

# SUNDAY / Who's on when...

MAIN STAGE	ELITE STAGE	CHURCH	OUTSIDE
	Sessions led by Ruu Campbell <b>10.00 - 10.45</b> Family Fun Yoga	<b>10.00 - 10.50</b> Film - My Garden of a Thousand Bees	
	<b>11.00-11.45</b> Breath, Humming & Sound Meditation	<b>11.00 - 1.00</b> Film music composer David Mitcham introduces his work on wildlife documentaries and shows <i>Dancing with the Birds</i> film	<b>11.30 - 12.00</b> Puppet theatre presents <i>Tales from Sam O'Shanty</i>
	<b>12.00 - 12.45</b> Chakra Breathing Meditation	<b>1.15 - 2.00</b> Catherine Simmonds introduces us to the world of swifts through her expert knowledge, poetry, and a film ( <i>The Other Taylor Swift</i> )	
<b>1.45 - 2.30pm</b> Kanekt	<b>1.00 - 1.45</b> Sound Bath with Daisy Snape	<b>2.15 - 3.00</b> <i>Pan Liturgy</i> - Julia Desch poetry with Emily Burridge on cello	<b>2.00 - 2.30</b> Puppet theatre
	<b>1.45 - 2.45</b> Rest		
<b>3.00 - 4.15</b> Quimantu	<b>3.00 - 3.45</b> Kundalini Yoga, Mantra & Energy Awakening	<b>3.00 - 3.30</b> Festival choir	
	<b>4.15 - 5.15</b> Meditation accompanied by Kanekt	<b>4.30 - 5.30</b> Iain Ballamy + Dan Messoro	<b>4.00 - 4.30</b> Puppet theatre
<b>5.30 - 6.15</b> Ahmed Eid			
<b>6.30 - 8.00</b> Tor Band - ceilidh			