

Time / Space	ARRIVALS – FRIDAY 23rd AUGUST 2019 - VENUS' DAY. CAMP THEME - New Paradigms for Sharing Ancient Wisdoms <i>Today's theme: WELCOME HOME!</i>					
	Arrivals and set up from NOON A big warm welcome to our sixteenth Santosa yoga and bhakti camp! It's our FOURTEENTH ANNIVERSARY (fourteen years and sixteen camps...) and we're very glad you're here.					
1700	SANTOSA arrivals WELCOME HOME TO YOURSELF Hugs and Hellos and Laughter Yoga with SHAKU in the Hanuman Temple					
1730 -1830	TOTAL YOGA NIDRA with UMA and NIRLIPTA in the HANUMAN TEMPLE Come and lay down – rest after your journey and be lulled into a YOGIC SLEEP that will restore and revitalize you Please bring a blanket. We conclude the yoga nidra with welcoming mantras and a brief welcome orientation					
1830 -1930	DINNER for EVERYONE in the Annapurna Dining Temple . Ashram style dining means we'll eat as a family when everyone is here. Please remember to bring your own plate, bowl and cutlery. COMPLIMENTARY HOT CHOCOLATE FOR ALL AROUND THE FIRE 1915					
1930	1930 HANUMAN CHALISA and OPENING WELCOME HOME <u>PRACTICAL MEETING</u> in the HANUMAN TEMPLE					
2015	INFORMAL WELCOME BHAJANS AND KIRTAN WITH our Much appreciated, much beloved Santosa regular morning ANGELS - <i>HABIBA, BUDDHENATH and their Many Friends</i>				INDIAN HATHA YOGA session in SHAKTI MA – movement to welcome you home – with DR KAMARAJ	
	2145 GOODNIGHT YOGA NIDRA with SINGING BOWLS: Nirlipta and Ling together in HANUMAN Bhakti Temple 2200 TEMPLE DREAMTIME til 0700 tomorrow: 13 dreamers welcome to sleep in the temple each night – bring warm bedding and prepare to be up & out by 0645 tomorrow morning. Dreamshare Matrix for all (no matter where you slept!) round the fire 0645 tomorrow					
DREAM TIME 22.30	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families with young children, dawn-rising larks, yoginis who all need their sleep. If you want to hang out, then do it around the main circle campfire or sauna only please, and keep it SHANTI SHANTI SHANTI					

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

Time /Space	SATURDAY 24th August. Saturn's day. Venus conjunct Mars. Theme for today: Creative Juices Flowing					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT
0700 – 0930 check start times	0700 - 0830 VINYASA FLOW Mahala	8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 INDIAN YOGA Kamaraj	0700 – 0800 Informal yoga space babies & kids welcome – self practice	0730-0900 SOUL & SUBJECTIVITY YOGA + MEDITATION Devamurti	YIN BALANCE for Women 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 Eloise . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000– 1030 at the FIRE	OPENING WELCOME FIRST MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). COME MEET EVERYONE - GREETINGS, CHANTS, POETRY. Guaranteed upliftment for the soul... DO COME AND JOIN US.					
1030 –1230	Shiva: ACRO YOGA Nuku	1030 TRANCE and TRANSFORMATION Nirlipta 1215 YOGA NIDRA (Nirlipta)	1030-1230 SLOW FLOW YOGA Deep and Delicious Flow Lorraine	1030-1230 SIVANANDA YOGA Buddhenath	1030-1230 ASTROLOGICAL YOGA Emma R	YONI EGG CIRCLE Ciara
1245 - 1400	1200 – 1245 108 SURYANAMASKARA SPECIAL outside with Dr Kamaraj + LAUGHTER YOGA APERITIF – Shaku - before lunch outside dining temple. 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. Gather by the fire ***** 1400 - 1430 TOUCHING THE EARTH ceremony Led by ELENA **** Gather by the fire					
1430 -1500	YOGA NIDRA with Cryn in HANUMAN TEMPLE			CIRCUS SKILLS outside GANESHA til 4 AFTERNOON CRAFTS IN GANEHA: CHECK THE KIDS' SCHEDULE		
1500 – 1700	SHAKTI DANCE Anjali	CACAO CEREMONY +Elemental Dance Journey Sandra	CONTACT IMPROVISATION First Sparks :Sam B	1500 – 1600 FELDENKRAIS awareness through movement - Sharon	NEW PARADIGM SKILL SET Yoli Maya Yeh	FIND YOUR VOICE: Eloise 5pm Yoga Blossoms Girls Circle Elena
Pre-dinner	1700-1730 HANUMANA CHALISA in Hanuman with Uma 1730-1800 YOGA NIDRA (Nirlipta) in Hanuman 1800 -1930 GURU CIRCLE CRAZY WISDOM: Sam, Uma + friends (bring dinner to GANESHA to, eat + share)					
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 - 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	HATHA VINYASA YOGA Pete	KIRTAN – JAY Krishna & FRIENDS YOGA NIDRA - Theo	THAI YOGA WORKSHOP Dr Kamaraj	EVENING KIDS – meet at the main fire EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
FROM 2200 QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI						

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Time /Space	SUNDAY 25th August. SUN'S day. Theme for Today – Igniting our Fires					
By fire	SPECIAL Sunday MORNING PROGRAMME : HAVAN (SACRED FIRE CEREMONY) with JAY KRISHNA OUTSIDE THE TEMPLE from 0630 til 0830 All welcome – come clean, freshly washed (showers available from early morning) come with a smile before breakfast, come with an open and devoted heart to make offerings to the FIRE with MANTRA (words of power) and sacred song					
SPACE & TIME	SIVA NATARAJ	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU + GANESH events	RED TENT
0700 – 0930 check start times	0700 -0830 VINYASA FLOW Mahala	8.30 - 9 BHAJANS (after HAVAN is over) Habiba & Buddhenath	0730-0900 HATHA VINYASA YOGA with Pete	8.30 - 9 GENTLE HATHA YOGA - Cecilia	0730-0900 SOUL & SUBJECTIVITY YOGA + MEDITATION Devamurti	Space for moon sisters to rest
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.					
	SIVA NATARAJ 1030 –1230 MANDALA PARTNER YOGA FLOW Sandra	1030 –1230 YONI SHAKTI YOGA Uma 1215 YONI NIDRA (Uma)	1030 –1230 YOGA IN THE BEAUTY WAY Yoli Maya Yeh	FELDENKRAIS method - into non-styled movement - Sharon	1030 EMBODIED YOGA PRINCIPLES for SELF CARE Jane D	1110-1230 SUPER RESTORATIVE YOGA All Genders Welcome Cryn
	1200 – 1245 108 SURYANAMASKARA SUNDAY SPECIAL outside with Dr Kamaraj LAUGHTER YOGA APERITIF – Shaku - Just before lunch outside the dining temple. Great for Digestion!					
1245 - 1400	LUNCH Annapurna Dining Temple. Eating as family when everyone's here so please be in the dining area at 12.40. Bring your plate & cutlery.					
1430 -1500	TOTAL YOGA NIDRA in HANUMAN (Cryn)		ORIGAMI dining temple		CIRCUS SKILLS Outside Ganesha til 4 CRAFTS IN GANEHA: CHECK THE KIDS' SCHEDULE	
1500 –1700	KULA ROOTS CEREMONY – Akeim & Saara	NAKED VOICE Tim Chalice	WOMEN'S TANTRA Lorraine	CONTACT IMPROVISATION Kindling the Fire Sam B		1500 FOR TEENS: Peace Circle Yoli Maya Yeh 17: 00 Yoga Blossoms Girls Circle: Elena
	1700-1730 Pre-dinner HANUMAN CHALISA with Uma / Habiba in Hanuman 1730-1800 YOGA NIDRA (Devamurti) in Hanuman					
1800 -1930	DINNER in Annapurna Dining Temple. We eat as family when everyone is here: arrive at 18.00. Please bring your own plate, bowl, cutlery. 1900 - 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	KUNDALINI DANCE Mark K	KIRTAN: TIM CHALICE	YIN YOGA and SOUND BATH with Ling in Shakti MAA 2000		TEEN SWEAT TONIGHT – with Sam B. Meet at Sauna. Share plans morning meeting	
		2200 YOGA NIDRA (Theo)				
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	MONDAY 26th August. Moon's Day. Today's theme: CELEBRATING the EMBRACE OF the DEEP FEMININE					
By fire or in Temple	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MAA	SAT NAAM	WAHE GURU	RED TENT
0700 – 0930 check start times	0700 -0830 VINYASA FLOW Mahala	8 - 9 BHAJANS Habiba & Buddhenath	0730 – 0900 DYNAMIC VINYASA FLOW Kalila	7-8 GENTLE HATHA YOGA - All welcome - Cecilia	0730-0900 SOUL & SUBJECTIVITY YOGA + MEDITATION Devamurti	YIN BALANCE for Women 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 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.					
	SIVA NATARAJ 1030 –1230 ACRO YOGA Nuku	1030 – 1215 KULA ROOTS CEREMONY – Akeim and Saara 1215 YOGA NIDRA Theo	1030-1230 SLOW FLOW YOGA Deep and Delicious Flow Lorraine LAUGHTER YOGA APERITIF – Shaku - Just before lunch outside the dining temple.	SCARAVELLI YOGA Claudia 1030-1230	ASTROLOGICAL YOGA Emma R	1045 – 1245 Circle of Grief and Praise for Women Uma and Yoli
1245 - 1400	LUNCH Annapurna Dining Temple. The yoga of eating together. Please be in the dining area at 12.40. Bring your plate & cutlery.					
1430 -1500	1400 STORIES OF SHAKTI – Kalyani in HANUMAN TEMPLE followed by 1430 YOGA NIDRA with Singing Bowls in HANUMAN with Uma and Ling				CIRCUS SKILLS til 4pm CRAFTS IN GANEHA: CHECK THE KIDS' SCHEDULE	
1500 – 1700	HATHA VINYASA YOGA with Pete	YONILATES Laura Doe of the yOniversity	THAI YOGA MASSAGE Workshop Dr Kamraj	FELDENKRAIS method into non-styled movement - Sharon	EMBODIED YOGA Jane D	1700 Yoga Blossoms Girls Coming of Age Circle Elena
Pre-dinner pause	1700-1730 HANUMAN CHALISA Habiba and Uma in Hanuman 1730-1800 YOGA NIDRA () in Hanuman			1900 – 2000 HEALING CHRONIC CONDITIONS – A talk with Yoli in the RED TENT _ all genders welcome		
	1800 -1900 DINNER in Annapurna Dining Temple. We eat as family when everyone is here: Please bring your own plate, bowl, cutlery. 1900- 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	DANCE MANDALA Shaku	KIRTAN: SISTER'S VOICES: Women and girls community kirtan: Vandita, and friends YOGA NIDRA Alison	YIN YOGA AND SOUNDBATH Ling	2000-2200 Meet Belinda by the fire BATS AND MOTHS BY THE FIRE : Nature Connection EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	TUESDAY 27th August. MARS day. Today's theme – HONOURING the POWER OF THE SOLAR MASCULINE					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT
0700 – 0930 check start times	0730-0900 SIVANANDA YOGA Nila	8 - 9 BHAJANS Habiba & Buddhenath	7.30-9 DYNAMIC VINYASA FLOW Kalila	7 – 8 GENTLE HATHA YOGA Cecilia	0730-0900 SOUL & SUBJECTIVITY YOGA + MEDITATION Devamurti	Space for moon sisters to rest
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 ELIZA . 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	1030-1215 YIN and RESTORATIVE YOGA with Ling 1215 YOGA NIDRA Ling	ABSOLUTELY VULVALICIOUS Laura Doe of the yOniversity	1030 -12 KUNDALINI YOGA Satya Prakash Kaur Patsy (Bring a blanket)	1030-1230 FELDENKRAIS method awareness through movement - Sharon	1130 MOTHERS FOR DAUGHTERS Circle with Elena. Mothers only – discussions about daughter's puberty	
		SANTOSA BAZZAAR - DURING and after LUNCH in and around dining temple				
1245 - 1400	LUNCH in Annapurna Dining Temple. We eat as family when everyone is here . . .				1430 Meet Belinda by fire NATURE CONNECTION CIRCUS SKILLS outside GANESHA til 4 CRAFTS IN GANEHA: CHECK KIDS' SCHEDULE	
1430 -1500	YOGA NIDRA in HANUMAN TEMPLE: (Barry) 1430-1500					
1500 – 1700	SHAMANIC YOGA Sam	YOUR WILD HEART: A Movement Medicine & Sound Journey - Ben and Eliza	KASHMIR YOGA Veronika	SELF AWAKENING Yoga THERAPEUTICS Mel	SOMATIC YOGA Jane D	FEMININE TANTRA Sonja 1700 Yoga Blossoms
Pre-dinner pause	1700-1730 HANUMAN CHALISA in Hanuman 1730-1800 YOGA NIDRA (Janine) in Hanuman	AROUND THE FIRE with Yoli Maya Yeh – Teachings from Turtle Island and Q&A on New Paradigm Skill Set				Girls Coming of Age Circle Elena
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- 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	EMBODIED YOGA Jane D	2000 CELTIC YOGA EVENING Celtic Nidra, Stories, Song, Poetry... Theo + Uma and friends		EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep.If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	WEDNESDAY 28th August. MERCURY'S day. Today's theme: BEYOND THE BINARIES					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends : morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT
0700 – 0930 check start times	0730 SURYA NAMASKAR Dr Kamraj	8 - 9 BHAJANS Habiba & Buddhenath	7.30 -9 DYNAMIC VINYASA FLOW Kalila	7 – 8 Informal yoga space for self practice babies & kids welcome	0730-0900 SOUL & SUBJECTIVITY YOGA + MEDITATION Devamurti	YIN BALANCE for Women 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. 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	Shiva: ASHTANGA VINYASA INSPIRED: Arianna	1030 RHYTHMS OF LIFE (Dance) Sivani Mata 1215 YOGA NIDRA Sivani Mata	1030-1230 SHAMANIC YOGA Sam Ahern	1030-1230 KUNDALINI YOGA with GONG Anjali	YOTISM – Yoga for Autism : Veronika	1030 – 1230 OUTCASTS and ALLIES CIRCLE with Theo
1245 - 1400	LUNCH in Annapurna Dining Temple. Please arrive 12.40 Bring your own plate, bowl and cutlery. After lunch ORIGAMI in DINING TEMPLE				PLANT SPIRIT CONNECTION meet by the fire 1430 for Nature Connection Walk	
1430 -1500	YOGA NIDRA in HANUMAN (Theo)		CIRCUS SKILLS til 4pm AFTERNOON CRAFTS IN GANESHA: CHECK THE KIDS' SCHEDULE			
1500 – 1700	EARTH –LIGHT-BREATHING: A Rebirthing Breathwork Journey with live music Ben & Eliza	MYSTIC POETS Sivani, Uma, Friends: Bring Songs & Poems	WOMEN'S TANTRA Lorraine	SACRED ACTIVISM Vandita	SENSUAL YOGA All Welcome Sonja	1500 RADICAL REST YOGA Jane 1700 YOGA BLOSSOMS MOTHERS and GIRLS' CIRCLE with Elena in Red Tent
Pre-dinner pause	1700-1715 HANUMAN CHALISA Uma 1715 - 1730 YOGA NIDRA (Cryn)		1830 -2030 HRIDAYA HATHA YOGA + HEART MEDITATION with Maeioum.in Shakti Ma			
	DINNER in Annapurna Dining Temple. Eat as family when everyone is here: arrive at 1730. Please bring your own plate, bowl, cutlery. 1900- 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	KUNDALINI DANCE Mark K	SACRED THEATRE IN the HANUMAN TEMPLE: VAUDEVILLE of the VULVA with Laura Doe from the y0niversity			TEEN SWEAT TONIGHT – with Sam B. Meet at Sauna. Share plans morning meeting	
DREAM TIME 2230	QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	THURSDAY 29th August. THOR's day. Mercury into Virgo. Today's theme: EXPANSION					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT
0700 0930	0700 -0830 VINYASA FLOW Mahala	8 - 9 BHAJANS Habiba & Buddhenath	0730-0900 SIVANANDA YOGA Nilakanth	7 – 8 Informal yoga space for self practice babies & kids welcome	0815 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	Space for moon sisters to rest
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.					
1030 - 1230	Inside Shiva: KULA ROOTS CEREMONY – Akeim and Saara	1030 YONI SHAKTI YOGA: Uma 1215 YONI NIDRA Uma	DYNAMIC VINYASA FLOW - Kalila 1200 – 1245 108 SURYANAMASKARA SPECIAL outside with Dr Kamaraj	1030 REFLEX YOGA Veronika	THAI YOGA WORKSHOP Dr Kamaraj	FIND YOUR VOICE WORKSHOP Eloise
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 1300 BY THE FIRESIDE LUNCH with TEACHINGS FROM TURTLE ISLAND : Yoli Maya Yeh						
1430	YOGA NIDRA (Nilakantha) HANUMAN TEMPLE			CIRCUS SKILLS outside GANESHA til 4 CRAFTS IN GANEHA: CHECK THE KIDS' SCHEDULE		
1500 – 1700	BHAKTI YOGA FLOW CIRCLE Arianna	ABSOLUTLEY VULVALICIOUS Laura Doe of the y0niversity	CEREMONAL CACAO JOURNEY Sivani Mata (Bring a cup & blanket) 1500 - 1800	ASTROLOGICAL YOGA Emma R	KUNDALINI YOGA Mark K	1700 Yoga Blossoms Girls Coming of Age Circle Elena
Pre- dinner	1700-1730 HANUMAN CHALISA Uma in Hanuman 1730-1800 YOGA NIDRA (Janine) in Hanuman					
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- 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	DANCE YOUR CHANTS Shaku	COMMUNITY CIRCLE KIRTAN SHARE YOGA NIDRA Theo	INDIAN HATHA YOGA Dr Kamaraj	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
2230	DREAM TIME QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	FRIDAY 30th August. FREYA'S / VENUS DAY – New Moon - Today's theme – LOVE AND COMMUNION					
By fire	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE.					
SPACE TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT
0700 0930	0730-0900 Meditation + HATHA YOGA Kamaraj	8 - 9 BHAJANS Habiba & Buddhenath	0730 – 0900 VINYASA FLOW Mahala	7 – 8 Informal yoga babies & kids welcome – self practice	0730-0900 Maeioum HRIDAYA MEDITATION (Meditation of the heart)	Space for moon sisters to rest
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 Eloise . For everyone with heart & voice. In Dining Temple. Bring love and smiles to share ...					
1000	AT THE FIRE: WELCOME MORNING MEETING FOR ALL WITH COMPLIMENTARY CHAI (Bring a mug): SHARING, SOCIAL & CAMP BUSINESS (inside Annapurna Dining Temple if wet). GREETINGS, CHANTS and POETRY SHARING. Guaranteed total upliftment for the soul... DO COME AND JOIN US.					
1030 1230	Shiva: KULA ROOTS CEREMONY – Akeim and Saara	1030 MAHAVIDYA WISDOM CIRCLE Sivani Mata, Yoli, Uma 1215 YOGA NIDRA Sivani Mata & Uma	1030-1200 SIVANANDA YOGA Nilakanth	1030-1200 WILD YOGA Theo	1030-1200 ASTROLOGICAL YOGA Emma R	1130 MOTHERS FOR DAUGHTERS Circle with Elena. Mothers only – PERIOD FIRST AID for mothers and daughters
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 1430	1400 STORIES OF SHAKTI – Kalyani in The HANUMAN TEMPLE followed by YOGA NIDRA (Nilakantha)	1430 Meet Belinda by fire NEW MOON HEDGROW MEDICINE MAKING		CIRCUS SKILLS outside GANESHA til 4 CRAFTS IN GANEHA: CHECK THE KIDS' SCHEDULE		
1500 – 1700	PARTNER YOGA MANDALA Sandra	SOUNDS OF SANSKRIT The Language of Yoga Lucy C.	KUNDALINI YOGA Satya Prakash Kaur Patsy (Bring a blanket)	SOUL & SUBJECTIVITY YOGA + MEDITATION Devamurti)	WOMEN'S YOGA FOR A HEALTHY PELVIS Jane D	MENTAL HEALTH and Spirituality Circle: Theo, and friends
1700-1730 HANUMAN CHALISA Uma in Hanuman 1730-1800 YOGA NIDRA (Cecilia) in Hanuman 1800 -1930 GURU CIRCLE CRAZY WISDOM: Sam, Uma + friends (bring dinner to GANESHA to, eat + share)						1700 Yoga Blossoms Girls yotisCircle Elena
1800	DINNER Annapurna Dining Temple. We eat as family when everyone is here: arrive at 1740. Please bring your own plate, bowl, cutlery. 1900- 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena					
2000	KUNDALINI DANCE Mark K	KIRTAN: SIVANI MATA & Shakti Soul Family YOGANIDRA (Janine)	ANUSARA INSPIRED FLOW with Arianna	EVENING TEENS/ TWEENS - meet at the teen fire Free spaces available. Share your plans at morning meeting		
2200	DREAM TIME! QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time /Space	SATURDAY 31 st August. Saturn's Day. Today's theme: LETTING GO					
By fire or in Hanuman	0545-0615: Informal Dawn Mantra (Uma). Bring warm stuff to sit on, come when you can, stay as long as you like. 0615 -0630 : FIRESIDE YOGA NIDRA (with Uma). Bring something warm to sit on. 0640-0700: Barefoot in the dew with friends: morning dance prayers. 0700: FIRESIDE DREAMSHARE					
SPACE & TIME	SHIVA NATARAJA	HANUMAN TEMPLE	SHAKTI MA	SAT NAAM	WAHE GURU	RED TENT
0700 – 0930 check start times	0700 -0830 VINYASA FLOW Mahala	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)	Space for moon sisters to rest
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 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	Shiva Nataraj KULA ROOTS CEREMONY – Akeim and Saara ;	1030 BIG DREAM WEB WEAVING with Uma; dreamers bring your dreams to share + 1230: YOGA NIDRA	1030 5 ELEMENT YOGA Yoli Maya Yeh	1030 SIVANANDA YOGA Nilakantha	FIND YOUR VOICE SINGING for JOY Eloise	1030 – 1200 FEMININE TANTRA Sonja
			SANTOSA 2019 FUTURE VISIONING MEETUP Meet at the fire to eat together around 1300		SANTOSA BAZAAR DURING and after LUNCH	1200 WATERING THE FLOWER of APPRECIATION – Elena
1245-1400	LAUGHTER YOGA APERITIF – Shaku - Just before lunch outside the dining temple. Great for Digestion! 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 -1500	1400 STORIES OF SHAKTI – Kalyani in HANUMAN TEMPLE followed by YOGA NIDRA (Theo)	Look out for after lunch ORIGAMI ... in DINING TEMPLE CIRCUS SKILLS 1500-1600 AFTERNOON CRAFTS IN GANEHA: CHECK THE KIDS' SCHEDULE				
1500 – 1700	CONTACT IMPROVISATION Fanning Flames -Sam B	SOUNDS OF SANSKRIT The Language of Yoga Lucy C	CACAO CEREMONY with Elemental dance journey Sandra	SHAKTI KUNDALINI FLOW Anjali	SACRED ACTIVISM Talk and Blessing Vandita	1500 DEATH DOULA sharing circle – Keira – All welcome 1700 Yoga Blossoms : Girls Circle: Elena
Pre-dinner	***1745 Gather for the 1800 GRAND PARADE for the WHOLE CAMP led by the children and followed by CLOSING CEREMONY 1800 -1830 ***			1830 -2030 HRIDAYA HATHA YOGA + HEART MEDITATION with Maeioum.in Shakti Ma		
LATER DINNER 1830 -1930 DINNER Annapurna Dining Temple . We eat as family when everyone is here: Please bring your own plate, bowl, cutlery. 1900 - 1930 STORYTIME in the HANUMAN temple with Nicholas and Elena						
2000 COMMUNITY KIRTAN: MC Jim Fox and friends YOGA NIDRA (Theo) after Bhakti			ANUSARA INSPIRED FLOW with Arianna	EVENING KIDS – meet at the Chai Shop EVENING TEENS/ TWEENS - meet at the teen fire MUSIC AT the fire sweet secular vibes Open to suggestions! Share your plans at morning meeting		
DREAM TIME 2230	DREAM TIME! QUIET PLEASE EVERYONE. REALLY. QUIET. Please respect families, young children & dawn-rising larks who all need their sleep. If you want to hang out, then do it QUIETLY around the main circle campfire, or Sauna only please, and keep it SHANTI SHANTI					

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Time / Space	SUNDAY 1 September - Day of the SUN - Today's theme: FAREWELL AND SHINE ON!					
Outside Hanuman temple	<p>OM NAMAHA SHIVAYA! 7am Last big DREAM SHARE in the TEMPLE with Uma 0815 HRIDAYA MEDITATION (Meditation of the heart) Maeiou in WAHE GURU</p> <p>8am til 8.30am LAST MORNING FAREWLL NIDRA with Uma + friends IN THE TEMPLE</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>Goodbye breakfast for everyone who's still onsite in the Annapurna dining room: SEE YOU THERE XXXX IF YOU ARE ABLE TO STAY ON TO HELP WITH TAKE DOWN - THAT'S GREAT! Please do sign up at morning meeting on Saturday XXXX</p>					

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KIDS PROGRAMME 2019 KIDS/TWEENS/TEENS / Families SANTOSA YOGA CAMP

Events on this programme in GANESHA, the kids crafts and activities tent, *also ORIGAMI after lunch in Big Top* (first big green tent on right hand side after the temple) also check for girls' events in red tent.

Kids welcome on the Nature Connection walks with BELINDA – check main schedule

Crafts materials and fabric, dressing up stuff etc also available in Ganesha for spontaneous fun as and when...

SATURDAY 24th	SUNDAY 25 th	MONDAY 26 th	TUESDAY 27 th
<p>10.30-11.15 Kids Yoga Elena</p> <p>11.30 Cricket for All with Peter</p> <p>12.15 Family Mindfulness Pebble Meditation Elena</p> <p>3pm-4.30 Wool felting with Penelope</p> <p>5 -6 RED TENT Yoga Blossoms : Girls Coming of Age Circle 9 + Elena</p> <p>7pm Story telling / Nidra & and hot chocolate Nicholas, Elena</p>	<p>10.30-11.15 Kids Yoga Hannah</p> <p>10.30-11.30 Mother' s and Babies Yoga with Jess</p> <p>11.30 Cricket for All with Peter</p> <p>3.pm -4.30 Crafts with Penelope</p> <p>5-6 RED TENT Yoga Blossoms : Girls Coming of Age Circle 9+ Elena</p> <p>7pm Story telling/Nidra & hot chocolate Nicholas, Elena.</p>	<p>10.30-11.15 Kids Yoga Elena</p> <p>11.30-1 Forest School with Vic</p> <p>12.15 Family Pebble Meditation Elena</p> <p>3.pm -4.30 Quilling with Ananda .</p> <p>5 RED TENT Yoga Blossoms : Girls Coming of Age Circle Elena</p> <p>7pm Story telling/ Nidra & hot chocolate. Nicholas, Elena.</p>	<p>10.30-11.15 Kids Yoga Hannah</p> <p>11.30-1 Forest School with Vic</p> <p>11.30 Mothers for Daughters Circle Mums only. Elena</p> <p>3pm-4.30 Crafts TBC</p> <p>5pm RED TENT Yoga Blossoms Girls Coming of Age Circle</p> <p>7pm Story telling/ Nidra & hot chocolate Nicholas, Elena.</p>
WEDNESDAY 28th	THURSDAY 29 th	FRIDAY 30 th	SATURDAY 31 st
<p>10.30-11.15 Kids Yoga Debbie</p> <p>11.30-1 Forest School with Vic</p> <p>3pm-4.30 Games for All with Katherine</p> <p>7 pm Kids Nidra, story telling Nicholas & Elena.</p>	<p>10.30-11.15 Kids Yoga Debbie</p> <p>11.30-12.30 Mothers for Daughters Mums only. Elena/Uma</p> <p>3.pm-4.30 Crafts with Katherine (making presents for Thursday ceremony)</p> <p>5pm Yoga Buds : Girls Coming of Age Circle 9+ Elena</p> <p>7pm Story telling/ Nidra & hot chocolate Nicholas, Elena.</p>	<p>10.30-11.15 Kids yoga 4-8 with parent/carer with Carly.</p> <p>10.30-11.15 Teen Yoga Debbie</p> <p>3.pm-4.30 Crafts for Parade with Katherine</p> <p>5pm Yoga Buds : Girls Coming of Age Circle 9+ Elena</p> <p>7pm Story telling/ Nidra & hot chocolate Nicholas, Elena.</p>	<p>Camp talk about Parade?</p> <p>3pm Crafts for Parade/ Prep for Parade including Esmee & Matilda face paint.</p> <p>5pm rehearsal / 18.30 Chandi and Chandra Grand Parade Promenade Whole Camp</p>

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