

MORNING LINE UP					
Time	Mon 29 December	Tue 30 December	Wed 31 December	Thu 1 January	Fri 2 January
7:00	Morning Gorge Run with Kurt Forest (meet at the Yellow School Bus) 07:00 - 08:00	Hatha Yoga Flow with Jean-Paul Yoga Barn 07:00 - 08:00	Secret Sunrise with Nikki Main Stage 07:00 - 08:00		
8:00	Gentle Yoga with Emma Main Stage 08:00 - 09:00	Vinyasa Flow with Mina Main Stage 08:00 - 09:00	Energetic Harmony Yoga with Luna & Michael Main Stage 08:00 - 09:00	Kiddies Movement with Luna Yoga Barn 08:00 - 08:30	Gentle Yoga with Emma Main Stage 08:00 - 09:00
	Kiddies Yoga with Tara Yoga Barn 08:00 - 08:30	Guided Visualisation with Ella Yoga Barn 08:00 - 09:00			
9:00	Soul Alchemy with Cheye Main Stage 09:00 - 10:30	Tri-Modal Breath & Movement with Oli Main Stage 09:00 - 10:30	Tri-Modal Breath & Movement with Oli Main Stage 09:00 - 10:30	Energetic Harmony Yoga with Luna & Michael Main Stage 09:00 - 10:00	Psychedelic Breathwork with Karoline Main Stage 09:00 - 10:00
10:00		Kiddies Land Art Workshop with Spiritlab Ceramics Forest (meet at the Yellow School Bus) 10:00 - 11:00 *Rain venue = Yurt	Wood Carving Workshop with Connor Farmhouse Lawn 10:00 - 12:30 *Rain venue = Yurt	Tri-Modal Breath & Movement with Oli Main Stage 10:00 - 11:30	
			Kiddies New Years Crafts with Denver Wild Spirit Deck 10:00 - 11:30		
10:30		Ecofluency: Nature Communication with Saskia The Sanctuary 10:30 - 12:00		Finding Balance through Ayurveda with Jean-Paul The Sanctuary 10:30 - 12:00	
		Vocal Exploration with Amy Log Cabin 10:30 - 12:00		Cyclical Living with Emma Yoga Barn 10:30 - 12:00	
11:00	Creative Songwriting Workshop with Natali Studio 11:00 - 12:30 R180 suggested donation	Panpipe Bottle Blowing Circle with Davide Forest (meet at the Yellow School Bus) 11:00 - 12:00 *Rain venue = Yurt	Psychedelic Breathwork with Karoline Yoga Barn 11:00 - 12:30		
	Biodynamic Beekeeping with Ola Forest (meet at the Yellow School Bus) 11:00 - 13:00	Stress Management with Emma Yoga Barn 11:00 - 12:30	Animal Communication with Kate The Sanctuary 11:00 - 12:30		
	Wood Carving Workshop with Connor Farmhouse Lawn 11:00 - 13:30 *Rain venue = Yurt		Vocalbloom with Natali Studio 11:00-12:30 R180 suggested donation		
11:30			Biomimicry Design Sprint with Jane Wild Spirit Deck 11:30 - 13:00		