



# Childrens Camp GB Kundalini Yoga Festival 2019 Schedule



	Tuesday 28th May	Wednesday 29th May	Thursday 30th May	Friday 31st May	Saturday 1st June
---- Aquarian Sadhana for the Whole Family 5.00 - 07.30 ---- Aquarian Sadhana for the Whole Family 5.00 - 07.30 ---- Aquarian Sadhana for the Whole Family 5.00 - 07.30 ----					
--- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 -----					
<b>Morning Activity 1</b> 9.45-10.45	<b>Den Building Outdoors</b> Nick	<b>Pebble Meditation</b> Yelena	<b>Forest Walk</b> Nick	<b>Chocolate Making</b> with Danny or <b>Visit the Mystic Mountains</b> family yoga with Priya	<b>Yoga Adventures</b> family yoga with Priya
<b>Morning Activity 2</b> 10.45-11.45	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>
<b>Morning Activity 3</b> 11.45-12.45	<b>Movement, Meditation and Mantra</b> Kiran	<b>Forest Songs</b> Nick	<b>Visit the Yogic Park</b> family yoga with Priya	<b>Family Celestial Communication</b> Wioletta	<b>Chocolate Making</b> with Danny or <b>Bhangra Dance</b> Jagss & Kiran
---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ----					
<b>Afternoon Activity 1</b> 2.45-3.45	<b>Jungle Collage</b> Mirka	<b>Crown Jewels</b> Mirka	<b>Chakra Painting</b> Maya	<b>Tree Movement &amp; Mantra</b> Kimba	<b>Fire Pit &amp; Nature Blessings</b> Nick & Kimba
<b>Afternoon Activity 2</b> 3.45-4.45	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>	<b>Free Play, Snack &amp; Story Time</b>
<b>Afternoon Activity 3</b> 4.45-5.45	<b>Journey through the Chakras</b> Yelena	<b>Drama Workshop</b> Anita	<b>Mantras for the Family</b> Anand Kirtan & Family	<b>Outdoor Treasure Hunt</b> Nick	<b>Mask &amp; Costume Making</b> with Mirka or <b>Make Dream Catchers</b> Emmi
----- All Camp Meditation - 18.00 - 18.30 ----- All Camp Meditation - 18.00 - 18.30 ----- All Camp Meditation - 18.00 - 18.30 ---- All Camp Meditation - 18.00 - 18.30 ----					
--- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ----					

**You maybe sleepy and ready for bed by 8pm but if you've still got lots of energy left, ask your parents about the evening Programme**