

## MORNING LINE UP

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