

Work shop timetable

Sat Time	What	Where		Sun Time	What	Where
11.00 – 11.45	<p>Dance Meditation with Karen Skehel</p> <p>If you are open to something a little different, this is for you. 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. We will play with earth energy and magic from above.</p> <p>Dance of the heart is an uplifting blend of free expression dance with some relaxing moving mediation. As there are no steps to learn, it is ideal for everyone who want to</p>	Work Shop Space		10.30 – 12.00	<p>Dance Meditation with Karen Skehel</p> <p>If you are open to something a little different, this is for you. 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. We will play with earth energy and magic from above.</p> <p>Dance of the heart is an uplifting blend of free expression dance with some relaxing moving mediation. As there are no steps to learn, it is ideal for everyone who want to</p>	Work Shop Space

	<p>benefit from dance, and believes “they can’t dance”, as well as those who can.</p> <p>Dancing with the feet is one thing – dancing with the heart is another.</p>				<p>benefit from dance, and believes “they can’t dance”, as well as those who can.</p> <p>Dancing with the feet is one thing – dancing with the heart is another.</p>	
<p>12.00 – 1.00</p>	<p>A Shamanic Experience: Reclaiming the Voice – there will be drums used during this work shop</p> <p><i>The Power of songs, chants With Lynn Gosney & Touch the Earth</i></p> <p><i>We will use the voice to sing and chant, exploring the most powerful instrument we own... The voice.</i></p> <p><i>As we sing to spirit and our ancestors we will be</i></p>	<p>Work Shop Space</p>		<p>12.15 – 1.15</p>	<p>A Shamanic Experience: Reclaiming the Voice – there will be drums used during this work shop</p> <p><i>The Shamanic Journey Power Animals & Allies with Lynn Gosney & Touch The Earth</i></p> <p><i>A truly shamanic experience as we take a shamanic journey on the shaman’s horse, the drum.</i></p> <p><i>We will navigate the shaman’s cosmos with pure intent to ask</i></p>	<p>Work Shop Space</p>

	<p><i>discovering the diversity and range of the sound within.</i></p> <p><i>We will work with new songs and chants as well as old familiar ones</i></p> <p><i>We will find how the songs can move the energy, how they can help us to heal. How songs have deep and profound messages within them.</i></p> <p><i>Come and be a part of a special workshop where we will just be</i></p> <p><i>Please note you do not have to be able to sing to take part in this</i></p>			<p><i>to meet with our power animals and allies. We will greet them and ask if they would help us now as we walk in the middle world.</i></p>	
<p>1.15 – 2.00</p>	<p>Belly Dance with Badra – learn to do “The Witches Dance” If you can bring along your besom please, that’s a broom to the uninitiated! – or anything else you may have – broom handle, staff, walking stick.</p>	<p>Work Shop Space</p>	<p>1.30 – 2.00</p>	<p>Sock Poi – with Jason Lycan Peet of Lycan Fire</p> <p>Come practise your skills and have some fun.</p> <p>... obviously without the fire ☺</p>	<p>Work Shop Space</p>

	Don't worry if you don't have anything – we will improvise. You will then be invited to dance with Badra in their 8.15pm performance.				
2.15 – 2.45	Dance Meditation with Karen Skehel See above	Work Shop Space	2.15 – 3.00	<p>Dance Meditation with Karen Skehel</p> <p>If you are open to something a little different, this is for you. 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. We will play with earth energy and magic from above.</p> <p>Dance of the heart is an uplifting blend of free expression dance with some relaxing moving mediation. As there are no steps to learn, it is ideal for everyone who want to</p>	Work Shop Space

					benefit from dance, and believes “they can’t dance”, as well as those who can. Dancing with the feet is one thing – dancing with the heart is another.	
3.00 – 3.30	Hula Hoop with Lexi Silverton of Spin Spirit – come shake your booty and learn how it is done. Lexi has stated that “everyone can learn how to hula hoop”.	Work Shop Space				
3.45 – 4.45	American Tribal Style Belly Dance with Helen Milne – sister studio to Hara Tribal Come and try an exciting, improvised, folkloric dance called ATS® (American Tribal Style®) Tribal Bellydance. Helen is a certified sister studio	Work Shop Space		3.15 – 4.00	Boudica Border Morris Dancers These awesome dancers just want to show you how it is done. Come along and ... well you never know, you may be a Boudica Border Morris Dancer in the making.	Work Shop Space

	<p>teacher for Hara Tribal Bellydance and will introduce you to the basic elements of this unique dance.</p> <p>This style of Tribal Bellydance is a modern improvised dance inspired by the folk dances of North Africa, India, Spain and the Middle East. The mesmerizing sounds, hypnotic moves and exotic and authentic costuming and adornment, makes this like nothing else you have seen.</p>				Traditional dancing at it's finest.	
5.00 – 5.45	<p>Belly dance with Vagabond Essentia</p> <p>Gypsy Tribal Fusion</p> <p>In this Gypsy dance workshop we will whirl you into a tempest of fun, freedom and strength. Incorporating lively rhythms and strong feminine forms to present a wild and evocative performance which will invigorate you from your</p>	Work Shop Space		4.15 – 5.00	<p>Belly dance with Vagabond Essentia</p> <p>Temple dance workshop</p> <p>Join Vagabond Essentia for a calm and considerate workshop of temple dance. Combining moves and techniques inspired by Bharatnatyam, Kathak, and traditional Folk dancers, you will be absorbed by the slow and meticulous spectrum of movements and help to create a</p>	Work Shop Space

	finger tips to your toes. With the added use of live percussion, you will be beguiled, captivated and hungry for more.				natural spiritual; flow to help cleanse and recharge the body and spirit.	
				5.15 – 5.45	Hula Hoop with Lexi Silverton of Spin Spirit Come shake your booty and learn how it is done. Lexi has stated that “everyone can learn how to hula hoop”.	Work Shop Space

Lots more happening around the festival – look out for ...

The Raven Drummers will be inviting you to join them after they have played to try out the drums. FREE

Paul Wilcox: Reiki Chakra balancing and an Orgone Pyramid Workshop on Saturday. FREE

Linda Forder: Psychic Medium who connects with loved ones in the spirit world to give messages to loved ones here, the Earth Plane.

Lynda La Fay will be holding space with her Green Temple of the Goddess and Green Man and tarot readings. FREE

Dawn Meadows of Crystal Wisdom will be holding crystal workshops in the Barn throughout the weekend.

Harmony, balance and wellbeing with Crystals. Crystals have an amazing energy, they work in harmony with our own energies and that of the environment we live in. Learn how you can work with the energy of crystals to bring balance, harmony, protection and abundance into your life.

See Dawn at her stall inside the barn for details regarding time booking your place.

FREE

There will be many more opportunities for healing and readings.

Once having taken a stroll around you are sure to find something that is right for you.

You may have to book some of the workshops because of limited numbers.

Please look out for the booking sheets.

All of the above BOXED workshops are FREE – please check when booking if there is a charge for any happening outside of the Workshop Area.

Thank you – have an awesome weekend ☺ x