

‘Serve’, ‘Love’, ‘Give’ ♥ Bhakti Weekender Program

FRIDAY 26th	Chai Shop	Shakti (hall)	Shiva (training rm)	Prittvi (Wood/Yurt)
12.00 – 2.00pm 2.30 – 3.00pm 3.00 – 3.30pm 3.30 – 4.00pm 4.30 – 5.30pm 5.45 – 7.00pm 7.00 - 8.15pm 8.30 – 9.45pm 10.00 – 11.15pm 11.15pm	OPEN 2 – 5PM & 7 – 10PM	Registration / arrival Yoga Nidra (Abhijeeta) Opening ceremony / Havan Tree Puja (Abhijeeta) Lalita Sahasranama (1000 names of Devi) with Antarma DINNER Kirtan with Haripyari Kirtan with Tim Chalice Kirtan with Bharati & Dinesh <i>Nidra / Mouna (sleep/silence)</i>	4-4.45pm Kirtan for Kids (Bharati & Dinesh)	2-5pm Kids Forest School 5-6 Shiva & Shakti - <i>intro to the sounds of the sanskrit alphabet (Krishnadhyanam)</i>
SATURDAY 27th				
6.30 – 7.00am 7.00 – 7.30am 7.30 – 9.00am 8.30 – 10.00am 10am – 11.30 12.00 – 1.30pm 1.30 – 3.30pm 3.30 – 4.00pm 4.00 – 4.30pm 4.30 – 5.45pm 5.45 – 7.00pm 7.00 – 8.15pm 8.30 – 9.45pm 10.00 – 11.15pm 11.15pm	OPEN 9 – 12 MIDDAY, 4 – 6PM & 7 – 10PM	Havan (fire ceremony) - <i>outside</i> Devi Suktam chanting (Vaishnavi) Shakti Dance (Anjali) BREAKFAST Talk ‘Living Yoga: Serve, Love, Give’ & Nirvanavan - Swami Satvikananda & Krishnadhyanam LUNCH KARMA YOGA (everyone) Yoga Nidra (Satvikananda) Tree Puja (Abhijeeta) Kirtan with Vaishnavi DINNER Kirtan with Bhavana Kirtan with HariPyari Kirtan with Babaji Temple Singers <i>Nidra / Mouna (sleep/silence)</i>	7-8.30 Satyananda Yoga (Abhijeeta) 4-5.30pm Voice Workshop (Narayani)	10am – 4pm Kids Forest School 4-5 Shakti & Bhakti – <i>chanting from the Bhagavad Gita & Sant Daneshwari – a journey into the beginnings of Bhakti (Krishnadhyanam)</i>
SUNDAY 28th				
6.00 – 6.30am 6.30 – 7.00am 7.00 – 7.30am 7.30 – 9.00am 8.30 – 10.00am 10am-midday 12.00 – 1.30pm 1.30 – 4.00pm	OPEN 9 – 12 MIDDAY & 1-3PM	Riyaz - <i>early morning vocal practice from the Drupad tradition (KD)</i> Havan (fire ceremony) – <i>outside</i> Mantras for daily life (Satvik) Satyananda Yoga (Satvik) BREAKFAST Karma Yoga (everyone) LUNCH Community Kirtan / Closing Circle Ceremony (All)	7-7.30 Devi Suktam chanting (Vaishnavi) 7.30-9 Shakti Dance	10am – 4pm Kids Forest School

Forest School Program

with Philippa in woods or Yurt outside

Friday

2-5pm

Woodland games (names games, tracking games etc.)

Mini-shelter building (creating a mini 'village')

*4-4.45pm Kirtan for Kids (Shiva – training rm) - Bharati & Dinesh

Saturday

10am -12.30pm Ground art, 'feel a tree' game and mud sculptures

Lunch

1.30 - 4pm Lantern-making workshop

Sunday

10am – 2pm Puppet-making & story-telling

Note to parents:

- Parents need to accompany children under 5 years.
- Please ensure children have water, a snack, wellies or walking boots, waterproofs and layers they can add (hat/scarf)
- Please give Philippa any medical information that is important to know and access to medicine where applicable. e.g. allergies, asthma