

# &BEYOND 2021 PROGRAMME

## WEDNESDAY ~ *HOME*

12.30PM Arrivals

### AFTERNOON

3.30PM Sacred songs, world music & games

6.30-7.30 PM DINNER

### EVENING

8PM Opening ceremony & Jam

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## THURSDAY ~ *JOY*

### WAKE UP

6.30AM Vipassana meditation

7AM Wild Swimming & Pranayam

8AM Kundalini Yoga & Meditation morning practice

9.30-10.30 AM BREAKFAST

### MORNING

11AM Forest Bathing & Underworld Guided Journey

2-3PM LUNCH

### AFTERNOON

3.30PM Ayurvedic Cooking workshop

6-7 PM DINNER

### EVENING

8PM Singing, chanting & storytelling & fireside open mic

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## FRIDAY ~ *INSIGHT*

### WAKE UP

6.30AM Vipassana meditation

7AM Nauli Kriya & Isis Ceremony & Wild Swimming

8AM Kundalini Yoga & Meditation morning Practice

9.30-10.30 AM BREAKFAST

### MORNING

11AM Yoga for Your Nature workshop

1.30-2.30 PM LUNCH

### AFTERNOON

3.30PM Elements of Life workshop

6.30-7.30 PM DINNER

### EVENING

8PM Great Gathering Welcome Circle, Kirtan & fireside open mic

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## SATURDAY ~ *CONNECTION*

### WAKE UP

6.30AM Vipassana meditation

7AM Wild Swimming & Pranayam

8AM Kundalini Yoga & Meditation morning practice with live music

9.30-10.30 AM BREAKFAST

### MORNING

11AM Tree Meditation

2-3PM LUNCH

### AFTERNOON

3.30PM Liminal Yoga & Gong workshop

6.30-7.30 PM DINNER

### EVENING

8PM Dance, Fire Ceremony & Gong Bath

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## SUNDAY ~ *UNITY*

### WAKE UP

6.30AM Vipassana meditation

7AM The Stones - River Ritual

8AM Gentle yoga, gong & chanting

9.30-10.30 AM BREAKFAST

### MORNING

11AM Yoga Gong & Chanting workshop

1.30-2.30 PM LUNCH

### AFTERNOON

3PM Closing ceremony

4.30PM SNACKS

Departures from 5pm

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