

Time / Space	<p style="text-align: center;">ARRIVALS – FRIDAY 18th AUGUST 2017 - VENUS DAY. CAMP theme: APPRECIATION - <i>Today's theme: WELCOME HOME!</i></p>					
	<p style="text-align: center;">Arrivals and set up from NOON A big warm welcome to our fourteenth Santosa yoga and bhakti camp! It's our TWELFTH ANNIVERSARY (twelve years and fourteen camps...) and we're very glad you're here.</p>					
1730– 1800	<p style="text-align: center;">WELCOME HOME TO YOURSELF Begin with a Brief but Welcome Chuckle and Hugs (Laughter Yoga) with AMANDA</p>					
1800 - 1815	<p style="text-align: center;">SANTOSA arrivals TOTAL YOGA NIDRA practice with ALISON or THEO 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.</p>					
1815 -1930	<p style="text-align: center;">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.</p> <p style="text-align: center;">COMPLIMENTARY HOT CHOCOLATE FOR ALL AROUND THE FIRE 1915</p>					
1930	<p style="text-align: center;">1930 OPENING WELCOME HOME PRACTICAL MEETING in the HANUMAN TEMPLE</p>					
2000	<p style="text-align: center;">INFORMAL WELCOME BHAJANS AND KIRTAN WITH our Much appreciated, much beloved Santosa regular morning ANGELS HABIBA and BUDDHENATH 2145 GOODNIGHT YOGA NIDRA with Nirlipta in HANUMAN Bhakti Temple</p>					
22.30	<p style="text-align: center;">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</p>					

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	SATURDAY 19th Aug. SATURN's day. Theme for today – Maturity and understanding					
By fire	0545-0615: Informal Mellow Dawn Mantra with Alison. Bring something warm to sit on. Come when you can, stay as long as you like. Words provided. 0615 -0630: YOGA NIDRA (Alison) outside. Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: daily morning dance					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 – 0930 check start times	0730-0900 SCARAVELLI YOGA Claudia	8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 MORNING YOGA Alison/Theo	0700 – 0800 Informal yoga space babies & kids welcome - Lucy	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 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). With Amanda, Dani. Alison and Angie. COME AND MEET EVERYONE - GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 –1230 Inside Shiva: Outside PARKOUR GOES WILD Tejo (10 max): 1030 teens and up, 1130 for those < 13	1030 DEEP TRANCE YOGIC TRANSFORMATION Nirlipta 1215 YOGA NIDRA Nirlipta	1030-1230 ACRO YOGA Lula 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030-1230 SING FOR JOY Voice Workshop Eloise	1030-1200 SENSUAL WARRIOR CHI GUNG Sonja 1200-1300 CHI GUNG Jacob	1030 KIDS YOGA Theo 1115 Snack time & WEAVING Stin 1215 Family meditation & Kidstan: Elena	
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.					
1400 -1430	YOGA NIDRA (Mami) in HANUMAN TEMPLE				1400 ORIGAMI Mami	
1500 – 1700	SOMATIC FLOW Will	POST LINEAGE YOGA Debate and Discuss Theo	HATHA YOGA FLOW Alison	FEEL MORE NOT LESS Cancer Moon Yin Yoga + giggles Amanda	1715 YOGA BLOSSOMS GIRLS' CIRCLE with Elena in Red Tent	CIRCUS SKILLS til 4pm 4pm Snack time & WET FELTING Stin
Pre-dinner	1700-1730 HANUMANA CHALISA in Hanuman with Habiba 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	STRONG SLOW UPLIFTING FLOW Arianna	BARRY and SAM A KIRTAN YOGA NIDRA Barry		EVENING KIDS – meet at the main fire EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
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	SUNDAY 20th August. SUN'S day. Theme for today – Appreciating creative expansions: shining our lights brightly!					
By fire	0545-0615: Informal Mellow Dawn Mantra with Alison. Bring something warm to sit on. Come when you can, stay as long as you like. Words provided. 0615 -0630: YOGA NIDRA (Alison) outside. Bring something warm to sit on 0640-0700: Barefoot in the dew with Alison, Dani: daily morning dance					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 – 0930 check start times	0730-0900 WILD YOGA Theo	8 - 9 BHAJANS Habiba & Buddhenath	0730 -9 MORNING YOGA Alison	7-8 Informal yoga space babies & kids welcome: Lucy Clarke	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 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: ROCKET YOGA Lolo Outside PARKOUR GOES WILD Tejo (10 max): 1030 teens and up, 1130 for those < 13	1030 –1215 STORIES OF YOGA (plus bhajan singing) Barry and Sam A 1215 YOGA NIDRA Lucy Clarke	1030 –1230 FLOW VINYASA YOGA Lula 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030 –1230 SCARAVELLI YOGA Claudia	1030 -1230 CHI GUNG Jacob	1030 KIDS YOGA Elena 1115 Snack time & SEEDBOMBS CRAFTING Stin 1215 Family meditation Kidstan: Elena	
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.					
1400-1430	YOGA NIDRA (Mami) in HANUMAN					1400 ORIGAMI Mami
1500 –1700	ACROYOGA Lula	NAKED VOICE Workshop with Tim Chalice	YONI SHAKTI YOGA For women Elena	KASHMIR YOGA Veronika	1715 YOGA BLOSSOMS GIRLS' CIRCLE with Dani in Red Tent	CIRCUS SKILLS til 4 4pm Snack time & SEEDBOMBS CRAFTING
Pre-dinner 1700-1730	HANUMAN CHALISA with Habiba in Hanuman 1730-1800 YOGA NIDRA (Barry) in Hanuman		1700 – 1800 BELLY TO BELLY : EMBODIED INTIMACY (in SAT NAM) Sonja			
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	ECSTATIC DANCE Will	TIM CHALICE KIRTAN 2200 YOGA NIDRA Ben	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting			
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, The Brew or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	MONDAY 21st Aug. MOON's day. Theme for today – SOLAR ECLIPSE : Honouring the Creative Chaos of the Deep Feminine					
By fire or in Hanuman Temple	0545-0615: Informal Mellow Dawn Mantra with Alison. All larks welcome. Bring something warm to sit on. Come when you can, stay as long as you like. Words to mantras provided. 0615 -0630: YOGA NIDRA (Alison) outside. Bring something warm to sit on and cover up when you sit or lie down. 0640-0700: Barefoot in the dew with Alison, Dani and friends: daily morning dance/song/earth worship (Pawnee women's Dance of Life)					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA) / KID's BELL /TEEN SPACE
0700 – 0930 check start times	8 – 9.30 CHI YOGA Barry Kristadas	8 - 9 BHAJANS Habiba & Buddhenath	HATHA YOGA flow Dani /Alison	7-8 Lucy Clarke Informal yoga space 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 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 Shiva: ROCKET YOGA Lolo Outside PARKOUR GOES WILD Tejo (10 max): 1030 teens and up, 1130 for those < 13	1030 – 1215 SANSKRIT CHANTING Lucy Crisfield 1215 YOGA NIDRA Lucy Clarke	1030-1230 ACRO YOGA Lula 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030 FEEL MORE NOT LESS Leo Moon Heart Focus + Giggle + Nidra Amanda	1030-1200 YONI SHAKTI (Women's Yoga) with Elena	1030 KIDS YOGA Lucy Clarke 1115 Snack time & LANTERN CRAFTING Stin 1215 Family meditation & Kidstan: Elena	
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.					
1400-1430	YOGA NIDRA (Alison) in HANUMAN					
1500 – 1700	FLOW VINYASA YOGA Lula	MUSIC OF THE SPIRIT Magical journeys with Ravi	KUNDALINI YOGA With rebirthing kriya Anjali Joanna	REFLEX YOGA Veronika	1715 YOGA BLOSSOMS GIRLS' CIRCLE with Elena in Red Tent	CIRCUS SKILLS til 4pm 4pm Snack time & LANTERN CRAFTS Stin
Pre-dinner pause	1700-1730 HANUMAN CHALISA Habiba and Uma in Hanuman 1730-1800 TWO VOICE YOGA NIDRA Uma & Nirlipta in Hanuman			1700-1800 Dining Temple. All free spaces available. Share plans at morning meeting.		
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) SEED BOMB Scattering afterwards and Hot chocolate to follow in Chai Shop.						
1930	EVENING FLOW YOGA Claudia	SIVAANI MATA & friends: KIRTAN YOGA NIDRA Uma	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		
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, The Brew or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	TUESDAY 22nd August. MARS day. Theme for today – Facing challenge with tenacity					
By fire	0545-0615: Informal Mellow Dawn Mantra. Bring something warm to sit on. Come when you can, stay as long as you like. Words to mantras provided. 0615-0630: YOGA NIDRA (Uma) outside. Bring something warm to sit on and cover up. 0640-0700: Barefoot in the dew with friends: daily morning dance					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 – 0930 check start times	0730-0900 MORNING YOGA Gladey	7-8 BABAJI ARATI Sivaani 8 - 9 BHAJANS Habiba & Buddhenath	7.30-9 SATYANANDA YOGA Nirlipta	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 - 1000	CAMP HEARTSONG BY FIRE: with today's SPECIAL VISITOR: SIRI SADHANA . 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	UPLIFT YOUR HEART Songs/ dances: Siri Sadhana 1030 Outside PARKOUR GOES WILD for teens & up 1130 kids (<13) Tejomaya	1030-1215 SANSKRIT CHANTING Lucy / 1215 YOGA NIDRA Uma 1230 –1400 NAMES OF MAA - Antarma	1030-1230 ROCKET YOGA Lolo 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030 YOGA OF HERBS Yoga and Ayurveda workshop: Ariadne	1030-1230 SHAMANIC YOGA Sam A	1030 KIDS YOGA Elena 1115 Snack time & PEBBLE BAG CRAFTS Stin 1215 Family meditation & Kidstan: Elena
1245 - 1400	LUNCH in Annapurna Dining Temple . We eat as family when everyone is here . . .				SANTOSA BAZAAR after LUNCH... bring and BUY!***** .	
1400 -1430	YOGA NIDRA in HANUMAN TEMPLE: Sivani					
1500 – 1700	BASIC ACRO for all Xavi	MYSTIC POETS Song, story, poetry, Uma, Sivaani & Friends	KASHMIR YOGA Veronika	STRONG SLOW UPLIFTING FLOW Arianna	1715 YOGA BLOSSOMS GIRLS' CIRCLE with Elena in Red Tent	HULA HOOPING Esme til 4pm Snack time & PEBBLE BAG CRAFTS
Pre-dinner pause	1700-1730 HANUMAN CHALISA in Hanuman 1730-1800 YOGA NIDRA (Sivaani) in Hanuman	1700-1800 Dining Temple. All free spaces available. Share plans at morning meeting.				
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	FUNKY DANCE FOR ALL AGES : Xavi with 70s/80s music	KIRTAN: SOLAR SIMO and friends 10 YOGA NIDRA Ben	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting			
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, The Brew, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	WEDNESDAY 23rd August. MERCURY'S day. Theme for today – open communication					
By fire or in Hanuman Temple	0545-0615: Informal Mellow Dawn Mantra . All larks welcome. Bring something warm to sit on. Come when you can, stay as long as you like. Words to mantras provided. 0615 -0630: YOGA NIDRA (Uma) outside. Bring something warm to sit on and cover up when you sit or lie down. 0640-0700: Barefoot in the dew with friends: daily morning dance/song/earth worship (Pawnee women's Dance of Life)					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 – 0930 check start times	CHI YOGA Barry	7-8 BABAJI ARATI Sivaani 8 - 9 BHAJANS Habiba & Buddhenath	7.30 -9 HATHA YOGA FLOW Alison	7 – 8 Informal yoga space for self practice babies & kids welcome	0830-0900 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	0730 – 9 HANDFUL OF QUIET – Thich Nat Hanh technique in yoga: Elena
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	Inside Shiva: ROCKET YOGA - Lolo	1030 RHYTHMS OF LIFE Sivaani 1215 YOGA NIDRA Sivaani	1030-1230 STRONG SLOW UPLIFTING FLOW Arianna	1030-1230 SCARAVELLI YOGA Claudia	*SANTOSA BAZZAAR DURING and after LUNCH... bring and BUY	1030 KIDS YOGA Uma 1115 Snack time & CRAFTS for Beginning Anew Stin 1215 Family meditation & Kidstan: Elena
1230	Outside: PARKOUR GOES WILD 1030 for teens & up 1130 kids (<13) Tejomaya	1230 –1400 NAMES OF MA - Antarma	1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda			
1245 - 1400	LUNCH in Annapurna Dining Temple . We eat as family when everyone is here so please arrive 12.40 Bring your own plate, bowl and cutlery. Look out for after lunch ORIGAMI with Mami ... in GANESHA					
1400 -1430	YOGA NIDRA (Theo/Alison) in HANUMAN					
1500 – 1700	CONTACT IMPROVISATION Sam B	SING YOUR HEART OUT VOICE WORKSHOP Eliza	PARTNER YOGA Lioba	YOTISM – Yoga for Autism: Veronika	1715 YOGA BLOSSOMS GIRLS' CIRCLE with Elena in Red Tent	CIRCUS SKILLS til 4pm Louis and Esme 1600 Snack time & CRAFTS for Beginning Anew with Stin
Pre-dinner pause	1700-1730 HANUMAN CHALISA Uma, Sivaani 1730 YOGA NIDRA in HANUMAN TEMPLE Uma					
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	EVENING FLOW YOGA Gladey	CELEBRATION of Life MUSIC Antarma	With Camp Community Circle	EVENING TEENS/ TWEENS - meet at the teen fire		
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, The Brew, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	THURSDAY 24th Augst. THOR's (JOVE's) day. AMAZON IN AVALON – Honouring our Amazonian visiting ShamanYogis & Heartsong Voices					
By fire or in Hanuman	0545-0615: Informal Mellow Dawn Mantra . All larks welcome. Bring something warm to sit on. Come when you can, stay long as you like. Words provided. 0615 -0630: YOGA NIDRA (Alison) outside. Bring something warm. 0640-0700: Barefoot in dew: daily morning dance/song/earth worship.					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 – 0930 check start times	0730-0900 WAKE UP WARMING YOGA FLOW Gladey	7-8 BABAJI ARATI Sivaani 8 - 9 BHAJANS Habiba & Buddhenath	730 -9 STRONG SLOW UPLIFTING FLOW Arianna	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 - 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.					
10 30 - 12 30	Inside Siva Nataraj DANCES OF UNIVERSAL PEACE Emma Outside: PARKOUR GOES WILD 1030 for teens & up 1130 kids (<13) Tejomaya	1030 SANSKRIT CHANTING Lucy 1215 YOGA NIDRA Uma	1030 SHAKTI DANCE Anjali Joanna 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030 CONTACT IMPROVISATION Sam B	1030 : GOING IN with YIN YOGA and SOUND resonance with singing bowls : Ling	1030 KIDS YOGA Elena 1115 Snack time & CRAFTS for Beginning Anew Stin 1215 Family meditation & Kidstan: Elena
1245 – 1400 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. YOGA NIDRA in Hanuman Temple (Uma)					
15 00 17 00	BASIC ACRO Xavi 1700 HANUMAN CHALISA by the fire Uma/Habiba	CACAO MOVEMENT MEDICINE CEREMONY Keef & Special Guests	FEEL MORE NOT LESS Libra Moon Heart Focus + Giggle + Nidra Amanda	SOMATIC FLOW Will	1715 YOGA BLOSSOMS GIRLS' CIRCLE with Elena in Red Tent	JUGGLIING til 4pm with Tejo 4pm Snack & LANTERN MAKING – Stin
•••1715 - 1815 EARLY DINNER TONIGHT PEEPS••••• in the Dining Temple. Please be prompt –so many delights tonight – need to start ON TIME .						
1830 -2030	In the HANUMAN TEMPLE ... HEY XAMAM! EXTRA-SPECIAL VISITORS: ALBA MARIA and DHAN RIBEIRO FROM BRAZIL WISDOM SHARING, SONG and DANCING SATSANG with these precious teachers. Everyone warmly welcome.					
2030 in Hanuman	SPECIAL GUESTS: ONE SOUND COLLECTIVE INTERNATIONAL : Inspirational Heart Song and Medicine Voices from Brazil, Israel, UK: Susie Ro, Ayla, Helen Knight, Indios Brasil, Noam Ben-David, James Watts, Michael Stanton, Michal Lellouche... Yoga Nidra after music. (Uma/Theo)					
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, at The Brew or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	FRIDAY 25th Augst. FREYA's (VENUS') day. Theme for today – Love and appreciation – give compliments!					
By fire	0545-0615: Informal Mellow Dawn Mantra. All larks welcome. Bring something warm to sit on. Come when you can, stay long as you like. Words provided. 0615 - 0630: YOGA NIDRA (Uma) outside. Bring something warm. 0640-0700: Barefoot in dew: daily morning dance/song/earth worship. In Hanuman if wet.					
SPACE TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 0930	0730-0900 MORNING FLOW Alison	7 – 8 BABAJI ARATI Sivaani 8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 KUNDALINI YOGA with GONG Anjali	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	CAMP HEARTSONG BY FIRE: Joyful harmony with Eliza. 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: WILD YOGA Theo; Outside: PARKOUR GOES WILD Tejo : 1030 for teens & up; 1130 kids (<13)	1030 DANCES OF UNIVERSAL PEACE Emma / 1215 YOGA NIDRA Uma	1030-1200 YONI SHAKTI YOGA: Uma 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030 SIVANANDA YOGA Nilakanth	1030 YOGA for KIDS Uma / 1115 SNACK & BOWS & ARROWS Stin 1215 Family meditation & Kidstan: Elena	
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						
1400	YOGA NIDRA (Nilakantha)	HANUMAN TEMPLE				1400 ORIGAMI Mami
1500 – 1700	PARTNER YOGA Lioba	RESTORATIVE SOUND BATH: Ling (bring props and covers)	KUNDALINI YOGA Satya Prakash Kaur (Bring a blanket)	SACRED ACTIVISM Sharing and talk by Vandita	All families/couples/friends: Watering the Flower of Appreciation Ceremony Elena	CIRCUS SKILLS 3 – 4pm Tejo and friends
Pre- dinner	1700-1730 HANUMAN CHALISA Uma in Hanuman 1730-1800 YOGA NIDRA (Uma) in Hanuman	All free spaces available. Share plans at morning meeting.				1600 SNACK & BOWS & ARROWS Stin
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	FUNKY DANCE FOR ALL Xavi with 70s/80s music	VANDITA & friends KIRTAN YOGA NIDRA Nirlipta	YOTISM YOGA – yoga for autism Veronika	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
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, at The Brew or Sauna only please, and keep it SHANTI SHANTI					

PLEASE NOTE – THIS IS A PROVISIONAL SCHEDULE ONLY, 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	SATURDAY 26th August. SATURN's day. Theme for today – appreciating opportunities to let go					
By fire or in Hanuman	0545-0615: Informal Mellow Dawn Mantra. All larks welcome. Bring something warm to sit on. Come when you can, stay long as you like. Words provided. 0615 -0630: YOGA NIDRA (Uma) outside. Bring something warm. 0640-0700: Barefoot in dew: daily morning dance/song/earth worship.					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	GANESHA
0700 – 0930 check start times	0730-0900 MORNING FLOW YOGA	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: WILD YOGA with Theo Outside: PARKOUR GOES WILD 1030 for teens & up 1130 kids (<13) Tejomaya	1030 RIVERS OF HONEY : Devotional Movement: Uma 1230 : YOGA NIDRA Uma	1030 CONTACT IMPROVISATION : Sam B 1230 Pre-lunch, outside dining temple DAILY GIGGLE PUDDLE with Amanda	1030 SIVANANDA YOGA : Nilakantha	SINGING for JOY Eloise SANTOSA BAZZAAR DURING and after LUNCH	1030 KIDS YOGA Alison 1115 Snack & Crafts for Sita Rama parade Stin 1215 Family meditation & Kidstan : Elena
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.					
1400 -1430	YOGA NIDRA (Theo) in HANUMAN TEMPLE		Look out for after lunch ORIGAMI with Mami ... in GANESHA			
1500 – 1700	BASIC ACROBATICS Xavi	3 JEWELS: YIN, RESTORE & SOUND HEALING : Ling	KUNDALINI YOGA + Gong meditation Anjali	WOMEN ONLY : loving our breasts – deeply healing self massage + Goddess Giggle Puddle Amanda	CIRCUS SKILLS 15-1600 1600 Snack & Crafts for Sita Rama parade - Stin	
Pre-dinner	1700-1730 HANUMAN CHALISA in Hanuman 1730-1745 YOGA NIDRA (Mami) in Hanuman.					Prep for Kids Parade
1800 - 1930	Early 1745 DINNER Annapurna Dining Temple. We eat as family when everyone is here: Please bring your own plate, bowl, cutlery. ***** 1900 KIDS SitaRama Grand Parade ALL Maidens, Warriors, Hanuman & Co, Gods & Goddesses, Demons: begins from SIVA NATARAJ **** 1930 CLOSING CEREMONY - Dances of Universal Peace FOR ALL with Emma AROUND THE FIRE					
2030	Closing evening bhakti celebration KIDS KIRTAN OPENING the evening for the BABAJI TEMPLE SINGERS YOGA NIDRA (Uma)after Bhakti arc completes		STRONG SLOW UPLIFTING FLOW Yoga movement with Arianna	EVENING KIDS – meet at the Chai Shop EVENING TEENS/ TWEENS - meet at the teen fire MUSIC AT 'THE BREW' sweet secular vibes Open to suggestions! Share your plans at morning meeting		
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, at The Brew or Sauna only please, and keep it SHANTI SHANTI					

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Time / Space	SUNDAY 27th AUGUST 2017 - Day of the SUN - Theme for today: FAREWELL AND SHINE ON!					
Outside Hanuman temple	<p>OM NAMAHA SHIVAYA! 0630 til 0830 SPECIAL FAREWELL MORNING HAVAN (SACRED FIRE CEREMONY) with JAI KRISHNA All welcome – come clean, freshly washed, come with a smile before breakfast, come with an open and devoted heart to make offerings to the FIRE with MANTRA (words of power)</p>					
	<p>Goodbye, good travels, Godspeed and farewell from the Santosa yoga and bhakti camp! We're so very glad you came!</p>					
0900 -1030	<p><u>Goodbye breakfast for everyone who's still onsite</u> in the Annapurna dining room: SEE YOU THERE XXXX 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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