judgement and compassion, to experience more abundance of connection, intimacy, opportunities, love, support, prosperity, gifts and Magic in our lives.

Giving is receiving and receiving is giving. For there to be balance there must be free flow of giving and receiving. Only when we are open to receiving will we experience more abundance that is around us right here, right now.

We will begin with grounding and setting a group intention, followed by where I share with you the importance of being open to receiving, a little bit about my own journey of receiving, how I was self-sabotaging standing on my own way to experiencing more abundance and how you can become open to receiving the gifts from the universe now. This will be followed by self-reflection and a discussion about where you feel you are not open to receiving and the blocks you might have, that will be done in small groups of 4-6. After our discussion there will be exercises in your groups or pairs where you get to practice giving, receiving, saying no or yes.

We will be ending our journey with The Sufi Dance which is deeply healing, while opening our hearts creating a deeper connecting with self and others.

I look forward embarking on this heart opening journey with you! Know that you will be held, heard, seen and loved.

Bio Feela is a mentor and a facilitator of healing committed to living life from the heart, helping men and women rediscover their greatness, fall madly in love with themselves, tap into their inner wisdom and heal emotionally, mentally, physically and spiritually. She does this through Reiki, crystal and sound healing, movement, laughter, breath, meditation, voice, massage, channeling and aromatherapy as well as bringing in different coaching techniques, while sharing tips and tools along your journey. She facilitates empowering women's and sisterhood circles, plant medicine and other healing ceremonies and fire circles.

Feela healed herself naturally after hitting rock bottom at 21, from years of severe depression, anxiety, stress and a serious problem with alcohol, drugs, porn, sex, food and shopping.

It was one of the most challenging journeys of her life as she left her old life behind journeying alone to rediscover her greatness. From working on her mindset, to building a relationship with herself, changing her lifestyle, stopping smoking and drinking, spending time in celibacy to spending hours in meditation and in nature, listening podcast, reading, studying and learning. Her journey took her to silent meditation retreats, hiking solo in the mountains, doing things she had never done before, working with coaches, healers, shamans, plant medicine, attending workshops, events and ceremonies. She left behind her beauty career of 5 years, to find her purpose in 2017. End of 2018 she had her awakening and rebirth, finally understanding that her journey has been preparing her for the work she is doing now. Since then, she has done her qualifications, started facilitating ceremonies and working with clients. After seeing amazing results from the clients, she worked with, she decided to listen to the spirit and go full time in her healing business in February.

Feela is raw, real and radically honest. She believes unconditional love and compassion is the answer. She is committed to helping people rediscover their Greatness

www.facebook.com/Heal-with-Feela

Frankie Walker

Scaravelli Inspired Yoga

Scaravelli is an embodied, connecting and creative practice following principles of functional movement, breath, gravity and the spine. Expect exploitative and playful classes aimed to awaken and invite a sense of the innate intelligence within our body's and within our cells.

Bio Teaching in London since 2008 and trained in India and the UK I am interested in the way we relate to ourselves through yoga, how we can have this practice in which to be curious, inquisitive and aware of our experience. How we become engrossed in the innate intelligence that lies below the skin, under the surface and deep inside every cell, and the meditative mind that this is the gateway for.

Beneath the uniqueness of each of us there is some sort of universality to, in moments, be experienced and nourished by.

www.Yogawithfrankie.yolasite.com

Gabriella Rutherford

Tribal peoples for tomorrow's world

Come and learn more about the 150 million tribal people with whom we share our planet. In this interactive session run by Survival International, the global movement for tribal peoples, we hope to challenge your perceptions and open your eyes to new ways of thinking. We'll explore what can be learned from tribal peoples, the troubles they face, and importantly, what we can all be doing to help. Our vision is a world where tribal peoples are respected as contemporary societies and their human rights protected: learn how you can play a part in making our vision a reality.

What if tribal peoples ruled the world?

A celebration of indigenous voices and views

Tribal peoples hold the solution to many of the world's problems but all too often their voices go unheard. Tribal peoples are not 'backward', they haven't been 'left behind'. They choose to live on their land, in their own ways. In this session, held by Survival International, the global movement for tribal peoples, we explore practices, customs and beliefs from tribal peoples across the globe and consider just how different could our society be if we listened to the people who have inhabited and cared for our planet for millennia.

Bio Gabriella Rutherford is Research and Advocacy Officer at Survival International, the global movement for tribal peoples. Survival International is an international human rights charity fighting for the survival of the 150 million tribal people across the world. From the Amazon to the Kalahari, from the jungles of India to the Congo rainforest, Survival International works in partnership with tribal people to stop loggers, miners, and oil companies from destroying tribal lands, lives and livelihoods. The organisation lobbies governments to recognise indigenous land rights, documents and exposes the atrocities committed against tribal people, and takes direct action to stop them.

www.survivalinternational.org

www.facebook.com/survival/

Gammadian Freeman & Ena Xena

Reclaim Your Sexual Energy Workshop

In this workshop you will learn how to release the energy stuck in your sexual experiences and patterns using ancient knowledge in a modern context.

Involves energy movements, breathing, self-exploration, group work and guided meditation.

The benefits of working with your sexual energy in this way are: more energy; recognising why you attract the same kind of intimate relationships and breaking that pattern to name but a few.

Embodying Abundance Workshop

This is a workshop for exploring abundance, and how you can tune into your natural ability to manifest what you want and need rather than the opposite.

We will do that with the help of special movements to energize,

breath work to enter a heightened state of mind,

self-exploration to find out what you truly want,

group work to help you integrate the new ways of being you want to embody in our life.

To finish, Gammadian will take you on a dream journey to create your dream map, and draw to yourselves the object/s, qualities and events you want to attract.

Bio Hi, we are Gammadian and Ena and we are here to inspire and empower you.

Seeing you express your passion and live your wildest dreams is what makes us tick.

We do that by showing you a way of following your path with heart.

When you walk on a path that has a heart, life is easy, enjoyable, and your heart sings.

Our 1-2-1 coaching, programs and courses enable you to let freedom, joy, and love always rule your life.

www.openwing.co.uk/

www.facebook.com/openwingltd

Gary Butcher

Foraging and Care-taking our Land

Ancestral Foraging for the Modern World: the emphasis will be on caretaking our land with a reflection on the current state of our ecology. Elements of inspiration from New Zealand and the Maori world view will be drawn upon to build and activate a personal plan for sustainability.

Tracking and mapping our environment

"Tracking: awareness and mapping our environment through storytelling." Inspiration from Maori storylines and time spent with the San Bushmen in the Kalahari will influence the work. Learn how to expand your internal and external awareness, and how to create a storyline to map your world.

Gavin Bloemen

Vedic Astrology through Western Archetypes

Learn how the ancients interpreted the maps of their lives through a method known in India as Jyotish. More commonly known in the West as 'Vedic Astrology', we will discuss the differences (and similarities) with Western Astrology and delving a little deeper into its mysteries using Western archetype and myth.

Jyotish dates back over 5,000 years and has been passed down from teacher to student in an unbroken lineage, preserving its purity. Gavin has studied Jyotish with his teacher, Guru Shivo, for almost a decade. He has facilitated workshops from Kerala to Rishikesh as well as at festivals around Europe. Combining these studies with Jungian-based Shadow Work facilitation, this is a unique workshop joining East and West in an engaging and fun way.

Authentic Dating

Based on our successful events in Bristol, Authentic Dating is like a singles night but less awkward and more fun; like a tantra workshop but way less serious! Meet new people without getting stuck in small talk. Risk being real, make some genuine connections. Come on your own or with friends. Everyone welcome.

Bio Gavin and Christina met whilst delivering their own workshops that supported people through big changes in their lives. Having trained with different schools and teachers around the world in disciplines such as Jungian psychology, Shadow Work, non-violent communication and tantra, they set out to strip away much of the psychological (and hippie) jargon whilst retaining the core of what really works. They condensed it all down into their 6-week journey known as the Groundwork. Authentic Dating is a spin-off of this - taking tools from the course and making the whole dating game a little lighter and more fun!

www.dothegroundwork.com

www.facebook.com/dothegroundwork

Hanna Angell

Embracing Intimacy

An opportunity to discover greater intimacy and connection; with self and within your relationships. A workshop designed to open you to the possibility of being fully seen as you are; without masks, fears and stories that may hold you back.

A space to open to vulnerability, to love and to celebration- off all that you are and all that you bring to life. To learn to let down the walls that hide you, knock down the towers of shame that bind you and bring forth more joy and acceptance into your life.

Embracing ways to let go and forgive and move towards more fulfilling and loving relationships.

Through exercises involving breath, movement, self inquiry and creative expression; this is a journey to open the heart and expand awareness.

You are invited to join us in rediscovering the innocence of deepest Love & Intimacy.

Open to both couples and individuals, 18yrs +"

Remembering Intimacy (for couples)

A workshop for couples to deepen and expand not only their love but their understanding of and for each other.

An opportunity to look beyond the face you've come to know and look deeper into each other's souls.

To reach further into recognising who the other is and how to love them more fully whilst also

allowing yourself to be seen and heard.

Regardless of how long you've been together, this is a sacred space to honour and adore each other.

Imagine the beauty and courage of connecting with your beloved in deeper love & intimacy; opening the heart and body to be touched in ways that our souls long for.

An invitation to open the heart, to see and be seen and to hold each other in devotion, celebration and admiration.

Join Hanna Angell on a journey exploring touch, breath and conscious communication with your partner.

Open to couples 18+

Bio Hanna Angell is an experienced Tantric Practitioner, Lover, Mother of one and seeker of truth, who brings her softness, aliveness, energy and desire to enable others to feel truly embodied, connected to life and in touch with their body, heart, passion and pleasure.

Her mission is to support, encourage and empower others in living open, authentic, impassioned and heart-centred lives.

To discovering, loving and celebrating their magnificence and aliveness; in all their vulnerability, messiness, sexuality and innocence.

She currently lives in East Sussex with her partner and offers empowering workshops, retreats and private sessions on Love, Sexuality, Relationships, Intimacy and Pleasure in the UK (Brighton, Bristol, London) Europe and beyond.

www.hannaangell.com/

www.facebook.com/thetantriccgoddess/

Hannah Gauri Ma and Anna Cole

Keeping your cool as a parent

Ever found yourself saying the EXACT thing you SWORE you'd never say to your kids? You know you don't want to incite shame, fear or rejection, yet sometimes they just make you crazy and losing it is beyond your control. You're committed to being patient, available and playful, yet often you just feel so tired and overloaded that somehow they're on a screen again and the day goes by without managing to connect in the way you intended. Understand why will power just isn't enough to be the parent you want to be, and what it really takes to give your kids a healthy childhood even if you didn't have one yourself.

Making it count: Parenting when you're overloaded or stressed

Ninja moves to give your kids the attention they need when you are overloaded and stressed. Parenting is tough. There's too much to do and not enough time, and your kids won't take no for an answer. You LOVE them and you WANT to be with them but its so HARD finding the space, the time, the energy, the enthusiasm!

Discover simple, easy to apply ways to keep your kids from chewing your ankles when you're under pressure with work, chores, sickness or just the mental load of keeping all those plates spinning. These strategies also work at busy events like weddings, parties, festivals, long car journeys and even holidays (because those rarely go according to plan!)

By targeting your energy and attention, even five minutes can go a LONG way to keeping your kids relaxed and on track and give you much needed breathing space to FOCUS without all hell breaking loose.

There will be a short talk packed with practical strategies as well as a brief intro on WHY keeping your kids connected to you is SO powerful, followed by q&a where you can get your questions answered.

You'll go away with specific, actionable tools you can apply straight away to have more harmony and laughter in your home, however tired, stressed or under-resourced your feeling.

Bio Hannah Gauri Ma is a Certified Hand in Hand Parenting Instructor and passionate about helping parents find the best solutions for their unique families. Having studied psychology as part of her undergrad and being an avid life-long learner, she found in

Hand and Hand Parenting an approach that is both research-backed and practical, heart-based and effective. Indeed, Hannah has been practicing these tools with her own two kids for over 8 years and has been teaching formally for nearly 2 years. Because she homeschools she has been a parent-helper at various co-ops giving her ample opportunity to work with many kids with very different temperaments, needs and dispositions, including kids on the spectrum, those with ADHD, SPD, 'giftedness', etc. She has also been running the fb page Loving Earth Mama and helping to manage various Peaceful Parenting groups online for almost 10 years. Hannah loves helping parents access the support they need to be the best parents they can be.

Anna Cole, PhD, is a Certified Hand in Hand Parenting Instructor, and the UK Regional Lead for Hand in Hand Parenting. She has a background in research academia, and after the birth of her second child, 13 years ago, found her biggest 'research challenge' was finding out how to get good support for herself so as not to lose it as a parent! After a chance meeting with a Mum in a playground in Australia who introduced her to Listening Partnerships and the Hand in Hand Parenting model of parent support, she trained to become an Instructor, in order to bring these practical, embodied tools to the UK. Anna continues to work both as a researcher - currently on a project recording women's community activism, based at the University of Portsmouth - and as a teacher and trainer with Hand in Hand Parenting, working locally and on-line worldwide. Her own children are now 15 and 13 years old and she brings a wealth of compassion, experience and understanding to her teaching.
Facebook: Handinhandparentinguk

Hannah Jewel

Introduction to Sufism

We will introduce the ecstatic and heart-centred aspects of Sufism. Through exploration of poetry, dhikr (also called wazifa, mantra or chanting) and whirling we will experience what Sufism is first hand. Sufism is known as the interior dimension of religion and can be found across the world. In truth, Sufism existed before religion, is part of it in many contexts, and will extend beyond religion, for the foundation of Sufism is Love. Everyone is welcome to attend regardless of belief or physical ability.

Introduction to Sufi Music

In this workshop we will explore the rhythms, sounds and instruments of Sufism. By clapping, dancing, and singing along we will come to experience the foundations of Sufi music. Different instruments will be introduced and the scales and progressions used in Sufi music will be appreciated.

Bio Hannah Jewel is a mother, healer, teacher and mentor. Her connection to Sufism is centred in the heart-opening practices of whirling, mantra and prayer. She is connected in spirit to the legacy of the late Dr. Rhami Oruc Guvenc. She is a certified trainer of bodywork therapies including Reiki, relaxation and energy healing. She holds a PhD focused in Sufism, Dance and Ritual Movement.

www.hannahjewelofpeace.com

www.facebook.com/thewomanwhowhirls/

Hart Floe

The Art of Writing from the Heart

Join Hart Floe as he guides you to learning how can we use the pen and paper as a tool for self-therapy and emotional release. Learn how can we process the parts of our past that are holding us back using just this simple tool - clearing the way for a brighter tomorrow - A mixture of passionate live poetry performances and group creative writing exercises - this workshop will equip you with a new tool you can use for the rest of your life to live a life of greater peace and harmony.

Write to Ignite - Clearing The Past with the Pen and Paper

Fusing together inspiring live poetry performances, touching life stories and group creative writing exercises - Write to Ignite takes participants on a healing and transformative journey using the Pen and Paper as our only medicine.

This workshop introduces participants to the incredibly potent power of the pen and paper as a tool for self-therapy and emotional release - helping you to clear your mind, body and soul of past events and traumas that may still be weighing you down to this day.

Bio Hart Floe is a Passionate and Powerful Performance Poet and Transformational Speaker - Inspiring and Exciting his crowds with the crafting of his acutely delivered messages. Taking the audience on a touching journey of heart-warming stories and anecdotes and profound poetry performances, his presence and energy leaves his crowds feeling inspired, elevated and empowered.

<http://www.hartfloe.com> <http://www.facebook.com/hartfloe>

Hayley Shaw

Akhanda Yoga

A holistic and therapeutic, traditional style of Hatha Yoga. Akhanda means whole and complete and this is its aim; to leave you feeling whole, centred, balanced, calm, energised, grounded, uplifted, expanded and reconnected with your bliss.

Chakra chanting

Using traditional vedic mantras for each of the bodies seven main chakras (energy centres) Ananda will guide you through 60 minutes of simple yoga postures with mantras (suitable for all) leading into a 30 minute guided meditation using mantra and ending with silent group meditation. This practice is derived from Kundalini Yoga taught by Yogrishi Vishvketu of the Nath lineage (Akhanda Yoga).

Bio Hayley, known as Ananda which is short for Ma Anand Prema (Mother of blissful love) has been practicing yoga for 12 years and sharing the teachings for 4 years. Given her spiritual name by Osho, Ananda trained in Akhanda Yoga at the foothills of the Himalayas, Rishikesh, North India. Akhanda Yoga is a holistic and therapeutic style of hatha yoga. Ananda followed her calling to learn this ancient practice which is less mainstream and more traditional. She has her own unique way of sharing the teachings in a modern and grounded way with a light hearted approach just like her Guru. She speaks of her connection to him and the way she channels his wisdom in her classes. Her mission is to spread blissful, joyful, happiness to as many souls as she can in this lifetime. She is a student and a teacher who has a gift of stilling the busiest mind. Ananda combines the teachings of yoga and tantra to uplift and empower.

www.blissmission.co.uk

www.facebook.com/blissmissions

Helen Thatcher

Cuddle Workshop for Fun

Helen will provide an opportunity for those who understand, and have previously experienced, the benefits of close physical connection to come together to play and cuddle. We will have fun loosening any tightness or tension in the body through movement exercises and then enjoy plenty of time resting and relaxing with each other. Sometimes in pairs, other times in small cuddle puddle groups.

This workshop will be lightly guided and is only suitable for those who love to snuggle and have already done some work on boundary setting. If you are relatively comfortable in your skin and feel confident in taking self-responsibility and communicating your yes and no respectfully this is for you.

We are spiritual beings having a physical experience. We are matter and our needs matter. Giving and receiving hugs and cuddles helps us fulfill our need for kindness, reassurance,

validation and love. Consented, conscious loving touch is a natural way to improve our sense well-being, to bring us back home to ourselves and increase our feeling of safety and belonging in the world.

Warning – you may leave this workshop on an oxytocin high!

Cuddle Workshop for Healing

In this workshop the focus is on providing a safe, kind, loving space where you can explore the benefits of conscious touch as a method for gentle healing.

We come into this world innocent and full of life, however, as we grow, we all experience varying degrees of conditioning and/or trauma that cause blocks in our natural, spontaneous expression of peace and love. Instead of joy and pleasure we may predominately feel fear, pain, anxiety, loneliness, self-doubt and self-criticism.

We hold these feelings in our body as tension and rigidity which, if not released, can lead to dis-ease. Helen provides an introductory opportunity for you to relearn to listen to the messages of your body. She will guide exercises that allow space and time for you to get “in touch” with yourself and begin to communicate your needs and desires to others.

You will practice boundary setting and move towards the relaxation and enjoyment that can be gained through being held energetically and physically in love.

We will work in pairs and small groups - All welcome.

Bio Helen Thatcher is a Cuddle Practitioner and Conscious Movement Facilitator working in Sussex. She extensively studied Tibetan Buddhist meditation for many years before training in the transformational dance practice Vital Development.

For the past 17 years she has worked in the area of personal growth running groups, workshops and retreats inspiring and empowering a wide range of participants, helping them to increase their levels of health and happiness. She specialises in supporting people to feel more comfortable and at home in their bodies in order to gain the confidence to express themselves more creatively and freely.

Currently emphasising Sacred Embodiment Helen believes in compassionately accepting all aspects of the human condition whilst acknowledging that we are divine beings walking this earth.

www.helenthatcher.com

www.facebook.com/CuddlePractitioner

Jay Hadley

Earth Loom Weaving

The earth loom is a large, outdoor wooden structure, strung and ready to weave on. We gather natural materials from our surroundings and combine them with recycled materials that when woven together create a beautiful tapestry. I am passionate about weaving as a powerful and ancient art that symbolises the intention of weaving together the fabric of community in a peaceful and creative way that deepens our connection to nature.

Earth loom weaving is a peaceful and creative way to connect with each other. By weaving a beautiful outdoor tapestry we are symbolising the interwoven nature of community and the world around us.

Willow Dome making

In this workshop we will be constructing a 3m willow dome . . . we will be laying the structure out by using some basic geometry then its hands on weaving the willow whips into a beautiful crafted dome . . . Full step by step instructions are given at every stage of the building process . . . Questions are welcomed

Bio A lifelong passion for the outdoor world, applied to decades of weaving and carpentry skills, has crafted Jay Hadley into a master of his trade

Open to sharing freely his knowledge Jay will inspire you to connect with your creativity.

www.wonderfulwoods.com

Jediah Fox

Your body is the Infinite universe

This is a yoga workshop that explores the elemental nature of the body and the infinite universe .We are all one and all connected .

This cocktail of meditation, pranayama, asana, Kriya, mantra, mudra and philosophy leads us on a journey of exploration through the elements of fire, earth, air, water and ether in our own bodies and that of the universe.

We will discover the esoteric anatomy of our self in relation to the elemental universe and see how we can approach a finer balance to living in the higher self.

The workshop will open the possibility to view the souls purpose and assist and guide us to let go of limiting beliefs which may hinder us to find our true path.

Participants can expect to feel their bodies more deeply in relation to the natural world, we will use all the limbs of yoga to come to the deeper realisation and resonance of the oneness.

This oneness inside all of us is LOVE and now is the moment to connect to that in order to serve our planet in the best way we can.

Our breath is the ultimate medicine and the gift of life, by using the breath we will explore ourselves and illuminate healing in our hearts and minds.

Dispersing this life force around the body we will learn to govern our own elemental nature and explore how each and everyone one of us can support our own lives and the life on this planet and our universe. This workshop is a prayer to acknowledge our sacred selves and our part in this timeless dance of the cosmic universe.

Open to all ages and all abilities, it has a great sound track and will make you feel amazing in mind, body and soul! It will open you to consider your true nature and touch your hearts wisdom to elevate your destiny and discover your healing properties!... All we are is dust in the wind!

Opening the mystical lotus of the heart

This is a yoga workshop that explores the mystical lotus of the heart and all the diversity of feelings that we deal with through our heart centre ,

The workshop is a cocktail of Pranayama ,asana ,meditation,mantra ,mudra Kriya and philosophy set to a great soundtrack in order to activate and awaken the heart.

It takes a moment to remember our heart centre as often we move from the mind ,the workshop wipes the mind clean and we begin to move from the heart ,connecting to our true hearts desires and really feeling that !

We will explore the mixed emotional responses of the heart ,the variety of vibrations from love ...and how to bring radical loving acceptance in to the self and the universe .

Through the practice of yoga we will examine the two wings of our dharma bird and find a way to fly through this oneness contained in all of us ...LOVE .

The heart can sometimes be heavy ,with courage we can shake off this emotion and come to a place of purity ,The heart can also be light enriched by love and passion .This workshop explores all the feelings that the heart can muster up and helps us to sense the truth beyond all dualities ..

Participants of this workshop can expect to feel a new openness and expansion to Love , they will receive keys to transform wounds of the past in to positive gratitude ..

Only LOVE and gratitude will remain .

The path of the heart is the path of love and we all walk this path together ...

Love is all there is !

One Love .

Bio Jediah Fox has been practicing yoga most of her life ...with a strong foundation in Asana she likes to now teach a more varied aspect of Yoga ,inclusive of all the limbs of yoga as a delicious cocktail of delight for the senses .

Jediah has spent 30 years traveling the world studying Yoga for many years in India and also studying shamanism and living with native tribal peoples all over the Americas.The last 10 years have been spent in North and Central America learning the ways of the native peoples and incorporating their wisdom with her knowledge from the east .She strongly values all the teachings of the traditions and creatively weaves them together to create a medicine for the times we are living in now .

Jediah's deep love and respect for the natural world has brought her to this path in order to

share her wisdom and bring a deeper harmony to our planet and help others realize their true potential and open to the mystery of this beautiful life.

She encourages others to look deeper in to themselves and acknowledge their presence as healers ,wisdom teachers and conscious humans .Jediah works for the natural world to enlighten others of its beauty and its reflections of the self .She also works as a healer encouraging people to heal themselves and their environments .

Jewels Wingfield

Sacred Sexuality - a transmission of empowerment

A transmission of ancient future Sacred teachings offered through the wisdom of womb consciousness rooted in the indigenous wisdom from these lands. From the maiden to the crone, sexuality is alive, deep and connected. Women come and reclaim your natural power through your erotic connection to the Earth and the cycles of life. Everyone welcome (men will be asked to sit at the back and bare witness respectfully)

Soul of Belonging

One of the deepest tears in the fabric of the human heart is our loss of a sense of belonging, we where born assuming we would belong to a village that holds ancestral threads and the land that knows our Soul. This workshop will explore directly an experience of what it feels like to belong, to be enough as you are and expand into a field of heart centred connection. Everyone welcome

Rituals of Renewal

A beautiful and Sacred ceremony honouring what we love through the gateway of allowing the river of grief to move in us. Grief is evidence of our Love because we only grieve for what we love. We will enter sacred ceremonial space to allow the flow of Gratitude to open our hearts and love to flow as wide as the ocean. Everyone welcome

Bio Jewels Wingfield is well known on the UK circuit for her radical, cutting edge deep soul work. She is an alchemist of ancestral evolution with over 25 years experience in the field of human evolution and nature alignment work.

www.jewelswingfield.com

www.facebook.com/JewelsAtEarthHeart/

Jim Tarran

Vajrasati Yoga Immersion

A practice that will leave you absorbed, energised and smiling.

Bio A Yoga Alliance Senior Teacher, Jim has been teaching yoga for 27 years. Graduating from the Patanjali yoga school in Kathmandu in 1992, and the Iyengar school in 1996, Jim established the Vajrasati school of yoga in 2000 www.vajrasatiyoga.co.uk, it's principles founded on 30 years of scholarship studying the yoga traditions including; Tantra, Vedanta and Hatha, and incorporation of these teachings within a modern postural yoga setting. In 2017 Vajrasati school was awarded the prestigious 'Teacher Training Plus' title by Yoga Alliance Professionals. One of only seven schools to hold the accreditation.

www.vajrasatiyoga.co.uk

www.facebook.com/JimTarranYoga/

Joe Molloy & Tracy White

Dryad, tree spirit workshops

This really requires a woodland that I have had time to become familiar with and some preparation. We need access to a wooded area. Preferably where native trees grow, especially trees associated with the Celtic tree calendar. Especially Oak, Birch, Rowan, Ash,

Holly, Elder, Yew, Hazel. Yew is my favourite. We spend time with “tree tracking” games, becoming familiar with the energy of the trees as we work blindfolded to find the trees our partners have guided us to, then walked us away from. Connecting with the living spirit, Dryad of the trees allows us to create a relationship of trust where the tree will show and allow us where to cut to harvest a live wood token. A small piece of a branch that can be seasoned and fashioned over time into a live wood token or wand that can be used in healing and meditation where the consciousness of the Dryad informs and guides the consciousness of the person working with the token.

Medicine Wheel

Ancient cultures, just like modern ones have relied on an understanding of how they see that the universe works in order to find their place and live harmoniously with the seasons and cycles of life. Many ancient traditions use a medicine wheel as the basis for this understanding and as a tool to come into balance when life shifts us out! The Medicine Wheel of the Incas is derived from the ancient Chacana, the Andean cross. Join me for this journey through the four directions and reveal the mysteries of the teachings of the Chacana and the Inca medicine wheel so that you can see the world through new eyes. Looking through the eyes of the archetypal energies that govern how the universe works, and using these new ways of seeing the world within you and the world around you to live with a deeper experience of harmony and balance.

Bio I am a Shaman living and working mostly in the UK. I have been teaching yoga, reiki and shamanic healing for over 25 years. For the past 6 years I have been working at festivals, bringing the “Shaman Village” and sharing the healing practices and gifts of the Incas with groups and individuals throughout the festival.

In addition to working 1:1 with individuals I have a workshop and training program both in the UK and Greece. Teaching and sharing the traditional healing practices of the Qero, Inca, people in Peru. Supporting and accelerating personal healing journeys. For those who wish, the training program prepares them to work as shamanic practitioners, sharing their healing gifts with others.

I also lead groups on retreat and sacred group journeys in Peru and India each year. My training and experience beyond this includes shamanic practitioner training in Europe /UK and also direct from Andean Shaman in Peru.

www.joemolloyshaman.com

www.facebook.com/joemolloyshaman

Jonathan Weekes

Shamanic Drumming Circle

Join us for the for this session to bathe in the sacred rhythms of the drum. Together we will journey into the landscape of our ancestors, to connect with that timeless wisdom that still rolls over these hills and whispers through the earth. This Shamanic Drumming Circle is an open circle - bring your drum and something to sit on.

www.herondrums.co.uk

www.jonathanweekes.co.uk

Jonny Baker

Exploring non-duality

The underlying reality of life is that everything is interconnected, nothing is separate. Most of us will have some sense of that, and perhaps understand and accept to some extent that this is how things are. And yet, in our day-to-day lives, we experience ourselves as separate, from other people, nature, and even life itself, and out of this sense of separation arises pain, suffering and conflict. Many of the issues that confront us today both personally and collectively across the world stem from this sense of being disconnected. The climate

emergency we are facing is a direct result of our collective inability to recognise the profound interconnectedness of all life.

This workshop is a clear, practical and profound introduction to what non-dual awareness is, and how we can begin to explore it in our own lives. Jonny will talk from his own experience about the nature of non-duality and guide us in some powerful and effective awareness exercises and meditations. Through these practices and discussions, we will explore the possibilities of non-dual awareness and how it can open doorways to a richer, happier and more complete experience of ourselves, as well as bring us to a deeper sense of harmony with everything that shares life with us. The workshop is open to everyone, whether you are new to meditation or have been practising for many years.

Rocketship to Awakening

What does it mean to be awakened? How can we make it a reality in our lives? We all have the potential to be much more than we realise: more alive, more aware, more loving, more at peace. Throughout history, spiritual traditions in many cultures have guided people to the experience of a fundamental shift in consciousness - sometimes called 'Awakening'. This workshop is a practical exploration of what this means in everyday life, for all of us living now, whatever our belief system, and we will focus on looking directly at our experience in the moment. Using short meditations, awareness exercises and deep investigation of our experience, we will explore how we can open up the rich, spacious awareness that simply lies beneath the surface of our everyday consciousness, leading to a radical and transformative shift in our experience of ourselves. This shift has the potential to bring lasting happiness and a sense of being at ease with ourselves and the world we live in. It is a way of being that is accessible to all of us who want to be free of the obstacles our minds can create in our lives, and is not dependant on us living any particular kind of lifestyle. Open to everyone, whether you are new to meditation or have been practising for many years.

Bio Jonny began practising meditation aged 15, and moved into a Buddhist community while still at school. He subsequently spent many years as a committed Buddhist, teaching and practising Buddhism in the UK and India. After years of ill-health and having left the Buddhist order that he was part of, he explored other approaches to spirituality and healing, including spending time training with medicine men from North America. Currently he is based in Brighton and teaches an approach to awareness and the mind that is influenced by Buddhism but not identified with any tradition, and is accessible to anyone regardless of their beliefs. He specialises in guiding people, either individually or in small groups, to a deep, transformative shift in consciousness.

www.buddhamatrix.org

Joshua Jacob

Come have a go Circus skills

Come and learn a variety of skills, from juggling balls and clubs, to diablo, flower sticks, poi, and spinning plates.

Bio Just another old soul whose Dharma is to help people along their spiritual journeys. Nothing new, just differently packaged!

Joy Rose

Miracle of the Breath

Miracle of the Breathe is a very popular workshop exploring breath work therapy , Pranayama and the primal authentic voice

The breath is our greatest and free tool for healing and transformation
For cleansing and renewal.

We will use breath and sound to release stress and frustration

Techniques for increased vitality and energy, also for balancing and grounding

We wil finish with the breath of bliss

Which we leave you with a feeling connection and peace
Miracle of the Breath can also help to open up intuition and conscious connection to spirit

Magical Mudra, Mantra and Meditation

Exploring the peace and power of working with hand Mudras/ gestures

We all have tremendous and natural healing ability in our hands. The fingers are full of electrons, nerve endings, meridians and Nadia, each finger relates to part of the physical, mental, emotional and cosmic body

Working with Mudra from a deep meditation space can bring about profound feelings of peace, joy, confidence and love

In this workshop we will be using a variety of chants, mantras, meditations. We will activate and cleanse chakras in the hands for our own healing and for each other

It is a very gentle and heart opening workshop

Bio I have been a spiritual student and teacher for the last 30 years

With a deep desire for personal healing and the desire to be of service to the whole

I am OneSpirit Spiritual Minister/ Counsellor/ Celebrant

I am a Traditional Yoga Teacher and Kirtan Leader. I draw from many different healing modalities and like to bring lightness, love and humour to everything I do

Julia Gillick

Well-being in Wilderness

An introduction to wilderness therapy practices with 'ipse wilderness'. Join us for an empowering session of circle time, nature immersion and playful exercises outdoors which connect the landscape to our emotions, leaving us feeling energised, held, grounded and in touch with our own wild nature.

We start in a circle, sharing a check-in to ground us and welcome us into the group. After a brief introduction to the key concepts of wilderness well-being (journey, movement and metaphor), we will use archetypal symbols from nature to tell simple stories and begin to explore the metaphorical content of the wilderness.

Next, we will take a short walk together, enjoying the opportunities to be mindful and present in nature. Once away from the crowds, we will access our inner wild-child through light-hearted wilderness activities which extend the senses and open our awareness to the simple truth of nature.

Following this, we will have space to quieten the mind, leading to the chance for a meditative solo sit-spot, during which we welcome the signs and sounds of nature to instruct us, and reach a deeper mindful awareness of our feelings.

We will then use some aspects of the landscape as invitations to delve into our emotional landscape, and engage in a structured co-listening activity.

Finally, we will undertake a brief foraging quest, looking for materials of inspiration with which we will return to our opening circle space. Here we will create a collage from the materials we gathered, and will be invited to share our experiences of our immersion in nature.

The session will end with a Q&A and close with a final check-out.

Wellbeing Wilderness Walk

A wilderness therapy walking workshop with ipse wilderness. Join us for a guided well-being walk through the woodland of the festival site, incorporating wilderness therapy activities which connect the physical landscape to our emotional landscape, leaving us feeling grounded, connected and open-hearted.

We will take a slow-paced walking journey through the woodland of the site, talking as we walk, about topics suggested by the features of the landscape. By talking as we walk, there is a fluidity to the process; we are moving pro-actively, keeping grounded, yet treading softly on the surface of the earth, handling our feelings gently. In our age of addiction to social media and the indelible digital record, it feels important to treasure the lightness and simplicity of movement, and to honour our feelings as they come and pass in flux. We encourage participants to speak their truth honestly in the moment. And then to breathe, and to keep moving. Simply by speaking our story, by moving forwards, we practise taking the first steps to overcome what is holding us back.

We will pause at specific points along the route to take part in light group activities where a feature of the landscape can be used as inspiration for a piece of work. For example, a fallen tree might provide the opportunity to 'go out on a limb' and say something brave. By taking our inspiration from nature, we connect our emotions to the landscape, and feel the comfort of being part of a larger pattern, as we speak our truth with courage.

We will return at the end to our starting point, and share a simple reflection on our experiences, and leave with a sense of optimism and a commitment to 'walk the talk', integrating the wilderness and the lessons in holds into our lives.

Bio Inspired by walking the Camino de Santiago in 2014, I decided to dedicate my life and work to the principles of freedom and simplicity. With a background in teaching, coaching, counselling and expedition leading, I grew the dream of delivering wilderness therapy journeys and facilitating workshops in nature to support well-being. My business is called 'ipse wilderness' and under this name I lead multi-day wilderness therapy walking journeys in the UK, and well-being workshops in nature for teenagers. My passion is empowering people to feel at home in the wilderness, to find a greater sense of connection to nature, and thus to develop greater mental well-being.

I see wilderness therapy as a fundamentally 'hearty' practice. On one level, it is simply going for a hearty walk. But the therapeutic element can also be extremely 'heart-opening'. Going outside for an adventure might be courageous, but sometimes it is the quiet moments that "clutch the heart" which "take more courage than the noisy excited passages in life." Being quietly present in nature, walking and talking, seeing, feeling, we are meeting ourselves head on, and listening to our inner nature. And this takes courage. Courage simply translated is 'heartness', from the Latin 'cor' for heart. When we step with courage into the great outdoors, we are opening our hearts, even if we are not undertaking an extreme challenge.

I live in Brighton with my labradoodle puppy called Sheikh, who is being trained as a therapy dog. I love wild swimming, reading, walking and I perform regularly as a stand-up comedian.

You can find out more about ipse wilderness and my well-being walks on

www.ipsewilderness.co.uk

www.facebook.com/IPSEWilderness/

Justine Garratty

Midwife's tips for childbirth

My name is Justine , I am a community midwife in Brighton and the surrounding area with 20 years of experience looking after women in their pregnancies, births and the beginning of their journey as a mother.

I spent some of my own pregnancy in India, Coming back to England to have a homebirth in Brighton. I loved labour, and still do.

I am passionate about all aspects of midwifery and 13 years ago I started Youtous Antenatal courses in Brighton (and very soon in Lewes) .

Through these years I have gathered knowledge that can help empower both mothers and birth partners during this time.

During this workshop I will go through the stages of labour and expel some common myths and share little treasures of knowledge that may prove very helpful along the way.

Hopefully I will have time to answer any questions that you may have around your own journey.

If you are pregnant now, or are thinking about getting pregnant in the near future come along

Wisdom for surviving the Babymoon

This workshop, explores the time after your birth especially the first few weeks, I like to refer to this first 6 weeks as the 4th trimester, or the Babymoon.

A time to forget the world outside, to nestle your baby in your arms skin to skin, to find out about each other, to learn how to feed and read your baby, to be soft with yourselves and become a new family, whatever that may look like for you.

This workshop touches on breastfeeding, co sleeping, and how to look after yourselves.

As a midwife I am there for women during this time, I know the bumps in the road in the first few weeks after a birth and can help navigate this new terrain and give some guidance on how to make this transition smoother.

Bio My name is Justine, I am a mother (a homebirth) and a qualified practicing midwife in the Brighton area with 20 years under my belt.

I am passionate about birth and all aspects of the journey to motherhood.

I love helping women and their partners to become excited and empowered about their coming births, and I especially love helping new parents that are beyond tired, confused and emotional, to get rest, breastfeed their newborn and grow in confidence everyday.

I facilitate workshops and courses in Brighton, and in the very near future in Lewes.

www.Youtous.co.uk

Karen Skehel

Dance of the Heart: Dance Meditation (Fun, Joy and Open to Love)

Enjoy the blend of fun, joy, as well as love energy that we will create to enable us to raising our vibrations, creating more “feel good”, giving us a natural ability to attract whatever we wish into our lives. Come willing to play too. Dance of the Heart is an uplifting blend of free expression dance with some relaxing moving meditation. As there are no steps to learn, it is ideal for everyone who wants to benefit from dance, and believes “they can’t dance”, as well as those who can. It’s a great way to easily, enhance your mingling skills too. A “Dance of the Heart” enthusiast shares what she most enjoys about it. “I love the freedom to be me, and to move without limitations. It’s so much fun: not only do I find my usual inhibitions are released, but I leave each session uplifted, energised and with my heart opened. I feel happy, relaxed and feel like I am falling in love with everyone! We have some beautiful feedback from previous Meet Up sessions www.meetup.com/londonspirituality/events and www.meetup.com/Flying-Solo-Events/events which you may find helpful to read.

Her work has evolved from many years of teaching and leading Dance Meditation which included her teaching on BBC1’s Inside Out series where she showed 3.6 million viewers how Londoner’s can have fun without alcohol and on the BBC’s equivalent in South Korea as part of a documentary on dance in medicine. She has taught for a number of years at Into the Wild and also at many other festivals around the UK

Bio Karen has had many “claims to fame”. For example: She has coached on relationships in front of 1.5 million people on ITV’s most popular day time programme, (The Trisha Show, ITV’s answer to Oprah) and has also appeared on ITV2. She also wrote for Natural Health Magazine as The Soul Doctor and The Life Coach over a four year period, contributing a page addressing readers’ life challenges every month. She has also appeared on the BBC’s equivalent in South Korea teaching her Dance Meditation as part of a documentary on dance as a healing too, alongside facilitators from all over the world. She has also taught a session for BBC1’s Inside Out series where she showed 3.6 million viewers how Londoner’s can have fun without alcohol. She teaches her Cocktail of Meditation weekly for the Homeless Charity Crisis; Having worked with hundreds of clients over the last 15 years, she has learnt a thing or two about what people want, what they need and what works. She blends her combination of skills to bring her clients experiences that are empowering, fun and life changing.

www.wow-coaching.co.uk

www.coachingsupervisor.co.uk.

www.thechateaubarnes.co.uk

www.theinnerspa.co.uk

Karl Moulden

Foraging and Seven Plants to Save the World

We shall go on a foraging walk and talk, discussing whatever we see with special emphasis on the plants that are the title of my new book "Seven Plants to save the World". From nutritional to medicine and building potential. All will be revealed about what the plants hiding in plain sight have to offer.

Foraging, medicine, food, industry and the future

A talk and walk about the future role of plants, with some history. Any appropriate plants will be picked and a tea can be made by the participants (by themselves after). Emphasis on the critical role being tuned into Nature can play in our future.

Bio Karl's first book was published in 2016 on Earth Books 'The Seven Deadly Whites', an expose of the food industry and its role in the rise of the diseases of civilisation (cancers, heart disease, iatrogenics, obesity, diabetes, depression, dementias and neurological disorders). His new book, to be published end of 2019 is 'Seven Plants to Save the World' - where seven plants we have evolved with, the commonest plants still, offer a viable and revolutionary alternative to the unsustainable systems (food, health and economic) that are driving our culture into a certain cataclysmic ending. He also writes for the popular and thoroughly environmental MyGreenPod magazine. He also runs the increasingly popular The Culinary Caveman health and food supplement business.

<http://www.theculinarycaveman.co.uk>

www.facebook.com/karlelliotgough

Keith Higgs

It's All About Love!

This workshop is a look at the Love we are and ways to discover and melt the blocks that that hold us back from Remembering, Living and Being that Love.

We will explore our ideas, thoughts and beliefs and see which resonate with Love and which hold us back in fear, through a talk with interactive discussion with partner work and a guided meditation.

Some of the Questions we will explore:

What is holding me back from all I desire?

Is it Love or is it Fear?

Self Love or Selfishness?

Boundaries or Blocks?

Who am I?

Is this world of Illusion or a world of Love?

Past lives or seeing through the eyes of others?

Are We All One?

A Course in Miracles

Two Books: "A Course in Miracles" and "A Course of Love." Most people have heard of "A Course in Miracles," many have purchased it and never read more than a few of its somewhat complicated first pages.

Many have missed its mind training daily lessons which start in the middle of the book.

Others, put off by its complicated theological language and masculine dominated pronouns have abandoned its lessons. However, many have read learnt, discovered and been transformed by these words. One key is realising they were written in a different age with different language and values.

"A Course of Love" is a modern version containing similar messages, though it bypasses the mind and its learning and goes straight to the heart. It shares about Love in a deeply personal way and throws a light of understanding on many questions about ourselves and our relationship with life. It offers a gateway from our world of illusion with a remembrance of all we are. It was channelled much more recently and speaks of our current lives world, in modern language and understanding.

We will look at both books, their messages and ideas with readings, Q&A and discussion.

Bio Keith Higgs is an Author, Speaker and Coach. He has lived an interesting and exceptional life.

A hippie search for truth; twenty years of International Christian-based voluntary work; Editing and publishing talks and inspirational audios; Building a successful computer business—then watching it crash; Two marriages, eight children and six stepchildren; Building a MLM business, Learning from the masters of personal growth; Attending and assisting at talks and

workshops; Studying NLP, healing and speaking skills; Building a social media platforms of thousands; Travelling many countries.

His combined skills, common sense, learnings and accumulated wisdom have flowed into his first two books 'Take Control of Your Spacecraft and Fly Back to Love - a Manual and Guidebook for Life's Journey,' and 'The Little Book of Love.'

Further studies of 'A Course in Miracles,' 'A Course of Love,' Tantra, Conscious Sexuality and other fields—Learning, reading and attending many workshops and festivals, also opening further to meaningful words flowing in, often in the early hours of the morning, led to his latest book a collection of empowering messages. 'Love, Sex, Nakedness and the Divine - Messages from Love to Empower and Enlighten Your Journey.'

Here is a man who has lived and learnt. He has a passion to share his truths, values, and beliefs with many.

www.facebook.com/KeithHiggs1

www.facebook.com/TheLittleBookofLove.info

www.facebook.com/TakeControlofYourSpacecraft

www.FlyBacktoLove.com

Khadine

Vajrasati Yoga

Prana - the divine breath. A lot of what we do in a yoga practice involves the cultivation and manipulation of prana / life force. We will explore prana in depth - what is it? Can we feel it? Can we utilise it? Does awareness of prana lead to integration? This workshop will include āsana (yoga posture), prānāyāma (breathing techniques) and meditation.

Bio Khadine is a senior yoga alliance registered teacher and a yoga teacher trainer in the Vajrasati Yoga School. She has been practicing yoga for over 2 decades, teaching for 15 years and training yoga teachers for 5 years. She is extremely passionate about yoga and dedicates her life to the practice and teachings and has a wide depth of knowledge of the tradition of yoga through the scriptural texts right through to the more modern practices of yoga.

Laragh Spearman

Guardians at the Roots, Gifts of Power and Ancestral Guidance

This workshop is an inspiring journey into the subtle worlds, in order to find your gift of power and meet an Ancestral Guide, to transform and heal an outworn pattern that currently affects you. We begin by welcoming each person with a sage blessing into a safely held, nurturing space. There is an introduction to the gifts of journeying, the potential healing benefits of tools of power, followed by opening the space to the guardians of the four cardinal directions for protection and clear focus. This is followed by a Grounding process with some breath work, and connecting in with particular emphasis on the pelvic bowl and its four directional points. You will learn about the symbolic nature of the Tree of Life, as a conduit between the archetypal realms of the upper and lower worlds. Ancient ancestral practices to journey into the subtle realms, using storytelling, dreams, singing and ceremony with the tree as a sacred map, to seek wisdom and healing.

You will be invited to think of a particular issue or pattern that is calling to be released.

In the first guided visualisation, you will journey to find your Inner Sanctuary, as well as meeting an ally and sacred tree, to help anchor and strengthen your spirit. You will be guided by your ally deep into the tree's undergrowth to find your Gift of Power. This gift can be an object, or even a word, but one that is gifted from deep within your spirit. After returning from this journey, you will share aspects of your experience in a small group.

The second journey begins with a singing bowl blessing, welcoming in the positive ancestral presences to support the process. In this second journey, you will meet the Guardian at the Roots, the wise root ancestor, who lies between your female and male ancestral lines. Here, you are given their guidance to heal, and release in the Ancestral Hearth fire.

Animal Allies of Transformation

In this workshop, you have an opportunity to explore the lower world realm with the help of animal guides, to help restore your vitality, healing wounds of power loss and displacement. What can the wolf teach us about pathfinding and instinct? Animals connect us with the web of life forms, leading back through time; guardians of pre-human memory, they are wise teachers and guides. The word animal originated from the Latin word 'anima' or soul. Indigenous ceremonies called on spirit animal guides, making offerings and altars in gratitude for their healing gifts.

Working with the ancestral field can be profoundly transformative, but so many of us do not have strong connections to our distant or even recent ancestors. Calling in animal allies is a potent way to heal distortions within the DNA field, in shamanic ancestral healing, they hold deep awareness of our more buried, yet instinctive, primal selves. Animal allies can help us uncover the more challenging and darker emotions such as guilt, shame or depression that may have arisen somewhere down the family line.

We will begin with an introduction to animals connected to each of the four cardinal points on the medicine wheel, used in ancient cultures around the world, for profoundly attuning and aligning with Spirit. You are then invited to think of a particular pattern or wounding that you wish to heal. Sacred oils of Frankincense and Sandalwood will be offered to cleanse and purify your energy field in preparation for your journeying.

After a short Grounding and relaxation, you will be guided to the four cardinal directions, meet an animal ally for each one, and connect with their healing powers. After returning, there will be a chance to share your experiences in groups of four.

Bio Originally trained in Fine Art, I am an established artist and holistic therapist. After finishing my arts degree, I was drawn to holistic therapies, and qualified in massage, reiki, flower essence therapy and hypnotherapy, as well as a diploma in teacher training. When I discovered ancestral healing, I avidly pursued the training path, and qualified in 2018 in London, with experienced shamanic practitioner Anthea Durand. Undergoing a profound journey into the ancestral field, the gatekeepers and ancestral guides became an integral part of my practice to help heal the deeper traumas and distortions often held within the family line.

Always fascinated by theatre and dance, the Five Rhythms have been a wellspring of inspiration, in exploring many of the archetypal patterns within the body's living experience. Immersion in Jungian and Process Oriented Psychology inspired me in creating ceremonies as a container for in depth journeying. Being called by the shamanic world, I felt the urge to reconnect with ancestral lands, specifically sacred sites in Ireland such as Tara, Newgrange and Carcassonne in France. Sweat lodges, dance and drumming all hold a special place at key points in my life, at times giving me profound and unexpected insights!

For the past three years I have been running regular groups, focussed on creative art making and guided visualisation. In 2018, my ancestral healing work evolved and now have a thriving practice, and began co hosting cacao ceremonies in England and Spain.

In May 2019, I started a new group called the Singing Tree, which is inspired by a desire to bring out the sacred wisdom of the plant world and archetypes within the hero and heroine's journey, in a quest to meet the inner mythic maps and creative calling. I am currently developing a series of workshops, based on exploring the subtle worlds to heal trauma, and creating art works inspired by my travels.

www.laraghspearman@gmail.com

[laragh.spearman/facebook](https://www.facebook.com/laragh.spearman)

Laura Gareth

Metta Bhavan SoundWave™

This is a practice for relating to people, friends & family and ultimately yourself, helping you better understand what thoughts actually belong to you and perhaps even where difficult relating comes from. Combining guided meditation with our signature SoundWave™ you will feel extremely peaceful and full of loving compassion for yourself. Over time you can transform your relating not only with yourself but with all others; forever.

We will take you through the five steps of this powerful meditation, guiding you with tones, tunes and song. When the meditation is complete we will emerge you in our signature

SoundWave. You choose whether you release the meditation and relax with the sounds or focus and go deep, supported and nurtured with our instruments and intent.

SoundWave™ meditation

Presenting our signature SoundWave; interpreting and responding to the energy in the moment, we will act as a conduit for the divine to create a space of completeness and almost indefinable stillness. Combining SoundMedicine instruments such as gongs, bowls, rattles and drums with Mrs Brilliant's beautiful singing and Mr Brilliant's radiant Harp, we create a unique sonic space for letting go and letting in.

Join us this Saturday morning and be inspired, realise your own brilliance.

Be Brilliant.

"Mr and Mrs Brilliant live up to their name. With a virtuosic focus they can go deep into the core of sound as a medicine and as a sacred awakening. The beauty of their music also gives the listener an experience of sheer ecstasy."

Tim Wheeler

www.mrandmrsbrilliant.com

[www.facebook.com/leah star](https://www.facebook.com/leahstar)

www.facebook.com/forestrowcommunityofmindfulness

Lee Cuddis

'Walk with me ' Mindful walking meditation

Walking meditation can be a formal practice, like watching the breath. Or it can be informal, bringing awareness to this everyday activity, whenever you need to travel from point A to point B. Walking meditation gives us an opportunity to gather our awareness which so often becomes distracted or even stuck when the mind is left to its own devices. Whether moving between floors of a building, on a city street, or in the woods, it is an opportunity to guide ourselves out of the distracted autopilot we live in throughout so much of our day.

Walk with me for 30 mins and experience what it means to be truly present and experience the energy of mindful walking.

Bio It all started one day in 2010, having 16 years of salon management under my belt, running training schemes, judging hair industry competitions and managing a business I had started to feel under extreme pressure, my anxiety and stress levels had started to take their toll, until that point I hadn't fully realised the way I was operating, which was on auto pilot and in a constant state of fight or flight due to the high pressure of my position, I would wake up each morning with a feeling of anxiety in my stomach and negative thoughts would start to play on loop as soon as I woke up. Due to the unconscious and predominately negative thoughts that would run through my mind daily my personal life was crumbling before my very eyes and in fact at that time it seemed like i was losing everything, along with the stresses of running a business, my wife suffered a miscarriage and subsequently our marriage broke down, something had to give.

A few weeks before this pivotal day I had been given a book, this book was called 'Love Life, Live Life' by Sue Stone, from that point on something truly life changing started to happen within me, the book resonated with me as the author had gone through very similar circumstances and had managed to turn her life around, creating great abundance for herself, the seeds had been sown in me.

On that day in 2010 I started to 'wake up' and realised that I could actually make the changes needed to create the abundance life I wanted. That day I walked away from the business and all the stress it brought with it and started to take baby steps to create the life I desired.

Through extensive study, training with the author of the book plus a personal mindfulness practice including time spent in Plum Village a Buddhist Monastery in the South of France I have devised my own simple and effective way of Business and Personal Coaching. I hold 1:1 and group sessions, run residential workshops and seminars, these are all held at my family home in West Sussex.

I made the changes needed to create the life my heart desired and can now share easy and effective techniques needed to gain insight, creativity and unlock true potential.

For information and an informal chat on how I can help you or your business please Ring 07545460522 or email info@source-well-being.com
www.instagram.com/lee_cuddis.walkwithme/
www.facebook.com/leercuddis

Lene Van Steenwinkel

5 Elements Dance -An Ecstatic Shamanic Dance Journey

Embark on a wild journey through the four directions...

Listen to the rhythm & wisdom of your body & the elements...

AIR opens your lungs and heart.

EARTH awakens your animal instinct.

FIRE helps you to set boundaries & to express your voice.

WATER teaches you to flow in your sensual body.

ETHER reminds you that we are One.

Re-member – Re-wild – Re-connect

Dance Anthropologist and therapist Lene Van Steenwinkel created a unique elixir with ingredients of the four directions (Tantra, Vipassana, Butoh, Sufi Dance, Somatic Movement, Archetypal Psychology, Burlesque, Contact Dance, Theatre of the Oppressed, Celtic Shamanism) to bring you into an intimate conversation with your body, tribe & nature.

Wild Woman Awakening: Well Maidens Dance

Women in all cultures are protectors of the wells, of the water and so of all life on earth. Also their womb is a vase of which life can flow.

In the Celtic tradition, the well maidens are known as the protectors of the water, the land and the wisdom of the Otherworld.

In this dance we'll remember our role as water and song carriers, of protectors of nature and culture. We'll honour our female body and its creation power.

We'll awaken our sensations and inner seductress, to melt into a sensual dance experience.

Flowing like rivers, swimming like dolphins, melting like drops we'll braid a connection with the Otherworld...

Bio Lene Van Steenwinkel is a 5Elements Dance Facilitator, creator of 'Wild Woman Awakening Dance Series', Dance Therapist and Anthropologist that helps people to find grounding and love for their body, nature & culture, through dancing with the elements. Lene's transformative workshops are inspired by her personal experiences of passage rituals. She danced herself in trance with tribes of Vanuatu and received classes from masters in Butoh, Sufi & Aztec Dances, Haka, Kecak, and Sundance. (Read more on: lenevs.wordpress.com)

At home she is searching for her own roots and learning about Celtic & Nordic Shamanism. With her organisation 'Kula Dance' she facilitates heart-opening workshops to bring a balance between the feminine and masculine energy within ourselves and our society.

Kula Dance has offered so far workshops in Europe, USA and Oceania. During the summer you can join workshops on festivals : Meadows in the Mountains - Psy-Fi - Global Awareness Festival – Odyssey – Ecstatic Trance – Suntribe - Wild Woman Fest.

www.kuladance.com

www.facebook.com/KulaDance/

Leo Phoenix

Indian Head Massage

This will be an opportunity to learn some unconventional knowledge/techniques that the 'professional' schools probably do not - particularly focusing on the meta-physical/subtle energies. What you learn will be applicable to any type of massage and will be likely to add something your existing practice. The workshop will be suitable for beginners and advanced practitioners. Indian Head Massage is a very practical form of massage which doesn't require removing clothes and is an excellent way for friends or strangers to connect. It can be practiced anywhere and no equipment at all is needed. You will learn and practice some

physical techniques as well as some energetic/subliminal techniques and theory. Come with a partner or alone.

Bio Leo is a qualified (VTCT) practitioner of Indian Head Massage and Holistic Body Massage and has been learning techniques and running workshops all over the world since 2003 – Australia, USA, Croatia, Thailand & Europe. He is an intuitive and very sensitive body worker and has been described as having a 'gift' - a 'special' and 'healing' touch. He has developed some of his own techniques which he now shares passionately through running workshops. Leo receives incredible results and feedback from clients as a result of having a natural skill and being passionate and focused on his clients experience/well being.

Multidimensional Design & Magic Symbols Decoded

Unknown to most of us, our environment is rich with unconscious magic symbols that influence our psyche. This presentation/workshop will focus on the magic symbols hidden in architecture - particularly in religious and government/corporate buildings. Many buildings today are still designed using visual codes that date back to ancient civilizations - it is clear to see once it is pointed out, but otherwise we are all oblivious to it and the affect it has upon us on an unconscious level. We will cover the subjects of Alchemy, Freemasonry, Solomon's Temple and The Knights Templar. After the presentation of the theory we will go on to learn and practice how we can use magic symbols in our everyday lives. You will have the opportunity to dream up your own magic/power symbols/sigils to use as aids to creating what you need.

Bio Leo has, from an early age, had a great interest in metaphysics and how intelligence from other dimensions reveals itself within our physical reality in a symbolic form - first being captivated by images of the Maya temples in Mexico. Since 2003 he has been on a journey of discovery, beginning with some supernatural experiences at a shamanic ritual in Australia. In 2006 he began a new career as a tour guide, where he gained historic and practical knowledge of city layouts and architecture. His interest in magic then started to infiltrate his tour guiding – designing his own tours in which he revealed the magic symbols hidden in many buildings. Today he runs workshops that make people aware of what is hidden in front of them and shows them how to use this symbolic magical language to better their everyday lives.

www.facebook.com/leo.jaxonphoenix

Leticia Parmer & Quinto Grigatti

You are the Shaman

In ancient times there was one shaman selected for the tribe, the only one who could make connections to the spirits and through that bridge, bring in the magic. In today's world we feel an instinctive attraction to the shamanic path. This is because we have developed as humans to the point where we can all access those connections and work with the healing magic of the Shaman. Leticia and Quinto, both shamanic practitioners for many years, will show you how.

Healing your Inherited DNA

This workshop aims to give a clearer understanding of the current vibrational changes occurring on Earth and in us humans in our day-to-day lives. We will teach you some techniques for helping you stay in harmony with the many changes occurring in your cells and in your DNA in this extraordinary time of human development.

Bio Leticia Parmer, a lifelong Astrologer and Shamanic Healer, travelled to Guatemala where, in ceremony with Mayan Priests, she was given the directive to help humanity upgrade their DNA. Quinto Grigatti (from Italy), a Music Therapist and Inca Shaman was introduced to a 5th dimensional technology in Italy which, through vibrational codes, has been downloaded to help humanity heal ancestral trauma in their DNA by releasing negative cellular memories. Leticia and Quinto received these on the same day, same year. They have since been travelling the world offering healings, giving talks and running workshops.

letinto@gmail.com
Facebook: School of Shamanic Healing

Lianne Hickman

Deep Roots Yoga with Lianne

Yoga sessions with Lianne are suitable for all levels of experience and almost all bodies; whether you are new to yoga, returning to the practice or have a wealth of experience. All classes include asana (physical postures), pranayama (breath work), meditation and relaxation. Forming a well-rounded practice, leaving you feeling embodied, alive and heart-centred. Lianne's classes are nurturing and intuitively guided. Her training is classical hatha based but her experiences of kundalini, vinyasa and other embodied movement, meditation and breath-work modalities are naturally woven in to what she shares, forming her unique style.

Bio Lianne has been sharing Yoga for 3 years in Southsea. She set up 'Deep Roots with Lianne' upon completing a two year YTT in classical hatha yoga in 2016. Her practice has morphed and evolved over the years, and the way she shares has naturally evolved along with that. Following her heart and sharing the practical (and magical) healing modalities that have supported her, with others, is one of her many passions. Her journey of re-membering has naturally expanded her offerings, she holds cacao ceremonies, intuitive dance, breath-work, energy healing, massage, and she currently training in Ecstatic Awakening Dance. Her passion for awakening the heart, our true nature, and developing embodied presence is carried through all of what she shares.

Lisa Christie

Somatic Hatha Yoga

Rather than being a puppet, making and copying shapes, Soma Yoga, (Soma meaning 'Living body' or short for Somatic which means 'experiencing the body from within') helps us get in touch with a deeper dimension of our body - inside! Using developmental movement and universal patterns such as neural radiation and gravity, we learn and remember bodily movement patterns that help the yoga poses unfold from the inside out, rather than outside in! Dropping from our heads and into our bodies. Hanging out in one's body is a beautiful thing to learn. We often distract ourselves at the expense of learning how to just "be". Soma Yoga is deep, gentle, intuitive yoga. Suitable for all, beginners and established practitioners welcome.

Yoga Nidra (iRest)

Yoga Nidra is a transformative, effortless Meditation practice based on welcoming. Resting in a comfortable lying position, body relaxed and then guided into deep self inquiry. Surfing between wakefulness and sleep one falls into an innate state of blissful awareness. Being guided into a conscious yet deep sleep, one is able to access and learn from ones inner awareness.

Bring a blanket and a pillow if you can!

Bio Lisa's love of yoga began almost two decades ago, she was immediately fascinated by the interplay between mind and body, both on and off the mat. She was drawn to teach some years ago undertaking her first teacher training in 2008 and has subsequently studied around the world with various teachers including Angela Farmer, Bonnie Bainbridge Cohen, Eric Stewart and Jo Thytherleigh, but would name her main inspiration and teacher as Donna Farhi. Lisa was blessed to complete the advanced teacher training with Donna in New Zealand in 2010. She has gone on to train with the iRest institute and takes delight in their approach to Yoga Nidra. Inviting people to explore patterns in the mindbody with curiosity and wonder, her classes are infused with anatomy, poetry, sharing of universal movement patterns and humour. Lisa teaches Hatha and Restorative Yoga and Yoga Nidra courses with passion and love. www.lisachristie.org Facebook: Lisa Christie Yoga and Nutrition

Luke Manders

Patterns & Permaculture

The world around us is filled with an unfathomable tapestry of patterns and geometry. In this workshop we will explore the key patterns that sculpt our natural world and learn how to weave these into our daily lives - through the medium of Permaculture Design.

Build soil, Make compost

In this workshop, we learn how to create a fertile, microbial rich compost - building one on site using green food waste, cardboard and any other materials foraged from the festival. In Permaculture we aim to design so that waste from one place, is food for another. There's no such thing as waste!

Bio Luke loves food, community and the miracle of the natural world. Everything he aims to share is to inspire a re-connection to our eco-system that perpetually supports us. Currently he grows vegetables at an organic farm in Sussex and works part-time with young children at a Montessori school in Forest Row, growing food from seed and wild-fire cooking. He completed his Permaculture Design Course (PDC) with the Brighton Permaculture Trust and since then assisted on a number of PDC's. On the local scale, around East Sussex, he works toward sharing a vision of a resilient, abundant and diverse food system; tapping into the reservoir of knowledge and life style practices of our ancestors and ancient heritage. Brought up in an Italian family, cooking has always been at the centre-piece at his life and home. Now his dreams are to create community feasts, with people of all ages, on local farms in the heart of nature, using surplus produce - within growing spaces for people to see, feel and touch living plants and discover their origins. At present he offers introduction courses on Permaculture Design and collaborates with others to co-teach on the full 72-hour Permaculture Design Course. Very open to collaboration and learning more!

Lula Edmonds

Sacred clowning

A profound and playful journey to discover our own inner clown. Beginning with exercises that enable us to drop deeply into a meditative and connected state. From here we evoke and nurture our inner clown, and when we're ripe we'll bring them out into the festival, co-creating an interactive festival Fandango!

All adults welcome to come explore inner characters, and practice techniques to work with and engage with others. Through the medium of clowning we will explore self, other and place through wonderfully bizarre exercises and spontaneous creative combustions. Ooo how Intriguing!

Bio Lula is a multi-disciplinary artist working with clowning, ritual, ceremony, bodywork, playfulness and depth.

At the core of her work is the invitation for our truest selves to come forward, allowing healing and space for the most vibrant, wild, generous and bloody brilliant selves to be in existence!

Lula Rose McGill

Yoga With Lula - Dynamic Vinyasa Flow

At the heart of the Vinyasa flow is the connection between breath to movement, this creates greater mental clarity, more mindfulness and awareness in the body.

Lula's classes are grounded in strength, anatomical detail (therapeutic alignment) and mindfulness. She offers detailed verbal cues and gentle assists, emphasising breath and correct alignment to reduce injury and support expansion and growth in postures.

Bio Lula is a RYT 200 teacher, registered with The Yoga Alliance. She began her yoga journey 15 years ago and soon discovered the healing benefits of yoga, noticing how rejuvenated, energised and calm she felt. As well as healing a 6 week long headache! That was it hooked for life.

She spent 7 years exploring acrobatic aerial arts, partner acrobatics and functional movement. Lula soon found Vinyasa Yoga, finding its dynamic nature a great support to the high strength work of acrobatics.

www.Lularose.me.uk

Facebook: Yoga and Nutrition with Lula

Lydia Baksh (Laxmi Kaur)

Kirtan

Coming together to chant sacred mantras to uplift our hearts and deeply connect.

Bio Laxmi Kaur is a kirtan musician, singer/ songwriter, and a teacher of Kundalini Yoga- an ancient tradition steeped in the rich wisdom of sound vibration, which raises consciousness and brings about healing on all levels. Her kirtan events abound with ancient mantras from the Vedic traditions, as well her own lyrical-spirit inspired creations.

Lynne Christine

The nature of ceremony

Our ancestors celebrated the turning of the seasons carrying an elemental wisdom that many of us remember or are remembering. At a time when connection to and respect for the earth is paramount you are invited to join Lynne Christine in an exploration of Celtic ceremony that celebrates life, death and rebirth and a remembering of our ancient earth body wisdom

The nature of poetry

In times of great turbulence and change, poetry can provide soothing balm to the soul and/or creative expression of the natural way of things, of life, loss, love, death, grief and joy. Lynne Christine's poetry is inspired by the beauty of nature and a deep respect for the elemental forces that move within and without. You are invited to explore and share your own true poetic nature in this experiential workshop.

Bio Lynne Christine has been holding space for over thirty years weaving together her experience as a chartered occupational psychologist, integrative arts psychotherapist, shamanic practitioner, celebrant and poet. She is passionate about supporting the emergence of the deep earth based wisdom within us all; a remembering of the natural rhythms and cycles of life, and encourages all who work with her to welcome their own creative expression both individually and within community. She has a private practise in the Sussex Downs working with individuals, groups and organisations, in addition to her calling as a celebrant and poet. Her poetry collection Simply Elemental is being published later this year.

Marcus RanjitBaby Rowe

Ecstatic Dance Meditation

There are two paths to our heart - one path is to close our eyes and go deep within ourselves; the other path is to look in the eyes of the other and open our hearts towards them.

In this dance, we will briefly explore both of these paths, and have the freedom to dance as we choose. First of all we will explore dancing as a meditation practice that allows us to connect more fully with ourselves. And then we'll use dance as a way to explore connecting with each other, with love, presence and playfulness.

Ultimately this dance meditation is an opportunity for us to come together, move our bodies, open our hearts, celebrate being alive... and just have a funky good time.

The first aim of the this workshop is to introduce people to dance as a mindfulness meditation practice. With some simple instructions, the dancers are guided on how to be more present in their dance, rather than lost up in our heads in our never ending thoughts. The dance becomes another tool for bringing us into the present moment. This sets the foundation for using dance as a powerful practice or tool that can help us to experience profound states of inner stillness - in essence, to experience our own divinity.

The workshop then moves into some simple body awareness dance practices that also help to warm up the body. This then builds into the main part of the dance, a closed-eye dance journey, which allows the dancers to fully let go and lose themselves in the dance and experience the full power of dance meditation.

The dance then ends with a short period of stillness, meditation and integration.

Bio Marcus 'RanjitBaby' Rowe is an ecstatic dance DJ, kirtan singer, writer and general goofball. He started DJing and raving at age 14, and singing kirtan soon after, and along with silent meditation, singing and dancing have become essential parts of his spiritual life. He's been leading kirtans and ecstatic dances in the UK, Europe, India and Bali for the last 10 years.

He recently moved back to the UK from India, where he spent much of his time living in an ashram. He's currently writing a book on the mystical teachings on Jesus called "Jesus the Ultimate Dude" and launching a modern day Mystery School called "Dancing Buddhas".

www.ranjitbaby.com

www.dancingbuddhas.org

about to launch: facebook.com/dancingbuddhas.org

Marina Bulgarelli

Kirtan chanting and sacred songs

Kirtan and chanting are at the heart of Yoga- it is the branch of Yoga called Bhakti Yoga. It is a form of meditation that uses sound, music and the voice. It is a wonderful practice that helps us to connect to our heart, to raise our vibration and experience deeper and more meaningful relationships as it teaches us to connect to our true Self. Singing in community has always been at the heart of human kind, a joyful practice that can certainly leave you more relaxed, happy and nourished.

Kirtan chanting is a form of meditation using the voice and sound vibrations. It is a beautiful practice that helps us to connect to our true and inner Self and to our heart, our big and beautiful heart! From that place, we can connect to the power of our own wisdom and are able to make better and more conscious choices in our lives.

Marina's Kirtan is sung in traditional form, using simple and easy to learn mantras so that we can better connect and access the meditative state.

Chanting meditation helps us to come home to our real Self, our inner and true nature, where we can find peace and spaciousness within. From this space that we call the heart space, we can better nurture ourselves and make better choices in life, we can better connect and relate to others as we realise that the same light within me is also within you and everyone and everything else on this planet. This wonderful practice handed down to us from our ancestors, can lead to joy (which is ultimately our original state of being), a sense of feeling grounded, calm, and at peace.

Bio Marina teaches Yoga therapy, Meditation, Relaxation and Kirtan with the aim to support personal healing.

She completed a 200h training in Leading Kirtan with Nikki Slade and Katy Appleton which is also recognised by Yoga alliance, this led onto her 500h Yoga Therapy training through the Minded Institute. She is now leading and offering Kirtan on a monthly basis in South West London where she lives with her family.

Kirtan is a powerful practice that involves music, song and sound vibrations in a group setting supporting and creating community. Marina creates a loving, and supportive space for each and every voice to rise and shine!

Mark Penfold

The King and his shadow

A men's workshop. I will give a clear map for understanding the male archetypes with a closer look at how their shadows play out in us and in the world. This will be part experiential and part talk. All men welcome young to old, new to the work or previous knowledge.

The Magician and his shadows

A men's workshop. I will give a clear map for understanding the male archetypes with a closer look at how their shadows play out in us and in the world. This will be part experiential and part talk. All men welcome young to old, new to the work or previous knowledge.

Bio Mark Penfold and Jewels Wingfield run an entire program of events throughout the year at the EarthHeart centre in the forest of Dean. Mark has many years experience working with men and is also on the staff team of A Band of brothers mentoring young men.

www.jewelswingfield.com www.facebook.com/JewelsAtEarthHeart

Mark Preston

Eight Ways of T'ai Chi

Prof. Cheng Man Ch'ing was the last seated Grand Master of all the martial arts in China before being obliged to leave for Taiwan after the communist revolution. He was a Master of 5 Excellences – painting, poetry, calligraphy and Chinese medicine as well as T'ai Chi Chuan. He regarded T'ai Chi as being like the thumb on a hand, empowering the other four excellences. Although unrivalled as a martial artist, being a doctor, his emphasis was on the health benefits of T'ai Chi so he shortened the Yang Style long form, learnt from Yang Cheng Fu to make those benefits more accessible to the Chinese people. He also simplified moves taken from the form and added visual imagery to explore all the principles and benefits of T'ai Chi without needing to engage with the complexity of the whole form. Known as the "8 Ways of T'ai Chi Chuan" we will explore four of them in this workshop. This tradition is made available through the Tai Chi Foundation (taichifoundation.org) that was founded by the accomplished martial artist Patrick Watson who studied with Cheng Man Ch'ing for the last nine years of his life in New York City. The workshop will offer a good foundation in certain key principles such as relaxation, straightness and balance as well as single weightedness, a focus in the physical centre of the lower Dantien and full relaxed breathing. These acknowledge that we are essentially energetic beings benefiting from a smooth and free circulation of Qi (or Chi pronounced "chee") energy, best facilitated by relaxing. To quote Prof. Cheng: "Tai Chi Chuan, the great ultimate, strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid."

Five Element Qi Gong

This workshop will offer a sequence of three Qi Gong exercises that explore stillness, the circulation of Qi and the potential to generate Qi. In addition we will explore two of the five Chinese Elements of Fire and Earth that are most appropriate for late August. The Chinese use the term "Wu Xing" which is often translated as "Five Elements", but that risks a misinterpretation. The term "five transformative phases" alludes rather better to the sense of movement inherent in the concept. We can see those movements manifest in the seasons of the year – Fire at the height of summer, the most Yang and expansive time of year, and the Earth in the late summer or harvest time. We are a microcosm of the world we inhabit and those same qualities manifest in us across an array of correspondences that include channels, organs, emotional states, mental attributes, tastes, sounds and odours. We will make use of movements, massages, and energetic practices that improve the circulation and balance of the body's vitality or "life force energy" known as Qi. We will also explore the pathways of Qi associated with Fire and Earth. In the case of Fire that includes the Heart, Small intestine, Heart Protector and Three Heater or San Jiao channels. For the Earth Element we will cover the predominantly "yin" channel of the "spleen pancreas" and the predominantly yang channel of the stomach. Instead of a continuous progression from one position to the next, as occurs in the tai chi "form", qigong movements are simple and discrete, often pared down to a repeating pattern or a stationary meditative pose. When

practiced regularly with conscious breathing and mindful awareness, Qi Gong stimulates the body's inherent healing energy and fosters its healthful flow throughout the body.

Bio Born in India I spent formative years in Africa, Indonesia and Hampshire. After leaving school I worked as a motorcycle courier in Paris before a friend offered me a job as a stage hand. Nine years working in stage management in the theatre followed which included provincial repertory, the London fringe, the West End and touring.

In 1982 I discovered T'ai Chi Chuan and those meditative strengthening movements have been an important part of my life ever since. I was inspired to explore the world of "Qi" and Chinese Medicine. In 1988 I qualified in Traditional Acupuncture from Prof. Worsley's "5 Element" college in Leamington Spa. Further studies in TCM lead to my lecturing on The London College of Traditional Acupuncture's degree course. I coordinated two of the modules on the acupuncture course. Since 1987 I have helped teach Tai Chi Chuan in London as part of a team through the Tai Chi Foundation (www.taichifoundation.org) and in 2014 I founded a new branch of the school, Thames Tai Chi & Qi Gong, in Cholsey near Wallingford, Oxfordshire.

In 2002 I had the good fortune to work with my friend and colleague Joop Brouwer as a T'ai Chi advisor on the film "Calendar Girls".

Earlier this year I appeared with my colleague Tess Lugos on Channel Four's Sunday Brunch programme to give Tim Lovejoy and Simon Rimmer a taste of what T'ai Chi can offer. My working week is divided between teaching nine hours of T'ai Chi and Qi Gong per week in South Oxfordshire and treating patients with acupuncture and tuina massage from my home in Cholsey and two days a week in Oxford. Experience has taught me that those looking for help with their health make much better progress when they choose to engage with some form of personal cultivation practice such as T'ai Chi, Qi Gong or Yoga.

Mark Reeves

Releasing the Barriers

A mixture of closed eye meditative inner reflections and interactive sharing with each other, all with the aim of engendering a fuller permission to be ourselves.

A space without judgement in which we don't have to measure up, look good, say the right thing or be anything other than who we are in this moment.

When there is a group of us sharing a common intention to open to a more truthful kind of communication there is a magic that can happen, and a sense of safety & trust starts to emerge. By bringing attention to what is going on inside us, beneath the surface chatter, we can very quickly drop into a deeper level of authentic connection to ourselves and each other. During this workshop we will see where we have the choice to either go into habitual patterns that provide comfort and protection but keep us feeling separate and cut off from our deeper connection to life or to intentionally step into our vulnerability, which is our true strength and the opening to our heart. By allowing even a little chink in the armour and social mask that we so often wear we can find an enormous sense of relief, clarity & stillness.

There is a lot of fun & aliveness that comes with the risks that we can take in being true to us and breaking free from some of our usual patterns and stuck ways of being.

Family Constellations

Family Constellations is a unique way of shining a light on something to reveal the hidden dynamics and patterns and can be surprising and empowering in what it brings to light.

It can be related to family, work, relationships, finances, personal projects or any significant thing that you would like to unravel and understand a bit more of its inner mystery. Whatever themes and issues people collectively bring will become the focus of the workshop

This is a group process where other people representing family members or other relevant aspects of our life create a living map of the situation in which things are revealed and understood in a new way, giving fresh insight and opportunities for change and movement. Please be aware that the majority of people attending the workshop will be in a supportive role by being a representative for other people's constellations and only a few will get to do their own personal constellation. However, the magic and power of the work permeates through all who are there and it is in this spirit of being a part of the collective process that you are invited to join us.

Bio Mark Reeves, Dip, MA has been running groups and courses in self-awareness, mindfulness & emotional intelligence for people seeking empowerment and change for over 20 years and is deeply passionate about providing opportunities where we can come together and find a different way of being in which we can transcend the barriers of separation and discover a unified humanity. He is a transpersonal psychotherapist and counsellor, having also trained in Body Psychotherapy & Somatic Awareness. Mark is able to be truthful and direct with people in a way that they feel safe to receive. He brings both a sense of compassion and challenge to the work that he does as well as insight, clarity and humour and has a natural way of reaching people, with warmth, sensitivity and care.

He runs a private counselling and coaching practise in Brighton as well as working with people over Skype. He has recently studied Family and Systemic Constellations with The Centre For Systemic Constellations in London and now runs Family Constellations workshops.

A recent interest in 'Sacred Esoteric Healing' about our capacity for self-love and self-care naturally permeates into his work, helping people to connect more deeply with their heart.

www.turningpointcourses.com [facebook.com/BrightonConstellations](https://www.facebook.com/BrightonConstellations)

Martin Keelor

Mini Besom Brooms

People have been making Besom brooms for an awfully long time and they are still a very useful item to have to this day. The traditional way of binding a bundle of twigs together and then forcing a handle in to tighten then bundle is the way we will be making these brooms in this workshop. All materials and tools are provided, allow up to an hour to make your broom. The cost for this workshop is £5.

This is suitable as a family workshop as a parent or guardian must accompany all children.

Pencil Making

A great fun activity for adults and children alike, all materials and tools provided. Allow up to 15minutes for this workshop, the charge is £1 per pencil.

All children to be accompanied by a parent or guardian.

Bio Martin and Sue have been running LadyOak Wood for over 17 years, this is our 6th year as traders and workshops leaders. Everything we make is sourced for sustainable managed woodland.

www.ladyoakwood.co.uk

Facebook: ladyoakwood

Matt Bothwell

Stargazing

Take a telescope tour of the night sky with a professional astronomer.

Astronomy talk

Dr Matthew Bothwell, an astronomer from Cambridge University, will talk about "The Search for Extraterrestrial Life", followed by a Q+A session.

Bio Dr Matthew Bothwell is an astronomer and science communicator at Institute of Astronomy, University of Cambridge. He obtained his Master's degree at the University of Southampton, while carrying out research at the Harvard Center of Astrophysics. He then returned to the UK in 2007, completing his PhD at the University of Cambridge in 2011. After a year working as a researcher at the University of Arizona, he returned to Cambridge in 2012. Matthew is a science communicator, who gives astronomy talks and lectures on almost any area of astronomy to a wide range of ages. He regularly visits schools and colleges to talk about astronomy with students, as well as making TV and radio appearances. When he is not doing outreach, Matt is an observational astronomer, who uses a range of state-of-the-art observing facilities to study the evolution of galaxies across cosmic time.

www.ast.cam.ac.uk/~bothwell/ www.facebook.com/InstituteOfAstronomy

Matt Rayner

Barefoot Rhythms with Matt (Movement Medicine)

A conscious dance and movement meditation practice - utilising ancient shamanic wisdom with music and movement. This is a gently guided space, mixing music from Classical to African to Trance (and everywhere in-between) to explore the landscape of being human - from the quiet still places inside, to our wild dances, to our connection with the community of Life, and the sacred within and without. Its purpose is to support a more embodied, open and connected way of being – aligning the Body, Heart and Mind – whilst enjoying the simple yet profound experience of being a moving, dancing human.

Movement Medicine is an embodied movement meditation practice - using the body in movement to bring more awareness of our-selves, who and what we are, and more connection to the Life within and around us. Fusing ecstatic dance with shamanic wisdom and embodied therapeutic practices, to bring more presence, connection and aliveness. Opening the possibility to be in deeper alignment with the full potential of the inherent “Medicine” that is our individual unique human being-ness.

No experience is necessary – there is no right or wrong – simply a willingness to be present with yourself and bring it all back into the dance.

InToMeSee

A very beautiful, powerful and intimate journey into sacred connection, through conscious touch, conscious movement and conscious relating.

We all need conscious touch and conscious connection in our lives. So many people are limited to touch being part of their sex lives, and something that is only received from a lover. Our physical bodies hold so much; emotions, stress and trauma get locked into the tissues and muscles. Conscious loving touch encourages the body to unravel and let go of what is being held, allowing more freedom to flow in life and the way of relating to others. Bodies need loving touch daily!

We will be using movement & touch meditations, individual, partner and group exercises. Starting with coming into deeper connection with yourself and Divine/Life force/Universe, and then from that place connecting with others. This is a safe, held space that will nurture your body, heart and spirit.

Everyone is welcome, single or in a relationship, come open to journeying deep, and touching each others hearts and souls.

Bio Matt's first connection to the dance was as a teenager dancing in a production of West Side Story at the same time as exploring the rave and club scene of the early 90's London! Following a journey of personal and spiritual exploration over the last 20 years which has included nature and wilderness awareness; shamanism; men's groups; meditation; yoga; tantra; sound; energy healing and massage – movement and dance started re-emerging in the midst of this in 2006 as a deep and powerful spiritual practice (as well as being lots of fun).

He has danced and studied with Susannah and Ya'Acov Darling Khan at the School of Movement Medicine since 2013 and is currently a Movement Medicine Apprentice Teacher and Facilitator.

He also offers spaces exploring intimacy, connection and sexuality in both co-gender and men's groups, as well as training in Psychosexual Somatics Therapy in 2013/14.

“Life is a dance, we are the dancers, and the steps are ours to choose”

Melonie Syrett

Sisters of the Drum

This is a women's drumming session for all who identify as women.

In this session you will:

Explore what drumming in a group of women brings to you

Experience the joy and shared freedom of self-expression

Develop trust in the drum to play in the way that is needed at the time

Develop relationships with women free from competition or judgement

Experience a safe space to be authentically you

AND Not to mention the healing, guidance and opening to universe that comes with drumming!

We will gather in a safe and sacred space and set intentions for our drumming. We will drum to heal our hearts, to release our pain and to send healing to the mama earth. And of course, we will drum just to be!

I will have around 20 drums and similar amounts of percussion so please bring your own drums, pots and pans and wooden spoons and anything that you could use as drum or rattle so that we can be involved.

No drum experience or perceived rhythm required. I will guide you into freedom of expression with the drum.

The Intuitive Drum Dance

What would happen if we came together and drummed for each other, tuning in to what each other really needs?

The Intuitive Dance is an exploration of how we can support each other through drumming, how we can provide the safe space that the other needs to receive openly and/or express their authentic selves.

This is a mixed group where group and paired drumming will take place.

There will be space for us to drum for the healing of the divine feminine and the divine masculine. We will drum to heal ancestral lines and to tune in to each other on an energetic and soul level.

I will have around 20 drums and 20 percussion instruments. Please bring a drum or a pot and spoon if you have one to ensure that we have enough.

There is no experience of drumming needed.

Bio Although music has been integral throughout my life, I came really into drumming when I learned Reiki Drum Technique. I loved healing with the drum so much that it began to call to me throughout the day.

I often drummed alone and then with friends, sometimes I drummed with strangers around fires and in ceremonies and it awakened an ancient feeling in me. A kind of 'I've always known how to do this' awakening!

Bio I began women's drum circles around 6 years or so ago and am in awe of the depth of connection to the earth, the universe, our highest selves and each other that drumming brings.

Now, I have been called to work with the drum in different ways, to gather groups together, to lead in the expression of our truest selves and to heal from the very depths of our being. This is where 'Sisters of the Drum' and 'The Intuitive Dance' began as well as Drum Birthing days and Re:birthing Retreat days.

We now have Open and Closed circles in venues around London and a programme of drum birthing.

I believe that we should never underestimate the ability of the drum to reconnect us all and to lead us on our path to healing.

www.thedrumwoman.com/

Milan Maha Jovanovic

Thai Yoga Massage Part 1

Here is a complete 1 hour sequence of Thai Massage for practice between family members and friends.

Thai Yoga Massage Part 2

The 2nd 1 hour sequence of Thai Massage for practice between family members and friends.

Bio To help my wife's back pain I did a first massage course in San Paolo, Brazil. After having had a few satisfied clients I continued successfully the therapy path. My work now consists of Thai Yoga massage and Lomilomi massage.

I pray for the one whom I touch, that he will be happy and that any illness will be released from him!

With experience as masseur I developed interpersonal sensitivity; the ability to understand, accept and react compassionately to other people, which is essential in healthy relationships

with others. I continued studying in London. After a few people asked me why aren't you teaching, I decided to fly to Thailand.

I completed my Teacher Training at ITM school in Chiang Mai, Thailand. I have also studied with Ajarn Sinchai, famous blind therapist and Pichest, learning Buddhist prayers and meditation as preparation for the massage. I now teach Thai Massage Course, levels 1 & 2, Introductory workshops, Thai Foot massage, and Integral Yoga Hatha, Level 1 & 2.

Thai Yoga Massage Workshop covers back and front and sitting position, working on feet, legs, glutes, hips, shoulders, belly, chest, arms and hands, neck, head and face.

Yoga stretches and working on acupressure points.

Fully clothed healing art combines Yoga, Acupressure, Meditation, Stretching and Reflexology. It benefits overall health and well-being, recharging your body with life force.

For your training please bring some comfortable loose clothes to wear.

It is better to avoid heavy meal before the session, but please do not arrive on empty stomach.

The amount of pressure applied is negotiable and to suit your needs. If not feeling comfortable, please do let your partner know if you'd like more or less.

I teach one day workshops in London, give classes at festivals, and in Spain and US.

www.thai-yoga-massage.co.uk www.facebook.com/Thai-Yoga-Massage

Milly Hawkins

Woodland Wand-Making

Natalie Keegan

Somatic movement and meditation

Time to explore an inner enquiry into the body through butoh-inspired movement and meditation, with a background in Craniosacral Therapy and dance, we will feel into elements texture and feelings as they move us from contraction to release, from movement to stillness.

Bio I have practiced Craniosacral Therapy for 13 years, and have a background in theatre design, dance and art.

I love the exploration of health and images in the body through an internal enquiry through meditation and movement.

www.nataliekeegan.co.uk

Facebook: Natalie Keegan Craniosacral Therapy

Neil Morbey

SORRY - the art of apology

Do you hate saying sorry? Want to learn a better way to actually ENJOY apologising?

This workshop explores the 5 Apology Languages to empower us to restore damaged relationships and let go of guilt. It also helps us feel GREAT!

Blues for twos - learn to love partner dancing

Would you love to dance more but the idea fills you with anxiety? Come along on your own or with a partner and learn how blues music can create incredible connection. From the blues-dancing tradition this workshop offers a gender-neutral space for learning to partner dance in both close and open connection. Let's get down!

Bio Neil Morbey is a mindfulness coach from Bristol. He believes anyone can learn to love what they do and do what they love through the practice of tuning in and connecting. He teaches this through dance, Mindfulness, positive psychology and clowning.

www.positively-mindful.com

Nicola Williams

Deepening Self-Intimacy

Take space and time to connect more deeply with yourself and your inner world in this workshop. You will be invited to explore simple exercises that will support you to cultivate deeper connection and intimacy with yourself and your sense of being “at home” in your own being, both when you are alone and whilst you are connecting with others.

When we hear the word intimacy, we may often first think of intimacy with others. But what about self-intimacy? Intimacy can be described as seeing and meeting, and being seen and met as much as possible, in all our colours. Self-intimacy then is about truly seeing and meeting ourselves as we are, and being present with whatever is happening within us in this very moment.

In this workshop you will be supported to:

- Reflect upon the situations and/or relationships in which you find it difficult to stay connected with yourself
 - Listen deeply to what is happening within you and give yourself your own loving presence and attention
 - Stay rooted and “at home” in yourself as you connect with others, rather than “getting lost” in the other
 - Be who you really are and express your authentic self
 - Bring what you have discovered and learned in the workshop into your everyday life
- Intimacy with others begins with intimacy with ourselves. To truly connect and share intimacy with another, we need to be in touch with what’s happening inside us, and what feels right for us, from moment to moment.

When we give ourselves kind attention and turn with a sense of openness and curiosity toward what we are experiencing, we deepen intimacy with ourselves and with this moment, as well as our confidence and trust in ourselves to explore what it means to be truly alive.

The Positive Power of NO

Learn to connect more deeply with your authentic NO (and Yes) feelings, and to communicate your boundaries clearly in this workshop. You will be invited to take part in some simple, powerful exercises that will allow you to experience and explore your boundaries as you connect with others.

Do You Struggle To Say No? Would You Love To Be Your Fully Authentic Self In All Your Relationships?

Many people find it difficult to say NO to what they don’t want, and perhaps even to say YES to what they DO want. In this workshop you will be supported to:

- Reflect upon the situations and relationships in which you find it difficult to say No
- Listen deeply to, and stay in touch with, your own No and Yes feelings
- Express your No and Yes clearly to others
- Be who you really are and express your authentic self
- Bring what you have discovered and learned in the workshop into your everyday life

Personal Boundaries are the boundaries we choose to set in our interactions with others.

When our personal boundaries are healthy, we have a clear sense of what feels right for us and what we want (what we feel a Yes to) and what doesn’t feel right for us and what we don’t want (what we feel a No to) in each new moment, and we express them honestly and directly to others.

Both our No and Yes are equally important – without having a clear and healthy No, it is not possible to have a clear and healthy Yes. Each time we express our true No, we are saying Yes to ourselves, thus building confidence and trust in ourselves, and both our No and Yes can be expressed in a clear, open-hearted way.

Participants must be aged 16 years or over.

Bio I’m passionate about supporting people to become more empowered and to live a life of deep love and connection with themselves and others, to enjoy wonderful relationships, to clearly express their authentic No and Yes and to live with ever growing confidence, freedom and fulfilment in everyday life.

Life keeps reminding me that if I want to live it to the fullest, I need to be true to myself. This means listening deeply to what feels right for me, asking for what I really want and need and

communicating my authentic No and Yes honestly to others. This gives me the foundation I need to be who I really am in the world, to live how I want to and to enjoy a healthy, loving relationship with myself and with others.

I've provided personal growth training and coaching for individuals and organisations in the UK and Ireland since 2003. I have a Masters degree in Community Development and worked in the field for over a decade in a variety of roles, as a Trainer, Researcher and Development Worker. I am a graduate of the 18-month Living Tantra Training with Jan Day.

I'm originally from South Wales, lived in Galway, Ireland, for almost 14 years and returned to the UK in 2014. I hold workshops, talks and coaching in Ireland and across the UK.

I love to share deep, loving connection and harmony in my relationships with other human beings, to travel and discover new places, make music and dance, and to be with my beautiful cat Little One, who has very inspiringly healthy personal boundaries!

www.nicola-williams.com <https://www.facebook.com/empoweringuk/>

Paul Cook

Didgeridoo workshop

Most of you love the sound of the didgeridoo but have never had the opportunity to learn how to play this wonderful instrument.....well now's your chance! I've been playing this instrument for over 25 years and teaching it at festivals and in schools for about 15 years so come and join me and I'll break it down into small easy to learn steps.

I will be starting with the very basic drone techniques working with bending the note higher. Then teaching you how to use vocal calls that are used for animal sounds within the Australian outback and finishing with making the mysterious Circular breathing which allows players to keep reforms flowing indefinitely easy to understand and achievable.

For all of you that can already play there will be plenty of opportunity for some expert tips whether it be help with building rhythms, improving vocals or the breathing techniques that are the structural points of all styles of play that you hear from famous didgeridoo players. Within all of this I will be touching on a little information on aboriginal Australian culture.

Bio Paul Cook, (aka didge tall paul if you grew up in a village just outside of Dartford), has lived in Kent for most of his life after doing a fair bit of travelling including Australia of course. He has been living in Gravesend with his wife and two children for the past 15 years. He has been playing didgeridoo for about 25 years and is now considered to be one of the foremost didgeridoo performers in the UK with several appearances on radio stations across the country, television and also producing music in film such as Tom Clancy's remainder. Paul has produced three didgeridoo albums over his many years of playing. Hollow, raspberry ripple and his latest album 10 tunes from 22 years of tongue twisters. Paul started making didgeridoos around about the year 2000 and his instruments are widely respected by players across the world. He makes to different styles of didgeridoo. One is with imported wood from Australia which has been termite eaten and then shaped with the use of very long chisels and the other is with a variety of native English wood known as split wood didgeridoos.

He has been teaching didgeridoo for many years within Gravesend didgeridoo club which meets every fourth Saturday of the month, runs workshops at a large variety of festivals and visits schools to teach didgeridoo and aboriginal Australian culture. Throughout the year he runs a stall at festivals selling and teaching didgeridoo and many other musical instruments from around the world.

Paul also runs his own festival called Elementary Didgeridoo Festival which is now in its fourth year. This is a world music Festival with music from Africa, India, Slovakia, Tibet to name but a few and of course a fair bit of didgeridoo.

For details on all that Paul does you can visit his websites at www.didgetallpaul.co.uk; or for the Festival www.elementarydidgefest.com

Peter Deadman

Qigong

Qigong is the Chinese tradition of cultivating body, breath and mind to help us bring our true and best selves to everything we do. The class is suitable for beginners and advanced practitioners.

Bio Peter Deadman is co-founder of Infinity Foods and the Brighton Natural Health Centre. He has practised, taught and written about the Chinese art of health cultivation for over 40 years and runs regular qigong classes in Brighton.

www.peterdeadman.co.uk

Facebook: Peter Deadman

Project Rewild: Bushcraft

Family Rewilding

Time to go wild in the woods! An action-packed wild time to inspire confidence in the outdoors and appreciation for the natural world. Full of nature connection games and activities, giving you the ability to have endless fun and creativity, and connect with the natural world whether in the garden or the woods. Fun and educational for all the family!

Survival shelter challenge

A fun and hands on family bushcraft session for all ages to test your wild survival skills.

Through interactive play, bush craft learning and 'coyote mentoring', you will learn how to survive in the wild! Test your team work skills and attempt to build a natural shelter and stay dry

Wild Fire challenge

A fun and hands on family bushcraft session for all ages to test your wild survival skills

Through interactive bush craft learning and 'coyote mentoring', your group will learn how to survive in the wild! Learn how to light and make fires in the wild and test your own skills. More advanced techniques can be tried for more experienced fire lighters

Whittling workshop

Everything you need to know to start whittling! We will begin from scratch learning the basic about wood, the correct knife and tools, techniques, positions and safety steps to achieve mastery with wood, to turn any piece into a thing of beauty and purpose. All equipment provided if you have none of your own.

Bio Project Rewild is a non-profit community interest company set up to reintroduce children back into a habitat from which they have almost completely disappeared – outdoors!

We want to inspire children, families and communities to climb trees in the woods, to run in wild meadows, explore rockpools along the shore, scramble over rocks, splash in muddy puddles, paddle in streams, pick wild fruits, light fires, make bow and arrows, to go outside, get muddy, make friends and fall in love with nature again! We want children and families to play free and be wild.

Raimonda Richards

Rebirthing, Kundalini Yoga and Gong sound Meditation - Removing Your Subconscious Blocks

This 90 minute workshop is for those persons who wish to receive deep transformational practice to clear subconscious mind where we store hidden memories, beliefs, habitual tensions, trauma, old emotional patterns and thoughts which preventing us to connect fully to the world we live now and sabotage our success.

We will practice Yogi Bhajans (who is Master of Kundalini Yoga), who taught a series of these powerful rebirthing workshops. These are one of the most transformational practices in Kundalini Yoga and where taught with extended playing of Gong.

When these transformational workshops are experienced with therapeutic playing of the Gong, you are able to transcend and clear the past pains of life and birth, and become rebirthed - reborn - in to original self.

Bio Raimonda Richards have been practicing yoga for 19 years and teaching for 12 years. She is originally from Lithuania lived in London for 23 years. Raimonda Studied Kundalini yoga with Shiv Charan Singh Direct student of Yogi Bhajan, she also teaches Hatha, Yin and Restorative Yoga.

Raimonda studied Gong Sound Practitioners course with Gong Master Don Corneux who also studied and worked together with Yogi Bhajan. Later she studied Gong sound practitioners course with Tom Solton and Abbi de Sol. She also Completed Shamanic practitioners course with Trish MacCormick where her interest moved to study and practice work on subconscious mind where her all work is focused in her classes and workshops to help people to release subconscious blocks.

She runs successful workshops and classes in Triyoga Ealing, also many private events in Acton, Ealing, Hanwell, Chiswick and Northfields areas in London.

Facebook: Raimonda Richards

Ravi Freeman

Overtone Singing and Voice Workshop

A fun interactive voice workshop, with a focus on overtone singing and developing the power of the singing voice. Ravi is known for his ability to convey both the technical aspects as well as the esoteric and healing components of overtone singing. Even for those who do not think of themselves as singers, these workshops give confidence in finding your natural and powerful voice. Those of you who are already singers will find greater depths and possibilities in your voice

Finding our natural sound, breathing from the diaphragm, creating the mouth shapes for overtone singing, expanded listening and finally, hearing our own overtones clearly. We shall also sing together as an overtone choir and explore the healing effects of harmonics.

“Breathe and the sound of the voice are existential imperatives, one cannot wish them away. They connect us directly with our divine souls”

Ravi is an international performer and voice workshop leader, and has led workshops and lectured at various Universities, schools, centres and art centres such as Colorado State University; Northfield College, Minneapolis and Garter Lane Arts Centre, Ireland, plus others in Australia, Brazil and UK

Bio Ravi is a multi-instrumentalist, songwriter and one of the longest established Western players of the Kora, (West African harp). His music is the result of a lifetime exploring the edge, through world music, tribal cultures, throat singing and a journey that has taken him from India to the Amazon.

As well as over 20 CDs, international performances and workshops and the invention of the electric/stereo Kora, Ravi has also worked with artists such as Nigel Kennedy, Jon Lord, Phil Manzanera, Baaba Maal, Dr John, Ronu Majumdar and Marlui Miranda.

The most recent albums are “Songs for the Golden Age” and “Two Rivers” with master flautist Adrian Freedman

As well as devotional singing events, Ravi also offers Overtone Singing and Voice Workshops which take participants on a transformational journey of discovery into the voice

"Ravi is a rare talent - a musical shaman who knows no fear.
He has been an inspiration to us over the years as he continues to cross borders and boundaries in his quest for musical expression and freedom"
DEVA PREMAL & MITEN
www.koratone.com www.facebook.com/worldfusionproductions/

Ricardo Goni

Medicine Songs

Contact the subtle and powerful effect of the Medicine Songs from the indigenous communities in Latin America.

Allow yourself to be taken into this deep journey, listen, move, resonate, let your being be part of the high vibrations, intentions We will talk about the difference between a normal dream and a lucid dream, how to recognize them and how to use the dreams as a source of answers, more clarity and direction in our life.

We will do a practice immersion in our subconscious state of mind to open the channels of our psyche.

We will share different techniques to put in practice at home to continue developing the ancient art of dreams.

It is a practice that helps people to go smoother and more conscious to the state of dreaming, it could be seen as a very vivid visualization on which we start a dialogue, an interaction with our subconscious state of mind. This is a practice based in the Transcendental Meditation and the Ancient Mayan traditions.

and blessings that this ancient chants have to offer.

Find your inner sound and songs which are the expression of your soul, connect with that infinite fountain of wisdom and bring it to this reality. Contact to your ancient roots and remember.

Introduction to Lucid dreaming

We will talk about the difference between a normal dream and a lucid dream, how to recognize them and how to use the dreams as a source of answers , more clarity and direction in our life.

We will do a practice immersion in our subconscious state of mind to open the channels of our psyche.

We will share different techniques to put in practice at home to continue developing the ancient art of dreams.

It is a practice that helps people to go smoother and more conscious to the state of dreaming, it could be seen as a very vivid visualization on which we start a dialogue, an interaction with our subconscious state of mind. This is a practice based in the Transcendental Meditation and the Ancient Mayan traditions.

Bio Ricardo met indigenous communities in 1998, Náhuatl, Wirrárika and Rarámuri. In 2003 he received his initiation to the Spiritual Healing World from the Amazonic Ancestors .

In 2004 he moved to Chiapas to collaborate for 6 years with Tzotzil and Tseltal indigenous communities and learned from the grandfathers of this Mayan traditions. Ricardo received training from Don Lauro de la Cruz (Mayan Priest) for several years.

Practitioner of the Shipibo tradition from Amazons in Peru, received the gift from Hernan Camps Yopan, Amazonic Traditional Healer in 2005.

In 2012 he started a Peace Journey with the blessing of the Mayan Counsel, walking with Juan Carlos Reyes in Mexico, Ricardo continued with the Peace Journey in South America and Europe.

Ricardo is also Gestalt psychotherapist, Mayan Massage therapist and Biomagnetic therapist..

www.lotushealthylife.co.uk

www.thedreamingcircle.org/ Facebook: The Dreaming Circle

Richard Creightmore

Dowsing Earth Energies

This is a practical workshop exploring the various earth energies flowing through the festival arena. We will start with a talk discussing the different types of earth energy current that may be divined, including leys, underground water veins, and global geomagnetic grids.

Some are positive and energising, and we will look at how these currents can be discovered, enjoyed, and harnessed for therapeutic and ceremonial use. Others are potentially negative and can carry detrimental energy, and we will also discuss how these can be recognised in the landscape, and avoided or sometimes healed.

We will then gain direct experience of these energy currents as we find them within the festival site, exploring them using dowsing rods as well as direct body sensitivity.

We will learn to dowse the detailed triple-fold anatomy of a ley, finding the masculine, feminine and spirit currents contained within, as well as the relationship between the outer edge lines and any distressed information that the ley be carrying.

We will learn to dowse for underground water veins, which may carry healthy and nourishing energy within their information fields, or may register stress and distress from local landscape trauma.

We will also dowse to find and enjoy any strongly positively-polarised global geomagnetic grid crossing points. Simple L-rods for dowsing will be available for loan during the class or purchase afterwards.

Earth Acupuncture

This is a practical workshop exploring more deeply some of the health themes introduced in Workshop 1. We will start with a talk discussing geopathic stress in all its forms, whether carried for example by leys, underground water veins, global geomagnetic grids, or geological faults.

We will look at the causes of geopathic stress, from natural environmental features to man-made landscape trauma, including mining and quarrying, road and rail cuttings, tunnels and embankments, building foundations and other ground-works.

We will discuss the visible signs and symptoms of geopathic stress in the landscape, and the human and mammalian medical and social ramifications of living and working in geopathically stressed zones, in particular the link with cancer. We will reference the resulting malaise of the local elemental spirit life, as well as the cross-over with contemporary technopathic stress concerns.

We will introduce dowsing strategies for identifying geopathic stress in the natural and built landscape, gain practical dowsing experience of finding any negative lines on-site, and discuss avoidance and self-protection protocols.

We will discuss shielding and curative work from the perspective of a number of different global geomantic traditions, ancient and modern, which can include the development of psychic sensitivity and remote viewing skills, offerings and dialogue with local elemental spirits, and work with wands, incense, crystals and standing stones, geometry and sound.

We will employ earth-acupuncture techniques to release causal landscape trauma and resulting stagnant earth energy flows, and bring such healing to any distressed dragon lines that we find on-site as we may.

Simple L-rods for dowsing will be available for loan during the class or purchase afterwards, bring compassionate intention and an open mind.

Bio Richard Creightmore, M.A(Oxon), B.Ac. is a druid, feng shui master, water diviner and acupuncturist. He holds degrees in both geography and acupuncture, and has been in practice as a professional geomancer since 1986, specialising in medical feng shui and earth acupuncture to heal landscape trauma and resolve geopathic and geopsychic stress. He runs an holistic medical practice in Ashdown Forest in Sussex, and teaches geomantic healing arts trainings and travels as a consultant geomancer in Britain and worldwide.

His geomantic background includes training in dowsing, classical feng shui, space clearing, sacred space design, stone circle construction, and extensive journeys into the geomantic traditions and landscapes of Britain, China, India and aboriginal Australia. His medical background includes training in acupuncture, cranio-sacral therapy, Chinese and western herbal medicine, qi gong, and other holistic medical, shamanic and spiritual healing

disciplines.

Richard has been active in the development of curriculum and educational standards with both the Feng Shui Society and the British Society of Dowsters; a Visiting Lecturer in Geopathic Stress and Earth Acupuncture at the School of Integrated Health, Department of Complementary Medicine, University of Westminster; and a principal of Beech Hill College / Land and Spirit in Sussex. He is the author of 'Feng Shui - Secrets of Chinese Geomancy', Wooden Books (2011).

Richard's geomantic specialties include:

Geopathic stress and classical feng shui surveys and clearings for homes, farms, and businesses, with particular emphasis on earth acupuncture to heal distressed underground water lines and other disturbed earth energy lines and grids, and focus on releasing human ghosts and resolving problematic non-human entities and disturbed elemental spirits.

Medical geomancy consultations, ideally as part of an integrated holistic medical approach, for those with cancer, wasting and paralysing diseases, mental illness, depleted immune system, infertility, or any other medical condition that may have geopathic stress as a causative or contributory factor.

Geopathic stress surveys and clearings for public buildings and spaces with a history of a wide range of social problems including vandalism and other public disorder crimes, corruption and financial decay.

Consultation with architects at the design stage of new-build or renovation projects, to introduce classical feng shui precepts into the design, bespoke for the client, for optimum qi flow.

Water divining for boreholes, with particular experience of the geology and hydrology of South-East England.

Dowsing for placement and design of sacred spaces, with particular experience of standing stones, stone circles, and labyrinths.

www.landandspirit.net

Richard Parker

Contact Improvisation

Contact Improvisation is a practice of how two or more bodies move together as one in physical contact, within a spontaneously unfolding improvise dance. It can be playful, sensitive, quiet or energetic, with lots of dynamic movements ranging anywhere between standing to rolling and sliding across the floor.

Within this workshop we will explore the basics of how two bodies can move together as one within an improvised contact dance... as well as offering a clear understanding of the boundaries to support a safe practice.

Progressing through a series of solo, partner and group exercises, the workshop includes a guided warming up, embodiment techniques, collaborative improvisation scores and experiential learning of fundamental structures, skills, techniques and pathways used within Contact Improvisation.

Contact Improvisation Jam

A guided warm up into a creative exploration of Contact Improvisation.

The warm up facilitates participants into a state of readiness for Contact Improvisation, focusing on both somatic and improvisational movement, that progressing through a series of facilitated solo, partner and group exercises.

This leads into a Jam, which is a chance to explore the practice. A Jam is a self-regulated dance practice, with an emphasis around CI.

I will hold the space for an authentic Contact Improvisation practice, maintaining an integrity that is both safe and in honour of the practice.

Bio Richard Parker began dancing Contact Improvisation in 2006. Since then he has extensively learnt from many inspiring international teachers from around the world, including KJ Holmes, Nita Little, Andrew Harwood, Ray Chung, Martin Keogh, Scott Wells, Benno Voorham, Joerg Hassmann & Daniel Werner. He has been teaching myself for over 8 years, including, regular classes, festivals & retreats.

www.facebook.com/southamptoncontactimprovisation

RuthE Mortimer

Shinrin Yoku - Forest Bathing

Shinrin Yoku translates literally as 'Forest shower' or 'Forest Bathing', and is an invitation to totally immerse ourselves in the embrace of the woods. Shinrin Yoku originated in Japan in the 1980's as a response to mass urbanization, disconnection from the land, and the results of unhealthy lifestyles in large overcrowded cities. It is an evidence-based approach to encouraging people to engage with the natural world – particularly trees; and demonstrating through clinical testing and research the physical and immunological benefits of contact with Nature. We combine the Shinrin Yoku practices with ecological awareness, mindfulness exercises, embodied presence, sensory attunement and the discovery of ways of communication with the other than human world that would love to meet us. We include the mental, emotional and spiritual needs and benefits of connecting to Nature at a deeper level, the experience of awe that leads to an appreciation of the natural world and therefore a desire to protect and nurture it, to give something back. This is reciprocity and is part of our ecological 'belonging'.

Bio RuthE studied Shinrin Yoku with Stefan Batorij, Nature and Therapy UK, on the CPD Practitioner Training Course, and also recently completed her NCFE Level 2 Certificate in Counselling with a view to continuing her journey to become a nature therapist. She passionately believes that if we can rebuild our relationship to nature as humans, then we will find all the answers we need both mentally and physically but also environmentally and sustainably. We will become part of the planet once more, rather than taking from it. This follows her own journey of healing and recovery, after encountering a life changing event last year that pushed her to explore deeper and more authentic ways of being and connecting.

Sarra and Nick Fairbrother

Indian Temple Dance

Rituals of dance inspired by the Devotional Arts and Temples of Southern India. Experience rhythmical footwork and intricate hand gestures in our offering of flowers and deity invocations. Embody positive affirmations reflecting your aspirations and allow your imagination to take form.

This workshop will be accompanied by mridangam (South Indian Drum)

Bio Sarra has spent 10 years studying indian dance in it's ritual form. Nick has provided percussion support for schools, performance and kirtans.

Sally-Shakti Willow

Poetry Mandala

In this workshop, we will explore techniques for writing co-creatively and collaboratively, whilst also writing poems that are unique to each individual. Together we'll create a mandala of interwoven poems that connect and resonate with one another, weaving a tantra (thread) of words around and through us all.

We'll use this mandala as a poem-meditation within which to both lose and find ourselves and each other.

You'll leave this workshop with a new approach to poetry and a deep experience of connection and community.

Embodying Poetry

This workshop explores the yoga of poetry and the poetry of yoga. Finding our way into our bodies through breath, movement and meditation, we will experiment with writing poetry as an embodied practice. We'll play with words as material objects, rhythms, spacing on the page, poetic form and structure. Writing with, from and through the rhythms and pulses of our own bodies becomes a gesture towards making deeper connections with the embodied presence of others through each poem.

We may also explore methods for performing poetry in ways that engage with the bodies of both speaker and listener. Calling the power of poetic words off the page and into the deep viscera of our own embodied being, we will explore poetry's roots in sound and rhythm. This workshop is suitable for both experienced and beginning writers. The embodied practices can be adapted to suit any body.

Bio Sally-Shakti Willow performs poetry as ritual to open up [r]evolutionary space for positive transformation. She teaches poetry and creative writing at the University of Westminster. Sally-Shakti runs 'Poetry Mandala' and 'Embodying Poetry' workshops, and performs as Yogi Poet Witch. Her poems have been published by Adjacent Pineapple, Eyewear, The Projectionist's Playground and Zarf. Poetry books to date: The Unfinished Dream (Sad Press, 2016) and Atha (Knives, Forks and Spoons, 2019). She's on Twitter: @Spaewitch.
www.sallyshaktiwillow.com www.facebook.com/SallyShaktiWillowYogiPoetWitch

Simon Carey-Morgan

QiGong and Meditation

Simple authentic QiGong for health, vitality and serenity. How to align and energise the whole body in the most natural way to regenerate the innate enjoyment of being a human. This workshop will specifically look to clarify for you the natural distinctions of relaxation into awareness through movement and stillness.

Cranial osteopathy- a clinical approach

An introduction to the world of bodywork rooted in the craniosacral rhythm. Whether you are a bodyworker or not this workshop will give you some skills to develop a new way of touch and release. If you are a parent it will give you a way to unwind your kids into sleep or just connect with them a little better. If you are a yogi it will open up a whole new world of soft opening. We will learn how to release the cranial base and the sacro-iliac joint, two of the main culprits of physical discomfort. Other somewhat magical cures for common ailments will most likely get shared too!

Bio Simon has been practicing Daoist arts for 28 years and is one of the most experienced practitioners of Chinese medicine and internal martial arts in the country. He taught at the International College of Oriental medicine for over 10 years and has been influential in the development of internal arts in Europe. Simon co-founded El Olivar Del Buda, a Tibetan monastery in Western Spain. He has a private practice in Forest Row and teaches throughout the UK.
www.jiejin.co.uk Facebook: Simon Carey-Morgan

Somesh De Swardt

Drumming Circle - A high energy, interactive rhythm and dance experience

A high energy, interactive rhythm and dance experience for all ages. Come and drum for Fun! No experience necessary.

We will use a combination of percussion instruments from around the world as well as dance and singing to create an in the moment rhythm experience.

A community drum circle is an invitation to enjoy natural stress free experience of in-the-moment music using drums and percussion.

Calling our innate sense of beat, we create melodies and rhythms facilitated by a percussion orchestra conductor, who brings our inner rhythmical creative expression. Your facilitator is Somesh De Swardt (more info below)

Open to all ages and all abilities.

All drums and percussion are provided, but please feel free to bring your own.

Bio Somesh started teaching drumming and running his own drum circle's after taking part in a Drum Circle Facilitation course by Arthur Hull 'Drum Circle Guru'. I was so inspired by the power of the drum I travelled to Hawaii in 2001 to take Advanced Facilitation Training with

Arthur Hull.

Somesh founded the company Drum Jam in 2001 and went on to facilitate thousands of groups from nursery kids to a 1000 corporate executives and performing in front of 8000 people in Barcelona. I have also been featured in a number of news articles and on TV like BBC.

Somesh have travelled to the West African Countries of Guinea, Senegal, Ghana & Gambia to find the true teachings from the authentic african master drummers. Since then I have studied with Mamady Keita (Guinea), Yaw Asumadu (Ghana), Sekou Keita (Guinea), Nansady Keita (Guinea) and a number of other fantastic drummers.

Somesh has a passion for teaching drumming to beginners and spreading the message of the drum through connection and inspiration.

www.happydrums.co.uk

www.facebook.com/happydrumssomesh

Sophia Efthimiou

Singing Ourselves Home

Experience the deep bliss we create when we sing together in harmony. Learn beautiful songs, in a range of styles from around the world, to uplift your heart and feed your soul. Everyone is welcome! "If you can talk you can sing, if you can walk you can dance".

Bio Sophia is a singer, choir leader and music teacher based in London and Sussex. She has a unique and infectious style, bringing a sweet balance of humour and depth to her workshops. Her singing workshops are soul inspiring, heart warming and empowering, creating a sense of euphoria and connection for everyone involved.

www.singingourselveshome.com <https://www.facebook.com/zuchoir/>

Sound Travellers

Cacao Ceremony

Sue Clow

Recycled Textile: Rag rug flowers

Make a beautiful flower brooch whilst learning traditional hooking and prodding techniques. At this workshop you will learn how to make big rugs ideal for recycling T-shirts, old jumpers and lots of other clothes whilst going away with a beautiful finished flower to wear.

Recycled Textile: Woolly doodles

Make a brooch, trivet or coaster whilst learning standing wool work. Standing wool is quilling with fabric made by sewing strips of recycled wool blankets, dyed beautiful colours, into spirals and zigzags.

Recycled Textile: Locker hooking

Make a wrist band or a belt whilst learning locker hooking. This is an brilliant technique for recycling light weight fabrics such as cotton, silk and saris into strong rugs.

Bio Sue Clow is a textile artist living in Wild West Wales. She has made a living recycling household textiles for 25years. She enjoys inspiring others to recycle and teaches traditional down to earth skills which are easy to carry on at home. One simple festival workshop could transform your winter evenings and empty your wardrobe!!!

Sue Holmes

Manifestation Cauldron

This workshop for men and women is focused on the magic of the cauldron, invoking creative inspiration, transformation and manifestation. The cauldron alchemically combines fire and

water and symbolises an opportunity to create something new. We will work with shamanic journeying, ritual and movement, conjuring the perfect ingredients to brew and embody potent spells for our lives. We are co-creating this world, each a part of the god/goddess consciousness, and divine power. Bring an intention for something that you are calling into your life - your heart's desire, your soul's longing, your deepest prayer...

Spirit Guides for Stress

How do you deal with the stress or issues in your life? What are your resources? How do you stay healthy? Spirit guides are available to give us power, to share their wisdom. They know the spiritual medicine that we need, that is our true potential and authentic essence. In this workshop we will examine where we most need help - what is your achilles heel, your stumbling block, your most stuck pattern, debilitating stress, troubling issue or stubborn addiction? Using shamanic journeying, ritual and movement, we will forge partnerships with spirit that can lighten our loads, provide keys to transformation and freedom, find gifts beneath problems, and remind ourselves that we are never alone.

www.firehorse.uk.com

www.facebook.com/FireHorseSue

Suresh Kumar

Mantra Healing

Through the power of sound using mantras we will together go on a journey to release patterns of thought and create a clear space for new energies to flow in. Introducing you too the 9 planet mantras that will align you with the galactic frequencies.

Freestyle Shamanic Drumming

Collectively coming together to create magic through drumming, connecting and syncing the energies, whilst unconsciously awakening the inner child to have some fun.

Bio Rooted in India with Mantras and Music I took a deep interest in the power of healing through Sound which led me to taking the path of Shamanism. A musical artist creating mantras, trance, and shamanic Icros, a Shamanic Healing Practitioner and Healer using the power of Mantra inspiring others on their journeys.

www.reelingeraccoon.com

www.facebook.com/Reeling-Raccoon

Tallulah Rendall

Harmonia - Voice & Sound Healing Workshop

Beginning with Qi Gong relaxation exercises and gentle voice warm ups to support the relaxation of the nervous system and nurture our individual connection to our voice. We will then explore how our individual and collective voices can be used for healing, share in song and gentle harmony before entering into a visualisation meditation to set our private intentions for the sound journey.

This will be followed by a Yoga Nidra leading into the sound healing itself where Tallulah combines her angelic and hypnotic voice with Himalayan singing bowls, gongs, sacred song and shamanic drumming.

The focus of Tallulah's work is on heart opening, grounding, manifestation and surrendering that which no longer serves. On empowerment, nurturing & transformation and exploring how this can be achieved through personal and collective sound vibration, qi gong and prayer.

This is supported through her knowledge of Sound, Qi Gong, Chinese Medicine & Somatic Therapy.

"The toning sounds we create individually and collectively combined with song and harmony, the sounds and vibrations created by the gongs and Himalayan singing bowls collectively support the relaxation of our nervous system and enable the parasympathetic nervous system to engage; this is the system that supports rest & digest and thus self-healing. It is often said that the more time we spend with our parasympathetic nervous system engaged the healthier and more resourced we are as individuals.

This workshop teaches ways for the individual to access this on their own, exploring tools for resourcing that can be integrated into everyday life as well as facilitating a sonic space for deep release, play, nurturing and the exploration and setting of intentions." Tallulah Please bring water and yoga mats/sheepskins and blankets to lie on.

Songwriting, poetry and story - writing Workshop

Within these sessions I combine Qi Gong relaxation exercises, mantra and sound techniques to support the relaxation of the nervous system and help bring us into the present moment. From here we attune to our central channel and our individual creative thread. I then guide the participants through various different exercises to facilitate creative expression.

Sofia "With Tallulah's Qi Gong and Creative Expression workshops, I am always inspired to bring the tools she offers home into my daily life. I really appreciate her intuition to help me drop into my body and express my creativity, it is so completely inspiring and life giving!"

Jo "I immediately felt welcomed by Tallulah's warm and healing presence and with that I felt safe to explore my own unique expression. I love the pace in which Tallulah delivers her workshops, she creates space to digest and reflect on the gems she shares. I left her workshop feeling confident, capable and connected. I love this woman. I highly recommend her!"

Bio Tallulah Rendall is a Singer-Songwriter, Multi-instrumentalist, Producer, Sound Therapist, Qi Gong Teacher & Creative Facilitator.

To date she has crowd funded, released and toured worldwide four album: Libellus (2009), Alive (2011), The Banshee And The Moon (2014) and The Liminal (2019)

She currently holds, Harmonia - Voice & Sound Healing Workshops, Wild Singing Workshops, Sound Journeys, Song-Writing Workshops, 1-2-1 Sound Therapy Sessions and Qi Gong Classes.

She currently travels to Cape Town, Costa Rica, India & Europe sharing these offerings and works with:

Rise Up Singing Voice Camp (UK), Silver Linings Retreats (UK), Life Retreat Studio (Cape Town), Soul Stretch Events (UK), Pukka Herbs (UK), The Bristol Bravery School (UK), AndSister (UK)

www.tallulahrendall.com/therapist

www.facebook.com/tallulahrendall

Timaeon

Vision Quest Rebirth

A powerful experience of deep release leading to reconnection with the Self.

Samadhi Meditation

Guided meditation practice.

Bio Timaeon has been leading workshops at Into the Wild since it began and his Vision Quest Rebirth has been the highlight to many people's experience of the festival.

www.timaeontalks.com

www.facebook.com/timaeontalk

Tom Gwilliam

Kirtan and other heart songs

The English Rose Collective. The three of us have been running regular Kirtan events in Brighton sharing hindu, buddhist, sufi and south american shamanic songs. Seb is an amazing percussionist and Elian and I play guitar and sing. We will be touring a number of festivals this year and would love to share our music at your event (last week we held kirtan at shekin ashram)

Both our workshops would be similar and have the same title however we will of course mix up the songs. Our aim is to bring everybody to a place of stillness and possible bliss through group singing and (optional) dancing! We always close with a short, grounding, loving kindness meditation.

Bio I am a yoga teacher and have been sharing Kirtans for the past three years. Elian and Seb are both professional musicians. Elian has been sharing kirtans for over five years and has toured around South America playing at ceremonies. Seb is a guitar teacher and has been playing kirtan for two years.
www.facebook.com/Englishrosecollective

Will Softmore

Deep Dive Trance Dance

Trance Dance has been around for many thousands of years, practiced by Shamans who use it as a healing tool its roots are found within a variety of ancient cultures. Deep dive trance dance brings this form into modern day life. It is a free-form movement space supported by powerful DJ'd and live music (drums and didgeridoo) in which there are no specific dance moves to make or "get wrong".

Primarily the music holds the space for you to move however your body wants to. It is like a rave but without drink or drugs, getting high on our own natural energy, getting "into it" instead of "out of it!" The deep and powerful music selections and timeline of the journey follows a bell curve or wave, starting out calm, increasing in intensity until it comes to a peak, then returning to calmness at the end.

We will incorporate a few tools to support us in coming out of the usual mental chatter: A specific breathing technique, which will be taught at the beginning of the session. A shaking technique to release tension and raise energy, and the option of keeping eyes closed/use of blindfolds to allow you to go deeper in the dance journey.

This will be a safe space and there will be assistance to help prevent accidents.

The only rules are:

- 1) no intoxicants (other than our own breath),
- 2) no talking or using phones on the dance floor and
- 3) respect others' boundaries (i.e. stay with your own experience).

Will Softmore has been DJing since the 90s and has been holding ecstatic dance and trance dance for the past 10 years as well as making his own music.

Mystical Sound Immersion

We invite you to join us on an adventure to the edge of sound and silence, a unique and nourishing experience, offering deep relaxation and rejuvenation for body and soul.

Sound is vibration and our body is consistently self-regulating, in this sense it is also made up of subtle vibrations. There is an interaction between sounds we hear and the body's response to them. In a Sound Immersion we use sound in an intentional way. Scientific studies show that sound can produce changes in the body's autonomic, immune, endocrine and neuropeptide systems. When the body is bathed in beneficial frequencies, it is able to reconfigure and deeply rest.

Added to this is the medicine of poetry, which can provide us with solace and meaning for our lives which are often full of confusion and overwhelm.

The experience takes place lying down with your eyes closed. There will be a brief led meditation/relaxation to assist letting go of thoughts and tension and to bring you into the present moment. Then, arising from silence, we play a range of unusual and ethnic instruments: singing bowls, gongs, chimes, shakers, leaves, didgeridoo, drums, voice, stringed instruments plus other secret tools and toys, including recited mystical poetry to inspire the soul. You'll be transported into an ever evolving soundscape.

As you relax deeper your awareness will become more refined and you can tune into the felt sensations in the body and feel the vibrations of sound moving through and receive the depth contained in the words of the poems. You will find by the end of the workshop you feel quite different from how you were when you arrived.

We look forward to sharing with you a rich, magical experience full of surprises!

(Advise you bring layers and something comfortable to lie on)

Bio Will Softmore is a musician/producer/poet and has been DJing, making music, playing in bands, writing and holding deep and powerful workshops and spaces of transformation both

in the UK and abroad for over 15 years. He plays resonant acoustic instruments such as didgeridoo, guitar, piano, Tibetan singing bowls, drums and electronic instruments and loves working with this combination of ancient and modern technology together. He has trained in various healing and therapeutic arts and therapies and has held trance dance, ecstatic dance, contact improvisation and sound baths and Somatic Flow classes world-wide at festivals, yoga centres and healing centres with much appreciation and acclaim.

www.williamssoftmore.com

www.facebook.com/willsoftmore

Yara Ghrewati

Bushcraft | Natural Shelter Building

Learning more about shelter building in wild woodland environments. You adopt knowledge & skills of the wild enabling you to build your own natural shelter using natural materials that you will forage from the woods and nature around you. Developing team work, bond to the natural world and put shelter building skills to the test!

Bushcraft | Fire Lighting OR Trapping

Discover different fire lighting techniques and improve your confidence towards camping in the wild. Forage for tinder and fuel to create your own camp fire and learn to light them without using lighters or matches.

OR

Discover and learn how to make a snare used for trapping for demonstration purposes only. Learn about UK trapping laws, the differences between hunting and trapping and about the benefits of trapping in the wild.

Bio Yara is a bushcraft, survival & archery instructor working in woodlands in the UK & abroad. She is the founder of outdoor company Wildeye Adventures and an advocate for the Woodland Trust. The UK's largest woodland conservation organisation working to save trees and woodlands in the UK.

www.wildeyeadventures.com

www.facebook.com/wildeyeadventures