

Time / Space	ARRIVALS – THURSDAY 23rd AUGUST 2018 - THOR’s DAY. CAMP THEME - WEB OF HEARTS <i>Today’s theme: WELCOME HOME!</i>					
	Arrivals and set up from NOON A big warm welcome to our fifteenth Santosa yoga and bhakti camp! It’s our THIRTEENTH ANNIVERSARY (thirteen years and fifteen camps...) and we’re very glad you’re here.					
1630– 1700	SANTOSA arrivals WELCOME HOME TO YOURSELF Hugs and Hellos in the Hanuman Temple TOTAL YOGA NIDRA with UMA in the HANUMAN TEMPLE Come and lay down – rest after your journey and be lulled into a YOGIC SLEEP that will restore and revitalize you Please bring a blanket. We conclude the yoga nidra with welcoming mantras.					
1700 - 1830	MUSIC OF THE SPIRIT : RAVI’s beautiful music and songs in the Temple SOUNDS OF SPIRIT AND SOUL					
1830 -1930	DINNER for EVERYONE in the Annapurna Dining Temple . Ashram style dining means we’ll eat as a family when everyone is here. Please remember to bring your own plate, bowl and cutlery. COMPLIMENTARY HOT CHOCOLATE FOR ALL AROUND THE FIRE 1915					
1930	1930 HANUMAN CHALISA and OPENING WELCOME HOME PRACTICAL MEETING in the HANUMAN TEMPLE					
2015	INFORMAL WELCOME BHAJANS AND KIRTAN WITH our Much appreciated, much beloved Santosa regular morning ANGEL <i>HABIBA and Her Many Friends</i>				ANUSARA inspired FLOW YOGA session in SHAKTI MA – movement to welcome you home – with ARIANNA	
	2145 GOODNIGHT YOGA NIDRA with SINGING BOWLS : Nirlipta and Ling together in HANUMAN Bhakti Temple 2200 TEMPLE DREAMTIME til 0700 tomorrow: 13 dreamers welcome to sleep in the temple each night – bring warm bedding and prepare to be up & out by 0645 tomorrow morning. Dreamshare Matrix for all (no matter where you slept!) round the fire 0645 tomorrow					
DREAM TIME 22.30	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families with young children, dawn-rising larks, yoginis who all need their sleep. If you want to hang out, then do it around the main circle campfire or sauna only please, and keep it SHANTI SHANTI SHANTI					

PLEASE NOTE – THIS IS A PROVISIONAL SCHEDULE AND IS WIDE OPEN TO THE POSSIBILITY OF CHANGE, LOCATION SWAP, AND THE UNFORESEEN ADDITION OF SURPRISING SPONTANEOUS DELIGHTS. Session timings are approximate, and may be lengthened or shortened at discretion of workshop leader. *Santosa = the happy acceptance of what is, as it is*

Time /Space	FRIDAY 24 th August. FREYA's day. Theme for today – Loving welcome					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	DEATH CAFÉ + RED TENT = TIMESHARE
0700 – 0930 check start times	0730-0900 SIVANANDA YOGA Nilakantha	8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 ANUSARA inspired YOGA Arianna	0700 – 0800 Informal yoga space babies & kids welcome – Lucy C	0730-0900 Breathwork, Kriya & MEDITATION Devamurti	
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: Joyful harmony with Eloise . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000– 1030 at the FIRE	OPENING WELCOME FIRST MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). COME AND MEET EVERYONE - GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230 Inside Shiva: UAMSA with Felix Outside PARKOUR GOES WILD Tejo (10 max): 1030 teens and up, 1130 for those < 13	1030 TRANCE and TRANSFORMATION Nirlipta 1215 YOGA NIDRA (Nirlipta)	1030-1230 PARTNER YOGA Lara and Lioba			1030-1230 FIND YOUR VOICE Voice Workshop Eloise	1100 -1200 WOMEN AS ELDERS Annee
1245 - 1400	LUNCH Annapurna Dining Temple. Eating as family when everyone's here so please be in the dining area at 12.40. Bring your plate & cutlery.					
1430 -1500	YOGA NIDRA with Amanda B in HANUMAN TEMPLE			1530 -1630 MAGICAL HERB WALK – Belinda – gather by fire		
1500 – 1700	THAI YOGA MASSAGE workshop Dr Kamaraj	TEACHINGS FROM TURTLE ISLAND Yoli Maya Yeh	NAKED VOICE Workshop Tim Chalice	BIODYNAMIC YOGA Amanda B	MAKE HULA HOOPS! + CIRCUS SKILLS outside til 4pm	Mothers and Girls CIRCLE with Elena in Red Tent
Pre-dinner	1700-1730 HANUMANA CHALISA in Hanuman with Uma 1730-1800 YOGA NIDRA (Theo) in Hanuman					
1800 -1930	DINNER in Annapurna Dining Temple. We eat as family when everyone is here: arrive at 18.00. Please bring your own plate, bowl, cutlery. 1900 KIDS' YOGA NIDRA in Hanuman Temple with Elena (parents with little ones also welcome) Hot chocolate to follow in Chai Shop..					
2000		KIRTAN –Tim Chalice	YOGA OF THE HEART for WOMEN Lorraine	EVENING KIDS – meet at the main fire EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
		YOGA NIDRA - Janine				
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, Chai Shop Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	SATURDAY 25th August. SATURN'S day. Today's theme – Full Moon Eve Magic, Potions and Dreams					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	DEATH CAFÉ & RED TENT events TBC
0700 – 0930 check start times		8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 Meditation + HATHA – Kamaraj	7-8 Informal yoga space babies & kids welcome: Lucy A-W	0730-0900 Breathwork, Kriya & MEDITATION Devamurti)	
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: Joyful harmony with Eloise . For everyone with heart & voice. Bring love and smiles to share ...					
1000– 1030 at the FIRE	WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230 Inside Shiva: UAMSA with Felix Outside PARKOUR GOES WILD Tejo (10 max): 1030 teens and up, 1130 for those < 13	1030 –1230 YONI SHAKTI YOGA Uma 1215 YOGA NIDRA (Uma)	SCARAVELLI YOGA Claudia	FOR TEENS: TEACHINGS FROM TURTLE ISLAND Yoli Maya Yeh	1030 YOGA OF HERBS Yoga and Ayurveda workshop: Ariadna	1100-1200 WELCOME TO THE DEATH CAFÉ Annee	
		LAUGHTER YOGA APERITIF – Shaku Just before lunch outside the dining temple				
1245 - 1400	LUNCH Annapurna Dining Temple . Eating as family when everyone's here so please be in the dining area at 12.40. Bring your plate & cutlery.					
1430 -1500	TOTAL YOGA NIDRA in HANUMAN (Lucy A-W)				ORIGAMI in the dining temple	CIRCUS SKILLS til 4
1500 –1700	THAI YOGA MASSAGE Dr Kamaraj	CACAO CEREMONY 1500-1730 Ben, Eliza, Keef, Wioletta	YOGA OF THE HEART for WOMEN Lorraine	BIODYNAMIC YOGA Amanda B		
	1700-1730 Pre-dinner HANUMAN CHALISA with Uma / Habiba in Hanuman 1730-1800 YOGA NIDRA (Devamurti) in Hanuman					
1800 -1930	DINNER in Annapurna Dining Temple . We eat as family when everyone is here: arrie at 18.00. Please bring your own plate, bowl, cutlery. 1900 KIDS' YOGA NIDRA in Hanuman Temple with Elena (parents with little ones also welcome) Hot chocolate to follow in Chai Shop.					
2000	ANUSARA inspired FLOW YOGA Arianna	KIRTAN - BABAJI TEMPLE SINGERS 2200 YOGA NIDRA (Theo)	1900 - 2000 TIME FOR CONVERGENCE – Fireside gathering with Yoli Maya Yeh, to bring connection with Teachings from Turtle Island		EVENING TEENS/ TWEENS - meet at teen fire Free spaces available. Share plans morning meeting	
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	SUNDAY 26th August. Today's theme : Sharing Love – Full Moonshine, Loving everyone					
By fire or in Hanuman Temple	SPECIAL FULL MOON MORNING PROGRAMME : HAVAN (SACRED FIRE CEREMONY) with JAI KRISHNA OUTSIDE THE TEMPLE from 0630 til 0830 All welcome – come clean, freshly washed (showers available from early morning) come with a smile before breakfast, come with an open and devoted heart to make offerings to the FIRE with MANTRA (words of power) and sacred song					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	DEATH CAFÉ & RED TENT events TBC
0700 – 0930 check start times	0800-0900 Meditation + HATHA – Kamaraj	8 - 9 BHAJANS (after HAVAN is over) Habiba & Buddhenath	0730 – 0900 MORNING FLOW with Gladey	7-8 Lucy A-W Informal yoga space babies & kids welcome	0730-0900 Breathwork, Kriya & MEDITATION Devamurti	
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: Joyful harmony with Eliza . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000– 1030 at the FIRE	WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230 Inside Shiva: UAMSA with Felix Outside PARKOUR GOES WILD (10 max): 1030 kids <10 1130 teens and >10 Tejomaya	1030 – 1215 WORLD HEART CIRCLE Song Ceremony - Eliza 1215 YOGA NIDRA Lucy A-W	1030 CHI YOGA Barry Kristadas	1030 SCARAVELLI YOGA Claudia 1030-1230	1200 – 1245 108 SURYANAMASKARA SUNDAY SPECIAL outside with Dr Kamaraj	SANTOSA BAZZAAR DURING and after LUNCH	1045 – 1230 Circle of Grief and Praise for Women Humbly offered by Uma and Yoli
1245 - 1400	LUNCH Annapurna Dining Temple. The yoga of eating together. Please be in the dining area at 12.40. Bring your plate & cutlery.					
1430 -1500	YOGA NIDRA with Singing Bowls in HANUMAN with Uma and Ling					CIRCUS SKILLS til 4pm
1500 – 1700	PARTNER YOGA Lioba and Lara	FULL MOON SOUNDBATH Ling	YOGA OF THE HEART for WOMEN Lorraine		HERBAL TONIC MAKING Belinda – bring a jar	1600 WOMEN & GIRLS' CIRCLE with Elena
Pre-dinner pause	1700-1730 HANUMAN CHALISA Habiba and Uma in Hanuman 1730-1800 YOGA NIDRA (Amanda B) in Hanuman			SHAKTI MA 1700 – 1800 MAKING FLOWER CROWNS inspired by FRIDA KAHLO: Amanda B		
1800 -1900 DINNER in Annapurna Dining Temple. We eat as family when everyone is here: Please bring your own plate, bowl, cutlery. 1900 KIDS' YOGA NIDRA in Hanuman Temple with Uma (parents also welcome)						
1930	DANCE MANDALA Shaku	SIVAANI MATA & friends: KIRTAN YOGA NIDRA Barry	In the temple after Nidra - NAMES OF MA - Antarma	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	MONDAY 27th August. MOON's day. Today's theme – CELEBRATING the EMBRACE OF the DEEP FEMININE					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT & DEATH CAFÉ events TBC
0700 – 0930 check start times	0730-0900 Meditation + HATHA YOGA Kamaraj	7-8 BABAJI ARATI Sivani 8 - 9 BHAJANS Habiba & Buddhenath	7.30-9 MORNING FLOW YOGA Janine	7 – 8 Informal yoga space for self practice babies & kids welcome	0730 - 0900 Breathwork, Kriya & MEDITATION Devamurti	
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: with Eloise. For everyone with heart & voice. If wet, in Dining Temple.					
1000– 1030 at the FIRE	WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230 in Shiva UAMSA with Felix 1030 Outside PARKOUR GOES WILD 1030 kids <10 1130 teens and >10 Tejomaya	1030-1215 HONOURING WISDOM GODDESSES Uma & Sivani 1215 YOGA NIDRA Uma & Sivani	PARTNER YOGA Lioba and Lara SANTOSA BAZZAAR - DURING and after LUNCH in and around dining temple	1030 -12 ANUSARA inspired FLOW Arianna	1030-1230 CHI YOGA Barry	1030 AYURVEDA FOR WOMEN Yoga and Ayurveda workshop: Ariadna	
1245 - 1400	LUNCH in Annapurna Dining Temple. We eat as family when everyone is here . . .				LALITA SAHASRANAN 1000 Names of the Mother – Antarma in HANUMAN 1415 til 1530	
1430 -1500	YOGA NIDRA in HANUMAN TEMPLE: (Barry) 1430-1500					
1500 – 1700	SHAMANIC YOGA Sam	MYSTIC POETS Sivani, Uma, Antarma & Friends: Songs & Poems	KASHMIR YOGA Veronika		SACRED ACTIVISM Vandita	WOMEN ONLY: loving our breasts – deeply healing self massage + Goddess Giggle Puddle Amanda
Pre-dinner pause	1700-1730 HANUMAN CHALISA in Hanuman 1730-1800 YOGA NIDRA (Janine) in Hanuman	OUTDOOR GAMES FOR ALL with Kevin from 1600 til 1730 (and maybe up till dinner for those who wish to continue the fun)				
1800 -1930	DINNER in Annapurna Dining Temple. We eat as family when everyone is here: arrive at 18.00. Please bring your own plate, bowl, cutlery. 1900 KIDS' YOGA NIDRA in Hanuman Temple with Uma (parents with little ones also welcome) Hot chocolate to follow in Chai Shop..					
2000		1930 KIRTAN with BARRY KRISTADAS and SAM our Cornish BHAKTI Brother & Sister Total Yoga NIDRA (Theo)	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting			
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep.If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	TUESDAY 28th August. MARS' day. Today's theme – CELTIC YOGA – of interweaving, in the Thin Places between Life and Death					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	DEATH CAFÉ & RED TENT events TBC
0700 – 0930 check start times	0730 SURYA NAMASKAR Dr Kamraj	7-8 BABAJI ARATI Sivani 8 - 9 BHAJANS Habiba & Buddhenath	7.30 -9 ANUSARA inspired FLOW Arianna	7 – 8 Informal yoga space for self practice babies & kids welcome	0730-0900 Breathwork, Kriya & MEDITATION Devamurti)	
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: Joyful harmony with Eloise . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000– 1030 at the FIRE	WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 - 1230	Inside/outside Shiva: UAMSA with Felix Mixed Spiritual Arts	1030 RHYTHMS OF LIFE Sivani 1215 YOGA NIDRA Sivani 1230 –1400 NAMES OF MAA - Antarma	1030-1230 SHAMANIC YOGA Sam Ahern	1030-1230 KUNDALINI YOGA With rebirthing kriya Anjali Joanna	*SANTOSA BAZAAR DURING and after LUNCH... bring and BUY	1100-1200 WELCOME TO THE DEATH CAFÉ Annee
1245 - 1400	LUNCH in Annapurna Dining Temple. Please arrive 12.40 Bring your own plate, bowl and cutlery. After lunch ORIGAMI in DINING TEMPLE					
1430 -1500	YOGA NIDRA in HANUMAN (Theo)		CIRCUS SKILLS til 4pm			
1500 – 1700	LAUGHTER YOGA 1600-1700 Shaku	VEDIC CHANT Craig Nadashakti	5 ELEMENTS YOGA Yoli Maya Yeh	YOTISM – Yoga for Autism: Veronika	PLANT SPIRIT Connection Belinda – bring pen & pad	1715 YOGA BLOSSOMS MOTHERS and GIRLS' CIRCLE with Elena in Red Tent
Pre-dinner pause	1700-1715 HANUMAN CHALISA Uma 1715 - 1730 YOGA NIDRA (Amanda B)					
EARLY DINNER	EARLY DINNER in Annapurna Dining Temple. Eat as family when everyone is here: arrive at 1730. Please bring your own plate, bowl, cutlery. 1815 – 2015 CAMP CEILIDH with Kevin in the Temple (or outside if warm)					
2000	FORREST YOGA Craig Nadashakti	2030 DREAMSONG in the TEMPLE Susie Ro + Uma + Celtic Yoga nidra	EVENING TEENS/ TWEENS - meet at the teen fire			
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep.If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	WEDNESDAY 29th Aug. MERCURY's day. Today's theme: HEADSPACE! Communications, Research, Connections: Yoga of Knowledge					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	DEATH CAFÉ & RED TENT events TBC
0700 0930	0730-0900 Meditation + HATHA YOGA Kamaraj	7 – 8 BABAJI ARATI Sivaani 8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 SIVANANDA YOGA Nilakanth	7 – 8 Informal yoga space for self practice babies & kids welcome	0830-0900 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	
0815 – 0930 BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.						
0930	CAMP HEARTSONG BY FIRE: Joyful harmony with Susie Ro . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000	AT THE FIRE: WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
10 30 12 30	Inside Shiva: UAMSA with Felix;	1030 YONI SHAKTI YOGA: Uma 1215 YOGA NIDRA Uma	FORREST YOGA Craig Nadashakti 1300 BY THE FIRESIDE LUNCH with Q & A on TEACHINGS FROM TURTLE ISLAND Yoli Maya Yeh	1030 KASHMIR YOGA Veronika	FIND YOUR VOICE VOICE WORKSHOP Eloise	1030 – 1200 FACING OUR OWN MORTALITY Annee
1245- 1400 LUNCH in Annapurna Dining Temple . Eat as family when everyone is here so please arrive 12.40 Bring your own plate, bowl and cutlery						
1430	YOGA NIDRA (Nilakantha) HANUMAN TEMPLE					
1500 – 1700	BIODYNAMIC YOGA Amanda	VEDIC CHANT Craig Nadashakti	KUNDALINI YOGA Satya Prakash Kaur (Bring a blanket)	POST-LINEAGE YOGA Discussions Theo	All families/couples/friends: Watering the Flower of	
Pre- dinner	1700-1730 HANUMAN CHALISA Uma in Hanuman 1730-1800 YOGA NIDRA (Janine) in Hanuman	All free spaces available. Share plans at morning meeting.		Appreciation Ceremony Elena		
1800 - 1930	DINNER Annapurna Dining Temple . We eat as family when everyone is here: arrive at 1740. Please bring your own plate, bowl, cutlery. 1900 KIDS' YOGA NIDRA in Hanuman Temple with Elena (parents with little ones also welcome) Hot chocolate to follow in Chai Shop.					
2030	DANCE YOUR CHANTS Shaku	COMMUNITY CIRCLE KIRTAN SHARE YOGA NIDRA Amanda H	INDIAN HATHA YOGA Dr Kamaraj	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
2230	DREAM TIME QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	THURSDAY 30th August. THOR'S day. Today's theme – YANG Chi: Celebrating the SOLAR MASCULINE					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE.					
SPACE TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	DEATH CAFÉ & RED TENT events TBC
0700 0930	0730-0900 Meditation + HATHA YOGA Kamaraj	7 – 8 BABAJI ARATI Sivaani 8 - 9 BHAJANS Habiba & Buddhenath	0730 – 0900 MORNING FLOW with Gladey	7 – 8 Informal yoga space for self practice babies & kids welcome	0830-0900 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	
0815 – 0930 BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.						
0930	CAMP HEARTSONG BY FIRE: Joyful harmony with Siri Sadhana . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000	AT THE FIRE: WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 1230	Inside Shiva: UAMSA with Felix	1030 MANTRA DANCE Siri Sadhana 1215 YOGA NIDRA Amanda H	1030-1200 PARTNER YOGA Lioba and Lara	1030-1200 SIVANANDA YOGA Nilakanth	1030 FOOD AS MEDICINE Ayurvedic cooking: Ariadna	
1245- 1400 LUNCH in Annapurna Dining Temple . Eat as family when everyone is here so please arrive 12.40 Bring your own plate, bowl and cutlery						
1430	YOGA NIDRA (Nilakantha)	HANUMAN TEMPLE	1400 ORIGAMI after lunch			
1500 – 1700	SHAKTI DANCE Anjali	SOUND BATH + Restorative Yoga + Yin : Ling	KUNDALINI YOGA Satya Prakash Kaur (Bring a blanket)	WILD YOGA Theo	YIN YOGA Amanda H	HONOURING OUR ANCESTORS & TENDING GRIEF Annee
Pre- dinner	1700-1730 HANUMAN CHALISA Uma in Hanuman 1730-1800 YOGA NIDRA (Devamurti) in Hanuman	SHAKTI MA 1700 – 1800: FLOWER CROWNS to make, FRIDA KAHLO inspired: Amanda B				
1800 - 1930	DINNER Annapurna Dining Temple. We eat as family when everyone is here: arrive at 1740. Please bring your own plate, bowl, cutlery.					
	1900 KIDS' YOGA NIDRA in Hanuman Temple with Elena (parents with little ones also welcome) Hot chocolate to follow in Chai Shop.					
2030		MAA KIRTAN – VANDITA, ANTARMA YOGANIDRA (Janine)	KASHMIR YOGA - Veronika	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
2230	DREAM TIME QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	FRIDAY 31 st August. FREYA's day. Today's theme: – Loving Web : Collaboration and Community					
By fire or in Hanuman	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT & DEATH CAFÉ events TBC
0700 – 0930 check start times	0730-0900 INDIAN HATHA YOGA Dr Kamaraj	7-8 BABAJI ARATI Sivani 8 – 9 BHAJANS Habiba & Buddhenath	7.30 -9 KUNDALINI YOGA Satya Prakash Kaur (bring blanket)	7 – 8 Informal yoga space for self practice babies & kids welcome	0830-0900 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	0700-1000 Available for therapist appointments
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: Joyful harmony with Eliza. For everyone with heart & voice. In Dining Temple if wet. Bring love & smiles to share ...					
1000– 1030 at the FIRE	WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230	Inside Shiva Nataraj: DANCE YOUR CHANTS with Shaku Outside UAMSA with Felix;	1030 BIG DREAM MATRIX Uma; + 1130 CELTIC YOGA, RIVERS OF HONEY; 1230: YOGA NIDRA	1030 5 ELEMENT YOGA Yoli Maya Yeh	1030 SIVANANDA YOGA: Nilakantha	FIND YOUR VOICE SINGING for JOY Eloise SANTOSA BAZZAAR DURING and after LUNCH	
			SANTOSA 2019 FUTURE VISIONING MEETUP Meet at the fire to eat together around 1300			
1245-1400	LUNCH in Annaurna Dining Temple. Eat as family when everyone is here so please arrive 12.40 Bring your own plate, bowl and cutlery.					
1430 -1500	YOGA NIDRA (Theo) in HANUMAN TEMPLE		Look out for after lunch ORIGAMI ... in DINING TEMPLE CIRCUS SKILLS 1500-1600			
1500 – 1700	ANUSARA inspired flow Arianna	SWEET as HONEY Bhakti workshop Sivani	CONTACT IMPROVISATION : Sam B	WILD YOGA Theo	SACRED ACTIVISM Talk and Blessing Vandita	
Pre-dinner	1700-1730 HANUMAN CHALISA in Hanuman		1730-1745 YOGA NIDRA (Sivani) in Hanuman.			
1800 - 1930	DINNER Annapurna Dining Temple. We eat as family when everyone is here: Please bring your own plate, bowl, cutlery.					
2030	KIRTAN: SOLAR SIMO and friends YOGA NIDRA (Devamurti) after Bhakti arc completes		ANUSARA INSPIRED FLOW with Arianna	EVENING KIDS – meet at the Chai Shop EVENING TEENS/ TWEENS - meet at the teen fire MUSIC AT the fire sweet secular vibes Open to suggestions! Share your plans at morning meeting		
DREAM TIME 2230	DREAM TIME! QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	SATURDAY 1st September. SATURN's day. Today's theme: – Celebrating Maturity : appreciating opportunities to let go					
By fire or in Hanuman	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE.					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT & DEATH CAFÉ events TBC
0700 – 0930 check start times	0730-0900 INDIAN HATHA YOGA Kamaraj	7-8 BABAJI ARATI Sivani 8 – 9 BHAJANS Habiba & Buddhenath	7.30 -9 MORNING FLOW Janine	7 – 8 Informal yoga space babies & kids welcome with Lucy C	0830-0900 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	
0815 - 0930	BREAKFAST in the Annapurna Dining Temple . Please bring your own plate, bowl and cutlery. Come to the counter to be served please.					
0930 - 1000	CAMP HEARTSONG BY FIRE: Joyful harmony with Eliza. For everyone with heart & voice. In Dining Temple if wet. Bring love & smiles to share ...					
1000– 1030 at the FIRE	WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230	Inside Shiva Nataraj: UAMSA with Felix;	1030 5 ELEMENT YOGA: Yoli Maya Yeh	1030 CONTACT IMPROV: Sam B	1030 KUNDALINI YOGA + Anjali	FIND YOUR VOICE Eloise	
		1215 : YOGA NIDRA Uma	SANTOSA 2019 FUTURE VISIONING MEETUP Meet at the fire before lunch to eat together		SANTOSA BAZZAAR DURING and after LUNCH	
1245-1400	LUNCH in Annaurna Dining Temple. Eat as family when everyone is here so please arrive 12.40 Bring your own plate, bowl and cutlery.					
1430 -1500	YOGA NIDRA in HANUMAN TEMPLE Nirlipta		SANTOSA 2019 FUTURE VISIONING MEETUP after eating together, move into In the temple to talk from 1315 til 1430			ORIGAMI in Dining Temple
1500 – 1700	SHAKTI DANCE Debs	TRANCE & TRANSFORMATION Nirlipta	CACAO Ceremony Sivani	WILD YOGA Theo	CIRCUS SKILLS 15-1600	WOMEN AS ELDERS Annee
Pre-dinner	1700-1730 HANUMAN CHALISA with Uma & Sivani 1730-1745 YOGA NIDRA in Hanuman (Devamurti)					Prep for Parade
1800 - 1930	Early 1745 DINNER Annapurna Dining Temple. We eat as family when everyone is here: Please bring your own plate, bowl, cutlery. ***** 1830 SitaRama Grand Parade ALL Maidens, Warriors, Hanuman & Co, Gods & Goddesses, Demons: begins from SIVA NATARAJ ****1900 CLOSING CEREMONY - PLEASE GATHER AROUND THE FIRE					
2030	Closing evening bhakti celebration KIDS KIRTAN & COMMUNITY CIRCLE KIRTAN YOGA NIDRA (Nirlipta) after Bhakti			EVENING KIDS – meet at Chai Shop EVENING TEENS/ TWEENS - meet at the teen fire Open to suggestions! Share plans at morning meeting		
2230	DREAM TIME! QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time / Space	SUNDAY 2 September - Day of the SUN - Today's theme:: FAREWELL AND SHINE ON!					
Outside Hanuman temple	<p>OM NAMAHA SHIVAYA!</p> <p>7am DREAM SHARE in the TEMPLE</p> <p>LAST MORNING NIDRA with Nirlipta AND UPLIFTING CHANT COMMUNITY CIRCLE IN THE TEMPLE</p> <p>7.30am til 8.30am</p>					
	<p>Goodbye, good travels, Godspeed and farewell from the Santosa yoga and bhakti camp!</p> <p>We're so very glad you came!</p>					
0900 -1030	<p>Goodbye breakfast for everyone who's still onsite in the Annapurna dining room: SEE YOU THERE XXXX</p> <p>IF YOU ARE ABLE TO STAY ON TO HELP WITH TAKE DOWN - THAT'S GREAT! Sign up at morning meeting on Saturday XXXX</p>					

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KIDS PROGRAMME part I - 2018 KIDS/TWEENS/TEENS / Families SANTOSA YOGA CAMP

Events on this programme in GANESHA the kids crafts and activities tent
(first big green tent on right hand side after the temple)

FRIDAY 24th	SATURDAY 25 th	SUNDAY 26 th	MONDAY 27 th
<p>10.00-10.45 Kids Yoga Elena</p> <p>11.00 Parkour Under 10's Tejo</p> <p>12.30 Parkour 11 + Tejo</p> <p>12.15 Family Mindfulness, Meditation and Kidstan preparation Elena</p> <p>3.30 Crafts and Snacks Stin</p> <p>5 Yoga Buds : Girls Coming of Age Circle 9 + Elena</p> <p>7pm Story telling / Nidra & hot chocolate Nicholas, Elena , Lucy</p>	<p>10.00 Mother' s and Babies-crawling Yoga Jess</p> <p>10.00-10.45 Kids Yoga Elena</p> <p>11.00 Parkour Under 10's Tejo</p> <p>11.30 Parkour 11 + Tejo</p> <p>12.15 Family Mindfulness ,Meditation and " Kidstan' Elena</p> <p>3.30 Crafts and Snacks Stin</p> <p>5 Yoga Buds : Girls Coming of Age Circle 9+ Elena</p> <p>7pm Story telling/Nidra & hot chocolate Nicholas, Elena , Lucy</p>	<p>10.00 Mother' s and Babies-crawling Yoga Jess</p> <p>10.00-10.45 Kids Yoga Elena</p> <p>11.00 Parkour Under 10's Tejo</p> <p>11.30 Parkour 11 + Tejo</p> <p>12.15 Family Mindfulness Meditation and " Kidstan' Elena</p> <p>3.30 Crafts and Snacks Stin</p> <p>5 Yoga Buds : Girls Coming of Age Circle Elena</p> <p>7pm Story telling/ Nidra & hot chocolate. Nicholas, Elena , Lucy</p>	<p>10.00 Mother' s and Babies-crawling Yoga Jess</p> <p>10.30- 11.30 Acro Yoga Kids & Teens Jess</p> <p>11.00 Parkour Under 10's Tejo</p> <p>11.30 Parkour 11+ Tejo</p> <p>3.30 Friendship bracelets with Esmee & Matilda</p> <p>4- 5.30 Wolf and Deer : Outdoor Family Games Kevin</p> <p>7pm Story telling/ Nidra & hot chocolate Nicholas, Elena , Lucy</p>

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KIDS PROGRAMME part 2 - 2018 KIDS/TWEENS/TEENS / Families SANTOSA YOGA CAMP

TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY 31st
10.00-10.45 Kids Yoga Debbie 12.15 Family Mindfulness and “Kidstan” 3.30 Crafts and Snacks Stin 6.15 CAMP CEILIDH Kevin 7 pm Kids Nidra, story telling, Nicholas, Elena, Lucy	10.00 Mother’ s and Babies-crawling Yoga Jess 10.00-10.45 Kids Yoga Debbie 12.15 Family Mindfulness and “Kidstan” 3.30 Crafts and Snacks Stin 5 Yoga Buds : Girls Coming of Age Circle 9+ Elena 7pm Story telling/ Nidra & hot chocolate Nicholas, Elena , Lucy	10.00 Mother’ s and Babies-crawling Yoga Jess 10.00-10.45 Kids Yoga Debbie 1130 Crafts : Arrows Stin 3.30 Crafts and Snacks Arrows Stin/ Face Painting Esmee & Matilda 5 Yoga Buds : Girls Coming of Age Circle 9+ Elena 7pm Story telling / Nidra & hot chocolate. Nicholas, Elena, Lucy	10.00 Mother’ s and Babies-crawling Yoga Jess 10.00-10.45 Kids Yoga Debbie 12.15 Family Mindfulness and “Kidstan” Elena 3.30 Crafts and Snacks Stin 5 Yoga Buds : Girls Coming of Age Circle 9+ Elena 7pm Story telling/ Nidra & hot chocolate Nicholas, Elena, Lucy

KIDS PROGRAMME SATURDAY 1st September

Camp talk about Parade?
 10.00 Mothers and Babies-Crawling Yoga Jess
 10-10.45 Kids Yoga Debbie
 12.15 Mindfulness Meditation Kidztan
 3pm Crafts for Parade/ Prep for Parade including Esmee & Matilda face paint
 5pm rehearsal
 18.30 Sitarama Grand Parade Promenade Whole Camp

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