



2024 Festival Schedule

(The schedule is subject to change)

Embrace Your Power - Rise With Passion & Purpose

We in the festival community want to support you in rising up as a collective spirit; to awaken; to heal; to embrace your power, your creativity, and your heart's passion for what you most deeply desire.

	Saturday 25th May	Sunday 26th May	Monday 27th May	Tuesday 28th May	Wednesday 29th May													
Yoga Room 1 Sadhana 5.00-7.30	<p style="text-align: center;">Reception opens at 13.00</p> <p style="text-align: center;">13.30-14.45 Room 1 Singing Bowl Bath with GuruJ (Join at any time)</p>	Sadhana with Angad Kaur & Madeleine Honor		Sadhana with Ishwara Kaur & Kirpal Singh		Sadhana with Victoria Amore, Laura Hinde, Dr Haridass Kaur, Harsimmren & Harman Singh		Sadhana with GBKYF Core Team										
Gurdwara		-- Gurdwara 7.30-8.15 ----- Gurdwara 7.30-8.15 ----- Gurdwara 7.30-8.15 ----- Gurdwara 7.30-8.15 ----- Gurdwara 7.30-8.15 ----- Gurdwara 7.30-8.15 -----																
Breakfast		-- Breakfast - 8.00 ----- Breakfast - 8.00 ----- Breakfast - 8.00 ----- Breakfast - 8.00 ----- Breakfast - 8.00 ----- Breakfast - 8.00 ----- Breakfast - 8.00 -----																
Yoga Workshops 10.00 - 12.30		<i>Room 1</i> The Power of Love with Kirpal Singh		<i>Room 2</i> I Can See Your Halo with Victoria Amore		<i>Room 1</i> Gentle Power (Yoga for Healing & Chronic Illness) with Chiara Lyons & Amrit Jiwan		<i>Room 2</i> Unleash Your Potential with Laura Hinde		<i>Room 1</i> Chanting Suniai with Victoria Amore & Amrit Jiwan		<i>Room 2</i> Everything is Vibration with Madeleine Honor		<i>Room 1</i> Wisdom of the Elements with Angad Kaur		<i>Room 2</i> Soulfull Living - Embrace your Purpose with Adeline Izza		
Red Tent 10.00 - 12.00		Seva - Yor Life's Journey with Bhavan Seva Traditional Red Tent with Laura				Moon Cycles & Moon Points with Victoria Amore		The Thirteen Allies Practice with Yelena		Feminine Leadership with Ishwara								
Children's Camp 09.45 - 12.45		Yoga & Pottery (5-8s & under 5 with adult) with Beth		Chakra Dance (9+) with Tina		Drama (5-8s & under 5 with adult) with Jo		Acrobatics (9+) with Beth		Games (5-8s & under 5 with adult) with Tina		Self Belief Yoga (9+) with Jo		Lavender Eye Pillows (5-8s & under 5 with adult) with Beth		Yoga & Craft (9+) with Jo		
Lunch	---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ---- Lunch - 13.00 ----																	
Prayer Room	Silence - 13.45 ----- Silence - 13.45 ----- Silence - 13.45 ----- Silence - 13.45 ----- Silence - 13.45 ----- Silence - 13.45 ----- Silence - 13.45 ----- Silence - 13.45 -----																	
Yoga Workshops 15.00 - 17.30	<i>Room 1</i> 15.00 - 17.30 The Heart of Discovery with Angad Kaur		<i>Room 2</i> 15.00 Flower Moon Ceremony with Madeleine Honor		<i>Room 1</i> 15.00 - 17.30 The Power of Trust with Ishwara Kaur		<i>Room 2</i> 15.00 Soulful Chants with Harman Singh		<i>Room 1</i> 15.00 - 17.30 Activate the Power of your Mind with Dr Haridass Kaur		<i>Room 2</i> 15.00 Voice your Grace Kirpal Singh		<i>Room 1</i> 15.00 - 17.30 We are We, We are One with Antarpreet Kaur		<i>Room 2</i> 15.00 Sacred Dance Ishwara Kaur		<i>Room 1</i> 14.00 - 14.45 Closing Ceremony	
Children's Camp 14.45 - 17.45	Nature Mandala (5-8s & under 5 with adult) with Sevak		Painting & Tie-dye (9+) with Rachel & Aslan		Senses & Stories (5-8s & under 5 with adult) with Jo		Giant Catapult (9+) with Rachel		Painting (5-8s & under 5 with adult) with Tina		Chocolate / Sports (9+) with Rachel		Songs & Games (5-8s & under 5 with adult) with Beth		Nature walk (9+) with Sevak			
Meditation	-- Opening Ceremony 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	-- Dinner - 18.30 -- Dinner - 18.30 ---- Dinner - 18.30 ---- Dinner - 18.30 ---- Dinner - 18.30 ----- Dinner - 18.30 ---- Dinner - 18.30 ---- Dinner - 18.30 ---- Dinner - 18.30 ----																	
Evening 20.00 - 21.30 Room 1	Kirtan with Harman Singh, Dr Haridass Kaur, Ishwara Kaur, Kirpal Singh,				5 Rhythms Dance with Victoria Amore Gong Bath with Antarpreet Kaur & Laura Hinde				Fireside Kirtan Beth Dabrowa, Madeleine Honor, Amrit Jiwan, Victoria Amore		SANGAT STARS featuring you!							

We wish you a joyful journey home
Our festival is based on seva, if you are able to offer an hour to help us pack up we would be very grateful

Please visit the: **Bazaar** for free yogi tea & shopping, **Healing area** for therapy appointments, **Gardens** and grounds