

**Om Saha Nāvavatu**  
**Shanti Path mantra from the**  
**Taittiriya Upanishad**

ॐ सह नाववतु ।  
सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu |  
saha nau bhunaktu |  
saha vīryam karavāvahai |  
tejasvi nāvadhi-tamastu mā vidviṣhāvahai |

om śhāntiḥ śhāntiḥ śhāntiḥ ||

*Om, May we be protected and may our work be  
pleasing to the gods. May we work together with  
strength and vigour. May our study illumine us. May  
we be friendly towards each other.  
Om Peace, Peace, Peace.*

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**Offering to Tara**

ॐ तूत्तरे तूत्तरे तूत्तरे तूत्तरे

om tāre tuttāre tāre svāḥa

*Om Tara, I call to you. Om Tara I call to you. Tara I  
offer myself to you*

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**ॐ नमः शिवाय**  
**Om Namaḥ Śhivaya**

*With great respect and love, I honour my heart, my  
inner reacher*

**Invocation to Sarasvati**  
**from the Stotram of Sage Agastya**

या कुन्देन्दुतुषारहारधवला या शुभ्रवस्त्रावृता  
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना ।  
या ब्रह्माच्युतशंकरप्रभृतिभिर्देवः सदा पूजिता  
सा मां पातु सरस्वति भगवती  
निःशेषजाड्यापहा ॥ १ ॥

yā kundendu-tuṣhāra-hāra-dhavalā yā  
śhubhra-vastrāvṛtā  
yā vīṇā-vara-daṇḍa-maṇḍita-karā yā  
śhvetapadmāsana |  
yā brahmā-chyutaśham-kara-prabhṛti-  
bhirdevaḥ sadā pūjitā  
sā mām pātu sarasvati bhagavatī niḥśheṣha-  
jāḍyāpahā ||1||

*(Salutations to Devi Saraswati) Who is Pure White like  
Jasmine, with the Coolness of Moon, Brightness of Snow  
and Shine like the Garland of Pearls; and Who is  
Covered with Pure White Garments, Whose Hands are  
Adorned with Veena (a stringed musical instrument)  
and the Boon-Giving Staff; And Who is Seated on Pure  
White Lotus, Who is Always Adored by Lord Brahma,  
Lord Acyuta (Lord Vishnu), Lord Shankara and Other  
Devas, O Goddess Saraswati, Please Protect me and  
Remove my Ignorance completely.*

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**Prayer to Kali**

कालि कालि महाकालि  
कालिके पाप् हारिणि  
धर्म काम् प्रदेदेवि  
नारायणि नमोऽस्तुते

kāli kāli mahakali  
kalike pāp hārini  
dharma kām prade devi  
nārāyaṇi namostute

*You are Kali, great Kali, who removes all impurities.  
You grant us love to fulfill our duty – you are the giver  
of both desire and dharma. Honour, worship to you*

# **A big warm WELCOME TO OUR 14<sup>th</sup> YEAR of SANTOSA YOGA CAMP!**

**Santosa (pronounced SAMTOSHA) = happy acceptance of whatever arises, just as it is.**

## **OUR 2019 THEME :**

### **NEW PARADIGMS FOR SHARING ANCIENT WISDOM**

**WELCOME HOME,  
WELCOME HOME to YOURSELF,  
WELCOME to this CIRCLE OF  
BELONGING -**

**You are WELCOME HERE!  
You've arrived at the Mother of  
all Yoga Camps! JAI MAA!**

*From wherever you have travelled and who ever you are: thank you so very much for being here – every person present makes this camp special and unique. This is the sixteenth camp... We've been offering these camps since 2005 (there were two in 2010 and 2011), and we are very glad you are here with us now for the thirteenth year anniversary ...*

This brochure gives you all you need to make choices about what to attend. The map shows you where to find everything, schedule pages set out what's happening, and DAILY TREATS section tells you our key activities around which the camp revolves.

Please bear in mind that the schedule is an evolving entity (aren't we all?) and there are likely to be spontaneous additions, delights and shifts as the camp unfolds, so do be sure to attend the morning meeting to check in with the latest news! Every teacher on the schedule is here for the

pure joy of it, and we hope you will be nourished and delighted by the connections you make at this special camp.

#### **SITE AGREEMENT...**

Please appreciate that by purchasing tickets for this camp you are bound by the site agreement which asks you to keep the site and yourselves totally free from alcohol and drugs so that we can maintain a space of clearly conscious kindness for everyone. You are asked to clear up after yourselves (and your kids!), to keep your pitches beautiful, and to chip in as necessary with all daily tasks needed to keep the site functioning, and everybody safe. Please show up **ON TIME** for your assigned karma yoga opportunities.

#### **ABOUT WATER AND FIRE...**

All the standpipes around the site deliver mains water: safe for drinking and washing.

Please use the established community fire pits and **do not break ground** for new fires.

## **WE DEEPLY APPRECIATE OUR AWESOME SPA FACILITIES...**

There is plentiful hot water up at the showers, for **showering** and bathing. The fires are lit early in the morning, so there is plenty of hot water to go around.

We also have a **lovely sauna** staffed by our dedicated and devoted Spa Facilities Team. They are on hand to help you **ENJOY** this delightful aspect of the camp!

PLEASE use only

**BIODEGRADABLE SOAP, SHAMPOO** and **CONDITIONER** in our showers and at the sinks –available to buy up at the Spa facilities.

## **ABOUT MEALS ... DELICIOUS!**

We all eat together, delicious sattvic (pure) vegetarian food prepared in our fabulous karma yoga kitchen with a most special cook: Her Very Divine Loveliness, DIDI MOON and her team. Be sure to bring your own cutlery, bowls, plates. and wash them up and put them back in your tents.

## **ABOUT WEE and POO and LOOS and MOON BLOOD...**

**Wild wees are fine –**

We appreciate you offering your liquid gold to the grass and hedges. This is especially handy for children in very urgent need of a pee.

We have many beautiful composting toilets near the car park under the ash trees. Please put a handful of sawdust over your poo when you finish. Please accompany small children (up to age six) into the toilets and make sure the toilets are clean when you leave.

## **MOON SISTERS**

Menstruating women and girls – please put towels, tampons and nappies in the bins provided and not down the loos because they don't compost very well (even eco-friendly ones).

Alternatively, you are welcome to offer your moon blood to nourish the trees of the meadow. Many women find their moon blood skips into step with the other sisters in the field – so don't be surprised if this happens to you. Community supplies of eco-friendly Natracare pads are available for all who need them – you will find them in the composting loos that have the disposal bins in.

## **LEAVE ABSOLUTELY NO TRACE ...**

There is a composting box near the loos, on the way to the car park. Please compost any organic matter. Please sort other items and bring them home with you to recycle. *Leave nothing behind when you depart.*

## **PLEASE APPRECIATE THIS BEAUTEOUS HEALING FIELD MEADOW**

**Keep our camp  
clear and clean –  
take your recycling  
HOME with you...  
“there is no  
waste, only mis-  
placed resources...”**



# LOVELY NOTES FOR PRECIOUS CHILDREN AND THEIR BLESSED PARENTS

**“...for the one who says they tire of their child... there are no flowers!”**

## HOW TO HAVE OODLES OF FUN AT SANTOSA YOGA CAMP...

**Crucial notes for parents and kids – you will find the KIDS / TWEENS and TEENS schedule right at the back of this brochure ...**

We'd love for you to have a marvellous and fantastic time at our wonderful camp. The camp was set up in 2005 by two mothers (Uma Dinsmore-Tuli and Amanda Brown) who wanted to enjoy a yoga camp where we could bring our children along, and know that they would have plenty of great stuff to do, in the context of a fully conscious and yogic inspired community... over the years we've learnt a few things, so here are tips:

- **we do not operate a crèche:** your children are your responsibility at all times. Many of our workshops are family friendly, especially our Nature Connection programme, and the Bhakti and Nidra sessions, and all the song and dance sessions, so do please check with the workshop leader if you'd like to attend with your child/ren and you could find yourself enjoying activities together!
- **the GANESHA kids' tent** is a fabulous resource, so come and make yourselves at home, so that your kids can enjoy coming to this lovely tent.
- **the Kid's Captain ELENA** has a brilliant team of volunteer helpers offering lots of activities (see timetable) so choose

with your kids what appeals and bring them along!

- **please check with the leaders of the kids' activities** about what is age appropriate for your child – many are happy to get along with activities whilst you go and enjoy a yoga class or workshop, but this is more likely to happen if the activity is right for your child

- **let your child and the workshop leader KNOW WHERE YOU ARE** at all times

- **this is a friendly camp** so loads of people find they get together and can share child care and have their kids be playmates – then the kids really enjoy themselves

- **wild-weeing into hedges is fine**, so long as you don't piss on someone's tent ...

- **please keep our toilets beautiful:** accompany small children (up to age 6 / 7) into toilets to ensure all goes down the hole, sawdust on top. It helps if parents are positive about benefits of composting loos – this as an opportunity for eco-education!

- **NO KIDS in the sauna**

- **complimentary hot chocolate** around 1900 in the chai tent for the children who are going to listen to stories – so remember your mug!

## WE ARE ALL ONE BIG FAMILY ON SITE

**so we mind out for everyone's kids as if they're our own!  
It takes a village to raise a child...**

**PLEASE BE SURE TO READ OUR  
“SAFE SANTOSA STATEMENT”  
on the next page**

# **SAFE SANTOSA – OUR SAFE SPACE STATEMENT:**

***Keeping our Camp a safe and welcoming Circle of Belonging***

**Please everyone do read these notes, so we can work together to safeguard the well-being of all**

... this is a space of mutual trust, respect and honesty. Santosa is a place of acceptance, where everyone can thrive and grow. People flourish here! Let us all look out for each other.

We have developed these guidelines to support us all in maintaining the special experience of freedom, trust and collective responsibility that we can all share for the well-being and flourishing of every being at this camp.

## **Responsibilities:**

All camp members have the responsibility to do what they can to safeguard children, young people, and vulnerable people.

All camp members have the responsibility to behave in a way which is respectful of diversity, and is not intentionally or unintentionally offensive or discriminatory.

All camp members have a responsibility to behave in ways that are respectful of others' personal boundaries, and of the presence of younger camp members. Touch, nudity, and discussion of sensitive topics are encouraged and celebrated within appropriate boundaries at the camp; each of these need to be explored within a framework of explicit (not assumed) consent, and respecting the right of individuals to express any discomfort. ('Are you ok with this?' is a good check-in!)

All parents / carers have a responsibility for their child/ren (under 18 yrs) at all times during the camp, including during any scheduled kids activities (we are unable to provide childcare). This may not mean being physically present with them

but making sure they are aware of safety issues and ensuring they know where to find you: for essential information about bringing children to the camp and how this works best, please see <http://www.santosayogacamp.co.uk/faq/> and click on 'Kids'.

**Rights:** All camp members have the right to feel safe, to feel listened to and respected.

All camp members have a right to flourish within the camp community, to stay healthy within the camp, to feel free to express their identity, individuality and their personal boundaries.

**What if I have an issue with any of this?** If you feel **concerned**, have a feeling that doesn't sit right on your conscience, you feel unsafe, you are struggling or just need to voice something, please come in the first instance and speak confidentially to Uma, Theo, Jess, Angie and Elena our ('Safe Santosa team')

Firstly the team member will hear you, talk to you to ensure they have understood you, and ask you what action, if any, you feel needs taking. They will then consult with other team members if appropriate, decide whether your concern should be taken further at this stage, and refer on if necessary. They will keep in contact with you about this as appropriate/ensure you know who to contact next.

You can also directly contact the local Safeguarding team. If you are worried about a vulnerable child and would like our help, please don't stay silent. Early Help Advice Hub on 01823 355803 Children's Social Care on 0300 123 2224 [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk) Police: 101 or in an emergency 999

**If you are a child/ young person who has a concern:** Get help and useful information: Google 'Somerset Child safeguarding help advice', scroll down and click on 'for children and young people' OR copy this link: <https://sscb.safeguardingsomerset.org.uk/information-for-children-and-young-people/>

# DAILY TREATS

Every single day we have:

## **TOTAL YOGA NIDRA – the meditative heart of yoga**

Five times daily with a cracking team from  
**Yoga Nidra Network**

Santosa is the *only* yoga gathering to give you yoga nidra FIVE TIMES every day. Why so much yoga nidra? Because yoga nidra, uniquely amongst all other yoga practice, is utterly effortless and totally accessible to *everyone*. It is *PURE SANTOSA* in its form, effect and nature. All you need to do is to lay down your bones and listen. That's it. And you need to be warm enough – so bring a blanket and some socks and a sweater (and maybe a hat!).

## **\*\* MORNING MEETING – 1000 -1030**

With everyone! Come and join us around the fire every morning together in friendliness for complimentary chai (bring your cup) and a warm welcome, whatever the weather. An opportunity to be a present part of the Santosa camp community, to hear the latest news, share poetry on the day's theme, reasons to be cheerful, and any karma yoga jobs that are going!

## **FIRESIDE DREAMSHARE – 0700-0730**

Gather together to share last night's dreams with friends around the fire.... A treat!

**KID'S yoga nidra** specially designed for kids is on offer on some evenings, and parents are welcome to come too. But this is not the only time the kids can enjoy the nidra: Children and babies are welcome at all the Yoga Nidra sessions throughout the day at the discretion of each individual teacher.

## **INFORMAL DAWN MANTRA**

0545-0615 Every morning rain or shine around the fire. Come and find out what wakes up the energy of the camp so sweetly and profoundly with ancient mantras and chants. We chant informally around the fire; so you are welcome to join when you can, stay for as long as you like... we bring the words, you bring something warm to sit on.

## **BAREFOOT IN THE DEW 0640-0700**

Dancing barefoot on the dew together to align humans and planet, feel GREAT for the day.

**BHAJANS – 0830 - 0930** see BHAKTI yoga for description of what to expect.

## **BHAKTI YOGA – The heart of Santosa.**

The yoga of devotion, using music and song to access the heart space. Bhakti music daily and every evening is the pulse of the camp's heart. Deliciously simple, beautifully engaging and uplifting. Come when you are able and stay as long as you like - children and babies are welcome.

## **CAMP HEARTSONG – 0930 – 1000**

with Eloise, Eliza and other wonderful facilitators. Morning community singing outside, if weather permits, inside the Annapurna dining big top if it's raining. Join us to sing your heart out – a great precursor to the camp meeting.

## **CIRCUS SKILLS – School of Larks**

1500-1600 every day: Hula-hooping, juggling, Diablo, flower sticks and spinning plates: expert help from School of Larks Circus School, Stroud: [www.theschooloflarks.com](http://www.theschooloflarks.com)

## **INFORMAL YOGA SPACE – 0700-0800**

informal yoga space for early risers– babies and kids and everyone is awelcome, enjoy gentle, movement and breath. Sometimes self practice, sometimes led by teacher.

## **HANUMANA CHAALISA 1730 - 1750**

Forty verses sung every day in praise of Lord Hanuman, son of the wind and devotee of Sita Ram. Words provided, join us when you can! Another part of BHAKTI yoga.

## **KARMA YOGA – for everyone!**

This is literally the 'yoga of action' – or selfless service. The intention is that we perform the necessary actions (like chopping onions, tending fires, cleaning toilets...) with no attachment to the outcome. When we do what needs to be done without attachment or desire for glory then we encounter an opportunity for liberation. This camp runs on the selfless service of everyone involved – lets all do our bit and then things run smoothly!

## **KIDS' YOGA – see DAILY TREATS**

Elena and Debbie are all offering kid's yoga classes that are full of fun and games, for the young and the young at heart!

## **LUNCH (1245) AND DINNER (1800)**

With everyone! Come (on time please!) with your plates and eating irons, and join us at the Annapurna dining temple to eat as one huge family. It's a big one to pull off: so smilingly celebrate together a joyful feast at every meal. Breakfast is a bit more informal, come anytime between 0800 & 0900, so all are fed by 0915.

# DESCRIPTIONS

## ... what's going on?

**Listed alphabetically, by the workshop titles in your schedule, and with date and time so you can pick your choice.**

### **ABSOLUTELY VULVALICIOUS** **-Laura Doe from the y0niversity** *Tuesday 27<sup>th</sup> August 1030 – 1230*

Sacred geography for Santosa - A treat! Top quality learning, comedy, and vital information for all people with vulvas, and vulva-loving folk. Everything you ever wanted to know about the wonders of the vulva. Shared with verve, passion and general hilarity by the delightful founder of the y0niversity.

### **ACRO YOGA - Nuku** **Kindness in Connection with NukuYoga;** *Saturday 24<sup>th</sup> and Mon 26<sup>th</sup> August 1030 - 1230*

This discovery based practice will benefit first timers and those with experience. Amongst safe working structures, we will explore this beautiful art. Improving trust, whole body listening, building confidence and allowing ease in balanced supported movement. We will warm up, practice some basic moves and then introduce one or two more technical elements. Finishing with some nourishing relaxing therapeutics. To find out more about Nuku and his work, visit [www.nukuyoga.com](http://www.nukuyoga.com)

### **ANUSARA INSPIRED YOGA –** **Arianna - see also BHAKTI FLOW** **YOGA CIRCLE**

*Friday 30<sup>th</sup> and Saturday 31<sup>st</sup> August 8pm;*  
Strong slow flow yoga: inspired by hatha, ashtanga and Anusara yoga. Fluid yet at the same time encouraging the body to develop strength and stamina. Nurture Your Nature... Breathe Your Body... Resonate Your Stillness

### **ASHTANGA VINYASA INSPIRED** **YOGA – Arianna** *Tuesday 27<sup>th</sup> August 1030-1230;* *Wednesday 27<sup>th</sup> August 1030-1230;*

See **also ANUSARA, ACRO, FLOW,**

### **HATHA and VINYASA for dynamic practice sessions**

This year Arianna will be sharing Ashtanga inspired practice, Mysore style and led-practices. Also please know that many of the teachers (eg Lorraine and Kalila) who have been inspired by Ashtanga practice are in fact teaching other forms, wherein the strength and flow of Ashtanga remains. Self-practice is always welcome and possible in our morning informal yoga space, and if you are a keen Ashtangi, perhaps you may enjoy exploring what happens when experienced Ashtanga teachers and teachers get out of the box...

### **ASTROLOGICAL YOGA** **- Emma Relph** *Thursday 29<sup>th</sup> August 1500 -1700* *Friday 30<sup>th</sup> August 1030-1200*

I am trained in the astrological yoga of Samuel Lewis and the Kundalini Yoga of Yogi Bhajan. I use also my experience as an actress to inform my lessons on distinguishing the unique qualities of the planets in action within our daily lives. In my classes I cover yoga mudras, and postures, kriyas and mantras which will enhance the positive strengths of qualities you may be deficient in or inflamed with a surfeit of. For instance if you are Moon deficient, it will be very hard to feel safe and cosy and at home anywhere. People will tell you that you can't listen and that you are insensitive to their needs. Conversely if your Moon energy is overflowing you will be clinging too much to cosiness, reluctant to forgo home comforts and far too sentimental and attached to people. There are certain simple yogic practices that bring the Moon into balance within you. The same goes for the other six major classical planets. [www.astrology.co.uk](http://www.astrology.co.uk)

### **BACKBENDING WORKSHOP –** **Arianna - On request**

Tips and hints, lots of practice from a variety of approaches, offering fabulous insights and lots of fun from enthusiastic back bender Arianna.

### **BHAKTI FLOW YOGA CIRCLE -** **Arianna** *Thursday 29<sup>th</sup> August 1500 -1700*

Anusara Yoga Flow with 21 Tibetan bowls Sound Bath and Kirtan for a tried and tested 2.5 hour session moving from grosser (asana) to more subtle (Sound Bath) plains of



experience and then expressing out through the voice.

### **BABAJI ARATI – Sivani Mata**

*By special request if time and space permit*

Sung bhakti yoga practice in honour and reverent worship of the Siva avatar and guru Sri Haidakhan Babaji. Involves the offering of lights, incense, chanting and Prasad (edible gifts) at the altar. Words to the mantras and songs are provided, but it is fine to simply sit, watch and listen with full attention and an open heart. A part of **BHAKTI** yoga

### **BEAUTY WAY – Yoga in the Beauty Way - Yoli Maya Yeh**

*Sunday 25<sup>th</sup> August 1030-1230*

Inspired by the Navajo Beauty Way, South Asian, East Asian and Tantrik systems we explore the sacred cosmology of the body through therapeutic movement, breath and relaxation.

### **BHAJANS -- a form of BHAKTI YOGA see DAILY TREATS**

### **BHAKTI YOGA – see DAILY TREATS**

Our Esteemed Bhakti Wallahs this year are: BARRY KRISHNA, TIM CHALICE, SIVANI MATA, JAY KRISHNA and friends from BABAJI TEMPLE SINGERS HABIBA AND BUDDHENATH, VANDITA and Amma devotee friends, , , Plus our COMMUNITY SHARING KIRTAN nights – all welcome to share

### **BIG DREAM WEB WEAVING MATRIX – UMA**

*Saturday 31<sup>st</sup> August 1030 - 1130*

And daily DREAMSHARE by the fire at 0700  
Checking in to the collective subconscious – we invite guidance from the web of life. Bring your dreams to share, and piece together the poem of Santosa's dreamlife in a creative collaborative constellation.

### **CACAO CEREMONY with elemental dance journey – Sandra Barnes**

*Saturday 24<sup>th</sup> August 1500-1700*

*Saturday 31<sup>st</sup> August 1500-1700*

Journey through body, being & beyond. Joining together in circle to drink ceremonial grade

Cacao within a plant medicine concoction inviting our hearts to blossom, as we explore our bodies range of movement & elemental wisdom's through freedom of dance. Ceremonies are a way to gather & honour life & the part we play within it's rich tapestry. Culminating with a sound bath, allowing our energy to settle & return home. Suitable for all.

### **CACAO CEREMONY**

#### **Sivani Mata**

*Thursday 29<sup>th</sup> August 1500 -1800*

A nurturing and safe circle in which to allow the medicine of Mama Cacao to open the heart, maybe receiving guidance or insight. Bring your pens and paers to make notes if you like. Bring a blanket to lie down and snuggle with Caco Nidra during the journey with Cacaoista Sivani Mata.

### **CELTIC YOGA EVENING – with Theo and Uma**

Story, song, celtci wild nidra and other delights to welcomes the seasonal rhythms of the Celtic year into a practice rooted in the lands and stories of the Celtic islands, rooted in and enraptured by the presence of the living earth. Session informed by the interface between Druidry, Shamanism, Cetic wisdom and Yoga. (Copies of *The Celtic School of Yoga* by Uma Dinsmore-Tuli and Jack Harrision, available for sale at Santosa bazaar and from Uma directly at a camp discount price! ) May include - **CELTIC YOGA RIVERS**

#### **OF HONEY in the Land of your Body**

A delicious, nutritious devotional movement series that welcomes the goddess Prana Shakti into every part of bodymind. Fluid, sweet movement, conscious awarenss, mudras, bandhas and deep connection to the source power of vitality. Yummy.

### **CHI GUNG – Jacob**

Daily as required, usually from 12noon til 1300 outside Wahe Guru near the sacred grove.

Chinese movement discipline to cultivate and sustain energy, physical, emotional well being.

### **CHRONIC CONDITIONS**

#### **Yoli Maya Yeh**

*Monday 26<sup>th</sup> August 1900 -2000*

A talk on healing chronic conditions and unexplainable illnesses – with case studies and inspiring accounts.

**CIRCUS SKILLS – everyday from 1500 - 1600**  
**See DAILY TREATS**

**CONTACT IMPROVISATION – Sam B**

*Saturday 24<sup>th</sup> August 1500 -1700;*

*Sunday 25<sup>th</sup> August 1500 -1700*

*Saturday 31<sup>st</sup> August 1500 -1700;*

All classes include warm-ups, developmental movement re-patterning, work on the fascia and key skills in coming home to the body-mind, being fluid and are much supported by and supportive of a regular yoga practice.

Explore space and movement through contact and response. Contact Improvisation is a dance form originally referred to as an "art-sport" in which the point of contact with another dancer provides the starting point for a movement exploration. It is most frequently performed as a duet, but can be danced by more people. There can be music or it can happen in silence. It is about sharing weight, rolling, suspending, falling, passive and active, energy and awareness.

**First sparks: Contact Improvisation**  
Rolling, falling, sinking and supporting. How to do CI while staying safe and overcoming the western fear of touch. Using developmental movement, breath and recovering the body-mind from civilisation, much pair work.

**Kindling the fire: Contact Improvisation**

Flocking, flying, spiraling and lifting. How to have more fun with CI and move from pairs to trios and more.

**Fanning the flames: Contact Improvisation**

Jamming, lifting, acrobatics and flying. How to really get moving and rub off the edges of our general desire to sit down, stand up or lie down.

**CRAFTS – afternoons!**  
**CHECK ~THE KIDS PROGRAMME for details**

A variety of fun and accessible crafts for kids and their grown-ups, including Quilling, Felting and Weaving ... check out the kids' schedule.

**CRICKET FOR ALL**  
**Peter**

Peter will be umpiring the Santosa Informal Cricket Fest Daily around 1130. HOWZAT!

**DANCE MANDALA – Shaku**

*Monday 26<sup>th</sup> August 2000 -2100*

An integrated dance experience for body, heart and soul! Beautiful music, heartfelt playlist from Shakuji, and a truly uplifting dance encounter with spirit.

**DANCES of UNIVERSAL PEACE**  
**-Emma - On request!**

Meditative movement, often with mantra, danced together in circles – connective and harmonious flow with the elements and divine and human energies.

**DANCE YOUR CHANTS – Shaku**

*Thursday 29<sup>th</sup> August 2000 -2130*

Combining dance movement with mantra – a great playlist of inspiring devotional music and the opportunity to move your heart, body and spirit to the sound of the Holy Names with Shakuji!

**DEATH DOULA CIRCLE SHARING on END OF LIFE work (RED TENT and open to all) - Keira**

*Saturday 31st August 1500 - 1700*

From Skanda Vale in Wales – Sharing from her experience on supporting the end of life journey. All are welcome. We are all on this journey together ...

**DREAMSHARE**

*daily by the fireside at 0700 – all dreamers welcome.*

**DYNAMIC VINYASA FLOW YOGA – Kalila Sangster**

*Monday 26<sup>th</sup>, Tuesday 27<sup>th</sup>, Wednesday 28<sup>th</sup> August: 0730-0900; plus Thursday 29<sup>th</sup> August 10300-1200.*

A flowing practice with strong energy focusing on combining breath with asana to create a moving meditation. Beginning with Sun Salutations, flowing through a sequence of postures including twists, balances and forward bends and finishing with a deep relaxation. A perfect way to fire yourself up before breakfast!

### **EMBODIED YOGA PRINCIPLES (EYP) FOR SELF CARE – Jane**

*Monday 26<sup>th</sup> 1500 -1700*

Self-care is something talked about to great length but to actually implement it into daily life is not so easy. EYP provides a useful way to explore your relationship and patterns towards self-care, to see what a sustainable self-care practice might look like and how to bring it into daily life.

Embodied yoga principles uses postures to create personal insight into patterns of behavior and allows an exploration of new ways of being that can be transferred to everyday life off the yoga mat.

### **FAMILY MEDITATION – Elena**

*Saturday 31<sup>st</sup> August 1200*

Daily treat in the kids space with Elena.

A time for families to meditate together with simple and effective techniques taught in Plum Village – the monastic centre in Europe of Vietnamese Buddhist teacher and world peace visionary Thich Nat Hanh.

### **FELDENKRAIS METHOD – Sharon** **Awareness through movement**

*Saturday 24<sup>th</sup> August 1500 – 1600 and Tuesday 27<sup>th</sup> 1030 til 1200*

Offers a unique and practical way to realise our potential more fully and to generate greater flexibility and connection of body and mind through mindful gentle movement. We use movement as a door into a greater awareness and a more meaningful joyful journey of life.

#### **Feldenkrais into non styled movement session –**

*Saturday 24<sup>th</sup> August 1500 – 1600 and Sunday 25<sup>th</sup> August 1030 – 1200*

‘Awareness through movement’ classes in the Feldenkrais method, offers a unique and practical way to realise our potential more fully and to generate greater flexibility and connection of body and mind through mindful gentle movement. The class will integrate the embodied knowledge and awareness and explore moving in relation to the floor, space and people around us in a non stylised movement session.

### **FEMININE TANTRA**

**Sonja Shraddha**

*Tuesday 27<sup>th</sup> August 1500 -1700*

(for women) incorporates beautiful Tao Tantric and shamanic energy practices for

sexual healing and radiant feminine vitality.

Expect to be guided by Shradha on a somatic journey deeper into the wisdom of your body and the earth.

### **FIND YOUR VOICE – SINGING FOR JOY with Eloise**

*Saturday 24<sup>th</sup> August 1500 -1700*

*Saturday 31<sup>st</sup> August 1030 – 1230*

A safe friendly space, a chance to sing your heart out and find your true voice with freedom and fun. Held by a super-experienced choir leader and voice coach, with love, and joy and delight.

### **FIVE ELEMENT YOGA- Intersections of Ayurveda, Tantra and East Asian Medicine – Yoli Maya Yeh**

*Saturday 31<sup>st</sup> August 1030 – 1230*

The indigenous traditions of the world have long exchanged their ideas and systems with each other and the meeting of the India and Chinese systems is nothing new. Come explore a therapeutic asana and pranayama practice with Yoga Therapist Yoli Maya Yeh that intersects the structure of hatha yoga, the theories of Tantra and the philosophy of East Asian Medicine.

### **FOREST SCHOOL**

**Vic**

Daily Forest School sessions for nature connection and skilful being in the wild – check the kid’s schedule for details

### **GURU CIRCLE and CRAZY WISDOM TEACHINGS -Sam, Uma and Friends**

*Saturday 24<sup>th</sup> August 1800-1930*

*Friday 30<sup>th</sup> August 1800-1930*

A time and place to share our experiences of being with the gurus we have known – including sharing Crazy Wisdom Teachings, getting practical about the value of what we have learnt, and being together in circle with people who’d like to share together with laughter, and support from our peers in the field...

### **HAVAN – SACRED FIRE**

**- Jai Krishna**

*Sunday morning 25<sup>th</sup> August 0630 - 0830*

Fire ceremony – offerings of sounds and material gifts to the spirit of the fire in the Vedic tradition. About two hours of sitting and chanting – come clean and before eating to keep the vibration high. And bring something comfy to sit on.

### **HANUMANA CHALISA – Bhakti crew of Hanuman Bhaktas**

Daily 1700-1730 Singing forty verses in praise of Lord Hanuman – to recall our own immense potential, inspired by Him

### **HATHA VINYASA FLOW**

- **Pete**

*Saturday 24<sup>th</sup> August, 8pm*

*Sunday 25<sup>th</sup> 0730-0900*

*Monday 26<sup>th</sup> 1500 - 1700*

Energising, uplifting classes with deep roots balanced with restorative holds centred around the breath to bring us in touch with our inner power, strength and balance.

### **HEART MEDITATIONS - Maïoum** **See below**

### **HRIDAYA HATHA YOGA – Maïoum**

*Wednesday 28<sup>th</sup> + Saturday 31<sup>st</sup> at 1830 - 2030*

Hridaya Hatha Yoga practice is based on the tantric school of Kashmir Shaivism, with its emphasis on the meditative aspect of it, on the self-Enquiry method and on the relaxed holding of the asanas. It is a practice of slow movements, holding the asanas for 1, 3 to 5 min, allowing naturalness, a free expression of energies, where everything is done “from the heart” and “with all the heart”

We enter the posture as slowly and smoothly as possible, avoiding any sudden or jerky movements. Forced movements lead to spontaneous contraction and lack of elasticity. We do not rush. We take all the time necessary to enter into a pose (and come out of it). Using this slow stretching to reach the desired position will allow us to maintain a state of relaxation.

### **HRIDAYA MEDITATION – the Meditation of the Spiritual Heart. Maïoum**

*Thursday 29<sup>th</sup> August 0830, Friday 30<sup>th</sup> 0815 and Sunday 1<sup>st</sup> September 0830*

Hridaya means “Heart” in Sanskrit, it is the Yoga of the Spiritual Heart. It is based on the non-dualistic (Advaita Vedanta) teachings of Self-enquiry Method for Self-Realization by the Hindu saint Sri Ramana Maharshi and the Tantric teachings of Kashmir Shaivism. It is a loving path that invites the Inner Wisdom of the Heart to guide our unfolding towards Truth. It consists on Spiritual Heart

Meditation, constant awareness of the Spiritual Heart and Meditative Hatha Yoga.

Ramana describes Self-enquiry in a very simple way: “What is essential in any sadhana [spiritual practice] is to try to bring back the running mind and fix it on one thing only. Why then should it not be brought back and fixed in Self-attention. [To the pure feeling of ‘I’]? That alone is Self-Enquiry (atma-vichara). That is all that is to be done!” – Sri Sadhu Om, The Path of Sri Ramana Vol. I (Sri Ramana Kshetra: Tiruvannamalai, 1997)

This pure feeling of “I am” – related, at least in the beginning of the practice, with the middle of the chest, a little to the right – has a privileged role in revealing who we really are. If we accept this idea, then, as Ramana noted, it follows logically that this is the main aspect on which our mind should focus while in concentration, meditation, and in our daily life.

Hridaya Meditation is a spiritual path itself, it consist on a beautiful simple and constant cultivation of awareness of the Spiritual Heart for the revelation of our True Nature, keeping a witness attitude, we gradually realized we are not only our body-mind and emotions, awakening the realization of our True Self. In general, the awareness of the chest area is a simple, direct, basic practice. It is an important element in Sufism, Christianity, Judaism, Tibetan Buddhism, etc.

From a technical point of view, the practice of the Spiritual Heart Meditation consists on 3 attitudes:

- 1) The awareness of the Heart Center (in the chest area)
- 2) The awareness of short pauses after inhalation and exhalation
- 3) Self-enquiry (asking the question “Who am I?”)

### **HONOURING THE WISDOM GODDESSES – Sivani, Yoli, Uma**

*Friday 30<sup>th</sup> August 1030 -1230*

Deep dive into the arms of the Ten Great Wisdom Goddesses – honouring their presence in our lives through movement, meditation, breath, bhakti, sound and voice and total yoga nidra. An intimate encounter with the power of Maha Shakti – the great power manifesting in these Goddesses.

### **INDIAN HATHA YOGA**

**Dr Kamaraj**

*Friday 23<sup>rd</sup> August 8pm;*

Saturday 24<sup>th</sup> 0730-0900  
Thursday 29<sup>th</sup> 8pm

Traditional Indian yogic methods of moving physical and energy bodies, through posture, breath and bandhas, taught with verve and inspiration by a master teacher.

**KIDSTAN – Elena** This is the kid's version of Kirtan – fun and friendly for the young and young at heart.

**KASHMIR YOGA - Veronika**  
Tuesday 27<sup>th</sup> 1500-1700

Hatha Kashmir Yoga is a very deeply meditative technique which inspires the body to open up almost of its own accord. It is effortless and pain free and produces excellent results. We approach the body through the lens of retraining it to do what it was able to do once, the perfect blue print we each have of our very own. There is no wrong way of doing this type of yoga, there is only your way. Yoga, but not quite as you know it.

**KIRTAN – part of BHAKTI YOGA –**  
A call for reconnection – the song of the heart. Everyone welcome – this is the simple call and response and unison singing from the folk traditions of India. Every body is in the band and we sing to the deep soul of all. Different 'Bhakti Wallahs' share in different ways, and all our Santosa Bhakti Wallahs are fab! We also have KIDSTAN – the fun, friendly version of Kirtan for Kids - with Elena.

**KULA ROOTS – Akeim and Saara**  
**Four Elements Breath and Movement Ceremony**  
Monday 26<sup>th</sup> 1030 - 1230  
Thursday 29<sup>th</sup> 1030 – 1230  
Friday 30<sup>th</sup> 1030 – 1230  
Saturday 31st 1030 - 1230

This ceremony will draw on yoga and dance to take participants on a journey through the 4 elements of Earth, Air, Fire and Water, to facilitate profound connection with ourselves, each other and to nature. Accompanied with voicework and mantra, this is a truly holistic workshop to open our energy channels and fully embody our expression and truth. The session will finish with a deep relaxation to bring participants into profound peace and integration.

**KUNDALINI YOGA – (also SHAKTI DANCE and KUNDALINI SHAKTI FLOW)**  
Shared for us this year by Sat Prakash Kaur, Mark K and Anjali Joanna. As taught by Yogi Bhajan.

Tuesday 27<sup>th</sup> August 1030 -1230;  
Wednesday 28<sup>th</sup> 1030 – 1230  
Saturday 31<sup>st</sup> August 0730 – 0900  
Saturday 31<sup>st</sup> August 1500 - 1700

Kundalini yoga involves dynamic postures, classical asanas, pranayama, mantra, mudra and meditation placed together in a specific sequence that works on physical, emotional and mental levels. All welcome: for everyone from complete beginners to seasoned practitioners. **Sat Prakash's** two hour workshop will empower the emerging planetary consciousness through sacred prayer and dance. We start with chanting an opening mantra to connect us to the purity of the infinite teacher within each of us. Followed by Pranayama/ life energy, a kriya to increase mental clarity & physical vitality, deep relaxation and Meditation to help clear negative patterns and connect with our higher consciousness. Bring a yoga mat or sheep skin or I may have a couple of spare mats & try to avoid eating food 2 hours before attending

**LAUGHTER YOGA**  
– Shaku

*Before lunch outside the Annapurna dining temple on most days – great for the digestion!*

Invented in India, Laughter Yoga has become commonplace. Using exercises, games, and a willingness to be playful we will bring our natural laughter bubbling naturally up to the giggly surface until we have tears streaming down our faces and are beside ourselves with joy laughing for no reason whatsoever.

**MENTAL HEALTH and Spirituality – An Open Circle for Sharing**  
– Theo, Uma and friends  
Friday 30<sup>th</sup> August 1500

This is a time to talk and share about mental health and spirituality – putting together our experience and research, discussing scars - and fruits - many insights . Our intention is to broaden perceptions on mental health and spirituality, In the light of the sad news last year we felt it might be worth working on this as a community, do join us if you have an interest.

**MYSTIC POETS CIRCLE  
– Uma, Sivani Mata, and Friends**

Wednesday 28<sup>th</sup> August 1500 -1700

A sweet informal and reverent sharing of the words and music of our inspirational mystic poets, Lalleshwari, Hafiz, Rumi, Yeats, O'Donohue... mixed in with some kirtan, heartsong and quite a few words of our own. Please do bring your own poems to share...

**STORIES OF SHAKTI and the  
NAMES OF THE MOTHER (MAA) –  
Sharing Ways to the Mother –  
Kalyani**

Monday 26<sup>th</sup> August 1400

Friday 30<sup>th</sup> August 1400

Saturday 31<sup>st</sup> August 1400

Sharing stories of the Hindu Goddesses is a way to honouring the many holy names of the Goddess with devotion, and offering worship and honour to the Deep Feminine in the form of mantra (words of power) and yantra (geometrical forms) is a form of BHAKTI YOGA (qv). Simply to come and hear the names and the stories is to soak in the beauty and power of the ParaShakti – the supreme power of life herself. Kalyani is offering perspectives from her own devotional practice to Kali, Durga, Lakshmi and other forms of the Divine Mother Jai MAA!

**NAKED VOICE – Tim Chalice**

Sunday 25<sup>th</sup> August 1500-1700

*"The Naked Voice is your original voice, fully-embodied, naturally-expressed, and free of self-consciousness. It is your authentic sound, as unique as your DNA or fingerprint." Chloe Goodchild.* After a spiritual awakening and some years experimenting with different kinds of voice and sound healing Tim did his first workshop with Chloe Goodchild and The Naked Voice in 2005. Since then Tim has worked extensively with Chloe, becoming a Naked Voice Facilitator and been witness to the incredible power of the voice and chanting in particular.

**NATURE CONNECTIONS - Belinda**

**Bats and moths by the fire**

Monday 26<sup>th</sup> 8pm until 10pm

Gather around the sacred fire and learn about these amazing nocturnal flying creatures.

Using bat detectors we will be able to hear the sounds of the bats and witness their incredible night time behaviour.

**Plant Spirit connection**

Wednesday 28<sup>th</sup> after lunch - meet by the fire 1430

Take a deep dive into the magical realm of the plants, learn to access your innate connection to the sacred plant spirits. Please bring pens/pencils and paper if you have them.

**New moon hedgerow medicine  
making**

Friday 30<sup>th</sup> after lunch - meet by the fire 1430

Come and gather together on this sacred new moon to create a hedgerow medicine from the abundance of the land. With magic and intention we will make our own herbal elixirs. Please bring a jar if you have one.

**NEW PARADIGM SKILL SET**

**- Yoli Maya Yeh** Saturday 24<sup>th</sup> 1500-1700

A Medicine Wheel for Personal and Planetary Transformation - In asking the question, What will it take for us to reach a critical mass on the changes needed to shift our current paradigm of power, privilege, consumption, what emerged is a tool rooted in the native North American Indigenous teaching of the Medicine Wheel. Come here from 5-Nations Peace Elder Yoli Maya Yeh how this tool works and how we can walk this path together.

**OUTCASTS and ALLIES CIRCLE –**

**Theo** Wednesday 28<sup>th</sup> 1030 – 1230

All outcasts and allies welcome to share in this circle facilitated by Theo. A time for exploration and connection beyond binaries. In the RED TENT – all genders welcome

**PARTNER YOGA – Mandala partner  
flow - Sandra Barnes**

Sunday 25<sup>th</sup> August 1030 - 1230

Friday 30<sup>th</sup> August 1500 -1700

Find how by joyfully working together & opening up to share your space with others, you can achieve a much deeper stretch & more optimum body experience. Connecting, not just to one another, but to the prana within & around us with a focus on the energy exchange of giving & receiving. Together we will create our own human mandala. Then journey in to a guided meditation culminating

with a sound bath, using lavender eye pillows. Suitable for all.

**PLANT SPIRIT CONNECTION – See Nature connection**  
**POST LINEAGE YOGA DISCUSSIONS – Theo**  
*Saturday 24<sup>th</sup> August 1245 round fire*

Now is the time to talk! Moving through traditional lineages, inspired by their teachings, and inspired to move beyond their limitations, together we are making a whole new world of yoga – lets get together and see what's afoot. Debate skilfully managed by Theo, who is currently completing a PhD thesis on this very subject...

**RADICAL REST YOGA**  
*WEDNESDAY 28<sup>TH</sup> 1500*  
**Jane Dancey**

In our fast-paced, over-stimulated world where kudos is placed on quantity and speed, rest has become a radical act. To rest doesn't always come easy. This class will be a mix of gentle movement, self-massage, breath work and relaxation to soothe your nervous system and rejuvenate your body and mind.

#### **RED TENT EVENTS**

– a women only space for women and girls to rest and be together, sometimes there are teachers sharing. **TIME\_SHARING** with some other events – when men and boys are also welcome

*Monday 26<sup>th</sup> August 1045 -1230*

**Grief Circle for Women – Uma, Yoli and Sivani** will be holding a humble and sacred space to speak and mourn our womb losses (terminations, pregnancy losses, surgeries and other procedures...

**Women and Girls Circles – Yoga Blossoms with Elena**  
In the RED tent most afternoons

**REFLEX YOGA – Veronika**  
*Thursday 29<sup>th</sup> 1030 – 1230*

is a new unique style of Yoga specifically designed to target the Body-Brain neurological, physical and emotional connections. It is a powerful art of movement that gets to the root of all pattern making and

pattern breaking, with its fusion of calming restoring Hatha/Kashmir Yoga flow and a range of subtly dynamic Neuro-Sensory movements that have been proved to help children and adults with all types of conditions. Some being:- ADHD- OCD- ASD- Stroke recovery- Anxiety - Sleep disorders- Depression- Learning or developmental difficulties- low muscle tone - Motor-coordination difficulties, and the list could go on.....

**RESTORATIVE and SUPER RESTORATIVE YOGA – Cryn**  
*Sunday 25<sup>th</sup> August 11- 1230*

Suitable for anyone who might enjoy a restorative class including older people, those who are convalescing, pre and postnatal women and folk who have ongoing physical restrictions which make a more active yoga class difficult. It will include gentle movement, supported restorative poses and Yoga Nidra.

**RHYTHMS OF LIFE – Sivani Mata**  
*Tuesday 28<sup>th</sup> August 1030 -1230*

Experience intuitive yoga stretches that honour your inner rhythms and flow into a expressive dance meditation set to a sound track of mantra and uplifting music. Then integrating our movement and dance with relaxation and a Kirtan – singing healing sound formulas, from the heart, the seat of love within. Connect to a state of inner peace and enjoy free expression of the self.

**SACRED ACTIVISM, BLOOD and other choices**  
**In YONI SHAKTI sessions**

The choices we make about menstrual blood, about contraception, about birth and menopause – all of these impact upon our environment, upon the earth and the waters. Come and join Uma in sharing sustainable choices for women and girls. Explore how the eco-activism of conscious menstruality can support the evolution of human consciousness and protect the Earth for all life...

**SACRED ACTIVISM – Vandita**  
*Saturday 31st August 1500 -1700*

The spiritual is political, the sacred is global. How to act from the heart for planetary healing, and personal integrity and

authenticity. Vandita is sharing from her wide experiences as a spiritual activist, eg. providing legal support for indigenous peoples in the Amazon. Everyone is welcome to share their experience in this sacred circle.

**SANTOSA Future Visioning Meetups  
– with You & the Crew**

*Friday 30<sup>th</sup> August 1300*

By the fire with your lunch – join the crew for informal talks and sharings to vision future camp Santosa experiences.

**SANTOSA BAZAAR \_  
Bring, buy, trade and share**

*Tuesday 27<sup>th</sup>, Wednesday 28<sup>th</sup> August, also*

*Saturday 31<sup>st</sup> August: During and after lunch in and around the dining table*

**SATSANG –**

Literally the company of the wise – a coming together and sharing of wisdom and experiences. The whole of Santosa is SATSANG even if you never attend a single session.

**SCARAVELLI YOGA – Claudia**

*Monday 26<sup>th</sup> August 1030 -1200*

Inspired by the teachings of Vanda Scaravelli, time is allowed within the postures and an easiness and playfulness within them. Yoga can be so accessible and with care (and most cases!) very safe to practice. With each breath there opens up infinite possibilities of which path to follow and yet when it comes down to it, yoga can be so simple...

**SELF-AWAKENING YOGA  
THERAPEUTICS – Mel**

*Tuesday 27<sup>th</sup> August 1500*

A non weight bearing, floor based meditative movement focusing on breath and gently releasing stagnant energy in the connective tissues, particularly in the pelvis and lower back, psoas muscle and shoulders.

**SENSUAL YOGA – Sonja**

*Wednesday 28<sup>th</sup> 1500*

Expect to be guided on a somatic journey deeper into the wisdom of your body and the earth. Sensual Yoga combines sensual movements and gentle tantric and yogic practices for full body awakening – open to

women and men who would like to awaken their life force and sensual earth connection

**SHAMANIC YOGA – Sam A**

*Tuesday 27<sup>th</sup> August 1500 -1700*

*Wednesday 28<sup>th</sup> August 1030 -1230*

Deeply rooted and connected yoga that interweaves the threads of yoga and shamanic awareness. Profound, delightful and engaging.

**SHAKTI (KUNDALINI) DANCE  
– Anjali and Mark K are both sharing  
sessions (and also see Sivani offering  
RHYTHMS OF LIFE)**

*Saturday 24<sup>th</sup> August 1500 – 1700*

*Sunday 25<sup>th</sup> August 2000*

The Yoga of Dance: with its roots in Kundalini yoga. It is a powerful practice: a harmonious blend of flowing yoga stretches, energising dance exercises, free dance meditation, relaxation and synchronised mantra with movement.

Shakti Dance is taught in 8 stages to bring the dancer into a heightened state of awareness and consciousness. It is a fusion of flowing yoga postures , rhythmic movement using breath ,free dance , meditation & celestial communication. It enables you to connect to a space of inner pace, reducing stress, liberating your body and mind in a free expression of the self. As we connect consciously to our breath with movement and intention , the mind let's go , allowing us to explore our inner world in relation to our outer world. Connecting us more deeply to ourselves each other and the elements. Our pranic body is charged and any stagnant and blocked energy released . After the dance We feel more relaxed , realigned and recharged

**SIVANANDA YOGA**

**– Nilakantha OR Buddhenath**

*Saturday 24<sup>th</sup> 1030 – 1200*

*Thursday 29<sup>th</sup> August 0730 - 0900*

*Thursday 30<sup>th</sup> August 1030 -1230*

*Saturday 31<sup>st</sup> August 1030 – 1230*

Beginners are most welcome and the class will take approximately 90mins with opening and closing mantras. It follows a very classical Hatha Yoga style which has changed little in 60 years since it was first introduced by Swami Vishnu Devananda, disciple of Swami



Sivananda. Includes pranayama exercises followed by twelve basic Sivananda asanas including headstand. The class concludes with a final relaxation and prayers.

### **SLOW (MORNING) FLOW YOGA / DEEP AND DELICIOUS VINYASA FLOW –Lorraine**

Saturday 24<sup>th</sup> August 1030  
Monday 26<sup>th</sup> August 1030

Flowing movement sessions. Graceful moving meditations, that feels nourishing and nurturing self reflection and exploration. Suitable for all levels. Also please note that many of our teachers offering these flowing sessions have decades of experience in the discipline of Ashtanga Vinyasa, and are offering yoga with roots nourished by Ashtanga Vinyasa, please also check out Anusara inspired yoga for flowing practices of movement.

### **SOMATIC YOGA**

**Jane**

*Tuesday 27<sup>th</sup> August 1500*

Sensing from within rather than imposing form or shape onto the body. Honouring natural rhythms and cycles through moving from a place of 'being' rather than 'doing'. A chance to step out of habitual movement patterns that can be created through repetitive linear yoga asana and to tune into one's own unique anatomy and way of moving.

### **SOUL AND SUBJECTIVITY –**

**Devamurti**

*0730 Saturday 24<sup>th</sup> – Wednesday 28<sup>th</sup> – and 1500 Friday 20<sup>th</sup>*

Meditation and gentle yoga. Where do You exist? What is your essence and who is aware of it? With a radical new hypothesis as our map, these meditative explorations will investigate the key centres of the soul. These two hour classes will include gentle asana, pranayama, mudra and bandha and culminate in a 45 minute sitting meditation.

### **SOUND BATH and YIN RESTORATIVE SOUND BATH – Ling**

*Sunday 26<sup>th</sup> August 1500 -1630; Thursday 30<sup>th</sup> August 1500-1700 (with restorative yoga and Yin)*

Soak up the deeply restful, calming resonance of the singing bowls, expertly played by Ling, as you move gently in YIN yoga and settle into restorative poses. ABSOLUTE BLISS, you will be restored and rejuvenated...

### **SOUNDS OF SANSKRIT ~ THE LANGUAGE OF YOGA – Lucy**

**Crisfield** 1500 – 1700, Friday 30<sup>th</sup> and Saturday 31<sup>st</sup> August

What is it that makes Sanskrit a sacred language? What is its visceral connection to yoga? Explore the life force of the language through the '16 divine mothers' ~ the vowel sounds and then delve into the realm of *mantra* meditation, the sounds of the *Veda* and *Patanjali's Yoga Sūtras* and discover what they truly mean.

### **SURYA NAMASKARA – Kamaraj**

*Sunday 25<sup>th</sup> and Thursday 29<sup>th</sup> August 1200  
Wednesday 28<sup>th</sup> August 0730 – 0900*

Traditional sequence of revitalisation and solar worship to optimise the pranic flow in the body and maintain physical and emotional well being – an epic chance to dive right in with this beautiful practice taught by a master teacher.

### **TEACHINGS FROM TURTLE ISLAND\*: ROUND THE FIRE WITH Yoli Maya Yeh**

*Before Dinner Tuesday 27<sup>th</sup> August 19\** *'Turtle Island' is the Native American term for the landmass of North America*

Let us gather in the sacred Teaching Lodge for an exploration of our superpowers and dormant talents in an effort to cultivate self-knowledge. From this strong foundation, the sky is the limit! Using traditional Native North American teachings on the medicine wheel, visualization, animal medicine and ritual we will let our inner voices be the guide in learning how to create the lives we want!

### **TEACHINGS FROM TURTLE ISLAND\* FOR TEENS: Peace Circle for All Beings – Yoli Maya Yeh**

*\*'Turtle Island' is the Native American term for the landmass of North America*

*Sunday 25th August 1500 - 1700*

Truth and Reconciliation are key practices for we Earth Beings in our unveiling and healing process right now. Let us remember and reclaim how the Peace Circle can be used in our homes, workplaces, communities and nations in order for all voices to be heard.

### **THAI YOGA MASSAGE WORKSHOP**

**– Dr Kamraj**

*Saturday 24<sup>th</sup> August 2000*

*Monday 26<sup>th</sup> August 1500*

*Thursday 29<sup>th</sup> August 1030 -1230*

A fabulous opportunity to explore the interface between Yoga and Thai Yoga Massage through assisted postures, stretches and nourishing movement, Taught by a master yogi and Thai Yoga Massage practitioner.

### **TRANCE AND TRANSFORMATION**

**– Nirlipta**

*Saturday 24<sup>th</sup> August 1030-1215*

Utilising yoga nidra and deep trance induction work, yoga nidra master teacher Nirlipta offers a creative and engaging, powerful route to transformation that is effortless. What's not to love?

### **VAUDEVILLE OF THE VULVA!**

**-Laura Doe from the y0niversity**

*Wednesday 28<sup>th</sup> August 8pm*

Super sacred theatre in our Temple! World class comedy, juicy songs, singing vulva puppets, wonderful characters and all round totally stellar hilarity in the service of fulsome understanding of the holy land of female anatomy. All shared with verve, passion and perfect comic timing by our honoured guest, Laura Doe, the delightful founder of the y0niversity.

### **VINYASA FLOW - Mahala**

**see also DYNAMIC VINYASA FLOW and HATHA VINYASA**

Daily early morning slots to start your day right – 0700 most mornings!

- Pranayama to wake up the body and mind
- Mudras to activate the day
- Chi gong to get the energy moving
- Meridian tapping to wake up the body points
- Gentle vinyasa to wake up the body, building to something stronger
- Some lovely music

### **WATERING THE FLOWER OF APPRECIATION – Elena**

*Saturday 31st August 1200*

A simple and moving ceremony to support the experience of Appreciation... meditative and heartbased, a way to connect and share.

### **WILD YOGA – Theo**

*Friday 30<sup>th</sup> August 1030 - 1215*

Yoga is the work of embodiment, of being well in one's skin. But it is also the work of social justice, of being a force for gentle good in the world. Small, focused communities of ritual practice have been quietly becoming the change they want to see in the world since history began. Join me each morning at Santosa for a new way of sharing yoga; sharing community; sharing devotion, through movement, stillness and voice, as we dedicate each day to the world within, the world without, and the worlds between us.

**YIN YOGA** – a slow and restful form – and also **SOUND BATHS** –Ling incorporates Yin in her teachings.

### **YOGA BLOSSOMS – Elena**

**See RED TENT**

A circle for girls who have welcomed their first Moons, or are so close to doing so that they want to be in a space where Moon blood talk is welcome.. A safe friendly space to share and be supported by other girls and women.

### **WOMEN'S TANTRA - Lorraine Taylor YOGA OF THE HEART FOR WOMEN**

*August 2000 -2130*

*Saturday and 25<sup>th</sup> & 26th August 1500 -1700*

We will explore different ways of opening and softening the heart through yoga asana, breath, music and poetry. The Sufis say you are a real Sufi when your heart is as soft as wool. And many mystics, gurus and poets talk about the importance of the heart and how it is our gateway to freedom and love.

Through the practice of Yoga, we start to see more clearly all the different layers of who we are by investigating the transient nature of mind, emotion and sensation. We also discover how the boundaries of the physical body can dissolve if we let go of this idea that

we are only a body mind entity. Within this, we realise the deeper functionality of our interior and its relationship with the heart of our Being. This class is a soft and tender moving meditation which nourishes and opens the feminine body to greater wholeness. It doesn't matter what shape or size you are or what level of flexibility you have. Its for the inflexible and the un-enlightened, its for the tall and the short, the light and the heavy, the wise and the bendy. Whoever you think you are, just come and open to discover more...

### **WOMEN'S YOGA FOR A HEALTHY PELVIS - Jane**

Exploring the female pelvis from a physical, spiritual and psychological perspective. Using somatic movement, exercises and breath work to create greater awareness and connection and to promote the health and vitality of the pelvis and pelvic floor muscles and all that is contained within.

**YOGA NIDRA** – the yoga of sleep. No movement necessary – five times a day in the Hanuman temple. see DAILY TREATS To take this practice home with – check out the free downloads by many of these teachers at [www.yoganidranetwork.org](http://www.yoganidranetwork.org)

### **YOGA OF HERBS - see NATURE CONNECTION**

### **YONILATES**

**-Laura Doe from the y0niversity**

*Monday 26<sup>th</sup> August 1500*

Encounter a pelvic floor as big as as the temple - A treat! Top quality learning, comedy, and vital information for all people with pelvic floors. Everything you ever wanted to know about the wonders of the pelvic floor. Shared with verve, passion and general hilarity by the delightful founder of the y0niversity.

### **YONI NIDRA – Uma**

*Thursday 29<sup>th</sup> August 1230*

Total Yoga Nidra for people with vulvas – deep rest and relaxation, whilst we visit the holy pilgrimage places in the sacred land of the body.

### **YONI SHAKTI – Uma**

*Thursday 29<sup>th</sup> August 1030 – 1215*

*Wednesday 29<sup>th</sup> August 1030 -1230*

This literally means Source Power or Cunt Power, and it is the title of Uma's epic fourth book (on sale at specially discounted camp prices!) To encounter Yoni Shakti is to meet the source origins of power, vitality and energy. Practice and theory to explore the feminine roots at the origins of yoga. Radical juicy feminism at its irreverent and cheeky best – prepare to be amazed and delighted.

### **YOTISM = YOGA FOR AUTISM**

**Veronika**

*Wednesday 28<sup>th</sup> August 1030 -1230*

A chance to explore the benefits of Yoga for people on the autistic spectrum. Questions will be: what is the Primitive Reflex system, why we treat it; how significant our Body-Brain connections are to overall health/well-being; how this can lead to certain types of behaviours/addictions and how this powerful method breaks physical patterns.

# THERAPISTS and HEALERS

We are very fortunate to be hosting a number of skilled therapists at our camp. Please book in with the therapists and pay them directly... a proportion of their earnings is given back to the camp. They are all in the main circle, on the right hand side on the way to the showers and the nature healing sanctuary – except for Kalyani (Tarot readings) who is camped up in the large blue tent – near the temple.

**Deep appreciation to all who offer their skills in healing to us, linking us together on the web of hearts.**

## AYURVEDIC MASSAGE

- **Georgina Anand** (for the whole camp)

## BODY MASSAGE including CLOSING THE BONES, PREGNANCY AND POSTNATAL MASSAGE

- **Jess Healy** (with us for the whole camp)

## BODYWORK, MYOFASCIAL RELEASE, SWEDISH, ABDOMINAL MASSAGE: MASSAGE EXTRAVAGANZA

- **Adrianna HANCZAK** (the whole camp)

## DEEP TISSUE MASSAGE, ABDOMINAL, BACK, NECK, FASCIA, THAI-INSPIRED TRANSFORMATIONAL BODYWORK

- **Sam Bloomfield** (with us for the whole camp, except for Tuesday and Thursday)

**HENNA for you! - Amba, Kalyani's daughter** – (26th August til 1<sup>st</sup> September)

## HOLISTIC MASSAGE

**Olivia StClaire Bloomfield**  
(with us for the whole camp)

## EMDR and HYPNOTHERAPY

- **Janine Hurley** (27<sup>th</sup> August til end of camp, except for 31<sup>st</sup>. Find Janine at morning meeting...)

## FACIAL MASSAGE & FOOT MASSAGE

- **Shaku** (with us for the whole camp)

## FULL BODY MASSAGE WITH OILS - Jagganath

## SHAMANIC HEALING and REIKI - Katrina

(with us for the whole camp)

## SHIATSU - Lioba Fezer

(with us for the whole camp)

## SPORTS MASSAGE - Matt Austin

(with us for the whole camp)

## SOUND WONDERS

**Aya Zebrowska**

(from Wednesday 28<sup>th</sup> until end of the camp)

## STRETCH THERAPY – STEVE'S AWESOME STRETCH THERAPY

- **Steve Wheeler**

(from Wednesday 28<sup>th</sup> until end of the camp)

**TABLA LESSONS 1:1 with Hari, Kalyani's son** – (26th August til 1<sup>st</sup> Sept)

## TAROT READINGS

- **Kalyani** (26th August til 1<sup>st</sup> September)

## THAI YOGA MASSAGE, ABDOMINAL MASSAGE, TOKSEN, SOUND HEALING

- **Ling** (from 23 to 27<sup>th</sup> August)

## THAI YOGA MASSAGE + THAI FOOT MASSAGE – Yarrow Wolfe

(from 28<sup>th</sup> August to end of camp)

## THAI YOGA MASSAGE – Dr Kamraj

(for the whole camp)

## YOGA THERAPY ONE TO ONES with

- **Mel** One-to-one accessible Yoga for children with Autism and ADHD.  
(23-28<sup>th</sup> August only)

## VORTEX AND ENERGY HEALING

- **James Coombes** (for the whole camp)

# Santosa 2019 Theme: NEW PARADIGMS For Sharing Ancient Wisdoms

HOLDING THE SPIDER'S WEB IS HER:  
PRAISE TO THE FORMS OF THE GODDESS  
(chanted in the dawn mantra circles)

## YA DEVI

*From the Devi Mahatmyam*

Yā Devī Sarva-Bhuteṣu Buddhi Rūpeṇa Saṁsthitā  
Namas-Tasyai Namas-Tasyai Namas-Tasyai Namō Namaḥ

*Salutations to the Great Goddess who abides in all beings as the form of Wisdom  
We bow to you again and again*

Repeat with other forms that Devi takes (in place of Buddhi):

Nidrā - sleep	Śhraddhā - faith
Kṣhudhā - hunger	Kānti - beauty
Chāyā - reflection	Lakṣmi - good fortune
Śhakti - power	Vṛtti - activity
Thriṣṇā - thirst	Smṛti - memory
Kṣhānti - forgiveness	Dayā - compassion/kindness
Jāti - genus (original cause of everything)	Tuṣṭhi - contentment
Lajjā - modesty	Mātri - mother
Śhānti - peace	Bhrānti - delusion

## DAILY POETIC INSPIRATIONS AND THEMES for REFLECTION AND TEACHING

### WELCOME HOME: Friday 23rd

I went everywhere with longing in my eyes  
Until here, in my own house  
I felt truth filling my sight

### CREATIVE JUICES: Saturday 24th

I made pilgrimages, looking for God.  
Then I gave up, turned around,  
There God was inside me!  
In the form of a love that fills my heart

### IGNITING OUR FIRES: Sunday 25th

I exhausted myself, looking.  
Nobody ever finds this by trying.  
I melted in it and came home,  
where every jar is full,  
but no one drinks.

### THE DEEP FEMININE: Celebrating Her Embrace : Monday 26th

Meditate within eternity.  
Don't stay in the mind.  
Your thoughts are like a child fretting  
near its mother's breast, restless  
and afraid, who with a little guidance,  
can find the path of courage.

### HONOURING THE SOLAR MASCULINE: Tuesday 27th

Meditation and self-discipline  
Are not all that's needed, nor even  
A deep longing to go through  
The door of freedom.  
You may dissolve in contemplation,  
As salt does in water,  
But there's something more  
That must happen

### BEYOND THE BINARIES: Wednesday 28th

When you see yourself  
and someone else / as one being,  
When you know the most joyful day  
and the most terrible night as one moment,  
then awareness is alone with its Lord.

### EXPANSION

### Thursday 29th

Awareness cleaned my mind  
to a polished mirroring.  
The presence came near, and I knew  
that That was everything, and I nothing.

### LOVE & COMMUNION: Friday 30th

As my love and my faith, / And my interest in  
the inner / Grew, the darkness diminished,  
Within and without, and Lalla  
Lost herself in that light.

### CELEBRATING MATURITY:

### Saturday 31st

Lalla, there's no birth or death.  
You are one, but not with happiness  
or difficulty, not with / desire or anger.  
You do not walk with people  
who only *talk about* truth.  
The experience of God is continuous  
amazement.

### FAREWELL / GO WELL:

### Sunday 1st

I, Lalla, entered the jasmine garden,  
where Shiva and Shakti were making love.  
I dissolved into them,  
and what is this to me, now?  
I seem to be here,  
but really I'm walking  
in the jasmine garden