



Schedule - Saturday 20th July

Please note, schedules may be subject to change

Time	Wellness Marketplace	WOW Talks The Barn	Jasper Cacao Cafe	Main Stage	Walled Garden	Creative Arts Lawn	Children's Activities	The Waffle Shop Podcast Live	The Drawing Room	Lady Crewe's Bedroom	The Library
ALL DAY		ALL DAY Sarah Lamptey	ALL DAY Jasper Cacao Cafe	ALL DAY Intuitive Readings & Healing	ALL DAY DJ	ALL DAY Live Art	ALL DAY Arts & Crafts	ALL DAY Giant Outdoor Games			
10:00		10:30 Courtney Orange						10:30 Thomas Dunning	10:30 Somatic Workshop for Resetting The Nervous System		
11:00	11:00 Soul Circle	11:15 Paul Sheppard		11:15 Mass Cacao Ceremony	10:45 Breathwork	11:00 Mindful Juggling Workshops	11:00 Skipping Workshops	11:15 Archana Patel		11:00 Macramé Yoga Mat Strap Workshop	
12:00	11:45 Forest Bathing	12:00 Holly Matthews	11:45 Forest Bathing Meeting Point	12:00 Rock Choir	11:30 Crystal Healing Guided Meditation	12:15 Crosslands Music	12:00 Nature Mandalas	12:00 Beata Dzwigol	11:45 Gong Bath		12:00 Vision Board Workshop
13:00		13:45 Fats Timbo	13:15 Sound Bath & Reiki Taster	12:45 Outta Puff Daddys	12:15 Ashtanga Yoga	13:00 BoThai Music	13:30 Rainbow Meditation Stones	12:45 Sophie Beresford		12:45 Goddess Workshop	
14:00		14:15 Maude Hirst	14:30 Cacao Ceremony	13:30 Belly Dancing	13:30 Guided Meditation			13:00 Men's Circle & Hypnotherapy			13:15 Mindful Craft Workshop for Kids
15:00	14:30 Macramé Necklace Workshop	15:00 Taylor James		14:30 Christian Larsman	14:15 Laughter Yoga		14:00 Children & Teenagers Art Classes	14:15 Marcus Kain		14:00 How to Create a Garden Border	14:30 Poetry 101 - Poetry for Beginners
16:00	15:30 Soul Circle	15:45 James Roffey	15:30 Forest Bathing Meeting Point	15:30 Bloco Fogo	15:30 Restorative Yoga	15:30 Mindful Juggling Workshops	15:15 Sound & Senses Maps	14:45 Suzy Cashman	14:45 Mantras & Mudras Healing Circle	15:15 Vaginal Healing	
17:00	15:30 Forest Bathing	16:30 Lauren White		16:00 Somatic Dance Journey Closing Ceremony				15:30 Jane Tarrant	16:00 Crystal Sound Bath		
18:00					16:45 Shamanic Drumming & Healing Circle				17:00 Baby Yoga		