

# ECSTATIC DANCE FESTIVAL

## WEDNESDAY, 26 JULY

TIME	MARQUEE	DOME	ZORBA	SHANKARA
from 16:00	<p><b>ARRIVAL, CHECK IN, SETTLE IN, EXPLORE THE FESTIVAL SITE</b></p> <p>Please let us know <b>if you are planning to arrive late or on a different day</b> so we can let the kitchen team know.  <b>CONTACT:</b> <i>ecstaticdancefestivaluk@gmail.com or whatsapp Diana 07789111524</i></p> <p><b>Massages</b> - all info, session times, sign ups will be available at the festival.  <i>Card/cash payments will be accepted.</i></p> <p><b>Cafe</b> -a space to hang out and enjoy high vibe plishments!  <i>Card/cash payments will be accepted.</i></p> <p>♥ <b>Marked in the programme</b>- session open for Osho Leela community &amp; workers to join!  <i>Depending on space &amp; how busy sessions get.</i></p> <p><b>OUTDOOR CAFE OPEN UNTIL 6PM</b></p>			
17:15 - 18:30	<b>Grounding Yoga</b> Heather	<b>Move &amp; Land Dance</b> DJ James	—	<b>Relaxation Zone</b> Unfacilitated space to rest on soft mats with gentle music
18:30 - 20:00	<p><b>Delicious Dinner</b>                      (please get your food in the first 30 minutes to allow enough for seconds)</p>			
20:00 - 22:30	<b>Ecstatic Dance &amp; Cacao</b> URUBU Dance Tribe	—	—	—
22:30 - 00:00	<p><b>Sauna / Campfire or join any late night sessions</b></p> <p><b>OUTDOOR HEALTHY BAR OPEN</b></p>			
22:30 - 00:00	—	<b>Sitar Concert</b> Live Music Omnivibes ♥	<b>Dance Party</b> DJ Amada ♥	—

# ECSTATIC DANCE FESTIVAL

# THURSDAY, 27 JULY

TIME	MARQUEE	DOME	ZORBA	SHANKARA
07:30 - 08:30	Yoga (Hatha) Ailon ♥	—	Active Meditation (Dynamic) Khalis ♥	Mindful Yoga Walk Kayleigh ♥
08:30 - 09:45	Yummy Breakfast OUTDOOR CAFE OPEN 8:30AM - 9:45AM			
09:45 - 13:00	Welcome! Ecstatic Dance Opening Gathering URUBU Dance Tribe	—	—	—
13:00 - 14:30	Magnificent Lunch (please get your food in the first 30 minutes to allow enough for seconds)			
13:45 - 14:45	Dishes Help: Group 1 (check separate schedule with groups and names)			
14:30 - 18:30	Sauna / Massages or join any afternoon sessions OUTDOOR CAFE OPEN 1:30PM - 6PM			
15:00 - 16:30	Ecstatic Dance Sophie Bolton (Outdoors weather permitting) ♥	Song Medicine Singing Assamiya ♥		Wheel of Consent Rupert ♥
16:30 - 17:00	—	—	—	Cuddle Workshop The Touch Project Team ♥
17:00 - 18:30	Yoga (Vinyasa Flow) Isabell ♥	Gong Bath Mystery School of Sound Paul & Mark ♥	Circling/ Authentic Relating Robyn ♥	
18:30 - 20:00	Delicious Dinner (please get your food in the first 30 minutes to allow enough for seconds)			
18:50 - 19:50	Dishes Help: Group 2 (check separate schedule with groups and names)			
20:00 - 22:15	Tribal Trance Dance & Cacao (Blindfolded, on mats, SIGN UP, 60 spaces only!) URUBU Dance Tribe	MVMNT Drum an Bass & Cacao Ecstatic Dance DJ James ♥	—	Intimacy & Connection Games Rupert ♥
22:30 - 00:30	Sauna / Campfire or join any late night sessions Plus singing around the campfire with Yamuna Flows OUTDOOR HEALTHY BAR OPEN			
22:30 - 00:00	—	Raaga Ceremony Bansuri, Tampura Live Music Jason Kalidas & Eartha Love ♥	Dance Party DJ Jan-Michael ♥	—

# ECSTATIC DANCE FESTIVAL

## FRIDAY, 28 JULY

TIME	MARQUEE	DOME	ZORBA	SHANKARA
07:30 - 08:30	Yoga Heather ♥	—	Active Meditation (Dynamic) Khalis ♥	—
08:30 - 09:45	<b>Yummy Breakfast</b> <b>OUTDOOR CAFE OPEN 8:30AM -9:45AM</b>			
09:45 - 11:15	Ecstatic Dance Morning Gathering URUBU Dance Tribe	—	—	—
11:15 - 11:30				
11:30 - 13:00	Forró Brazilian Partner Dancing Julia ♥	Roots & Dub Ecstatic Dance James ♥	Circling/ Authentic Relating Robyn ♥	—
13:00 - 14:30	<b>Magnificent Lunch</b> (please get your food in the first 30 minutes to allow enough for seconds)			
13:45 - 14:45	<b>Dishes Help: Group 3</b> (check separate schedule with groups and names)			
14:30 - 18:30	Sauna / Massages or join any afternoon sessions <b>OUTDOOR CAFE OPEN 1:30PM-6PM</b>			
15:00 - 16:30	Biodanza Niraj ♥	Gong Bath Mystery School of Sound Paul & Mark ♥	—	—
17:00 - 18:30	Live Ecstatic Dance The Human Sound System Ram Z ♥	Song Medicine Singing Assamiya ♥	—	Practice of Playfulness Ailon ♥
18:30 - 20:00	<b>Delicious Dinner</b> (please get your food in the first 30 minutes to allow enough for seconds)			
18:50 - 19:50	<b>Dishes Help: Group 4</b> (check separate schedule with groups and names)			
19:00 - late	<b>DRESS UP CUPBOARD OPEN! GO WILD!</b> <b>OR BRING YOUR OWN OUTFITS IF YOU'D LIKE :)</b>			
20:00 - 22:15	Ecstatic Dance & Cacao Scott Nice URUBU Dance Tribe ♥	—	—	—
22:30 - 00:30	Sauna / Campfire or join any late night sessions <b>OUTDOOR HEALTHY BAR OPEN</b>			
22:30 - 23:30	—	Music/ Singing Performance Nayar & Karl ♥	Dance Party DJ Liath ♥	—
23:30 - 00:30	—	Kirtan/ Singing Yamuna Flows ♥	Dance Party DJ TBC ♥	—

**ECSTATIC DANCE FESTIVAL****SATURDAY, 29 JULY**

TIME	MARQUEE	DOME	ZORBA	SHANKARA
07:30 - 08:30	<b>Yoga (Vinyasa Flow)</b> Isabell ♥	—	<b>Active Meditation (Dynamic)</b> Khalis ♥	<b>Yoga/ Movement (Honey Flow)</b> Kayleigh ♥
08:30 - 09:45	<b>Yummy Breakfast</b> <b>OUTDOOR CAFE OPEN 8:30AM -9:45AM</b>			
09:45 - 11:15	<b>Ecstatic Dance Morning Gathering</b> URUBU Dance Tribe	—	—	—
11:15 - 11:30				
11:30 - 13:00	<b>Bioenergetics &amp; Breathwork PART 1 OF 2</b> Seth <i>(Outdoors weather permitting)</i> ♥	<b>Singing Medicine</b> Tarisha ♥	—	<b>Intimacy &amp; Connection Games</b> Rupert ♥
13:00 - 14:30	<b>Magnificent Lunch</b> (please get your food in the first 30 minutes to allow enough for seconds)			
13:45 - 14:45	<b>Dishes Help: Group 5</b> (check separate schedule with groups and names)			
14:30 - 18:30	<b>Sauna / Massages or join any afternoon sessions</b> <b>OUTDOOR CAFE OPEN 1:30PM-6PM</b>			
15:00 - 16:30	<b>Moving Connections</b> Julia ♥	—	<b>Partner Yoga</b> Ailon ♥	<b>Cuddle Workshop</b> The Touch Project Team ♥
16:30 - 17:00	<b>Bioenergetics &amp; Breathwork PART 2 OF 2</b> Seth ♥	—	—	
17:00 - 18:30		<b>Ambient Chill - Move, Dance, Rest</b> DJ James ♥	—	<b>Community Accupuncture &amp; Sound Journey</b> Green Healing Project Yvonne & Anmol ♥
18:30 - 20:00	<b>Delicious Dinner</b> (please get your food in the first 30 minutes to allow enough for seconds)			
18:50 - 19:50	<b>Dishes Help: Group 6</b> (check separate schedule with groups and names)			
19:00 - late	<b>DRESS UP CUPBOARD OPEN! GO WILD! OR BRING YOUR OWN OUTFITS IF YOU'D LIKE :)</b>			
20:00 - 22:15	<b>Ecstatic Dance &amp; Cacao</b> Yemanjo URUBU Dance Tribe ♥	—	—	—
22:30 - 00:30	<b>Sauna/ Campfire or join any late night sessions</b> <b>Plus singing around the campfire with Yamuna Flows</b>			
22:30 - 23:30	—	<b>Music/ Singing Performance</b> Nayar & Karl ♥	<b>Dance Party</b> DJ Navi ♥	—
23:30 - 00:30	—	<b>Gong Bath</b> Mystery School of Sound Paul & Mark ♥	<b>Dance Party</b> DJ Liath ♥	—
00:30 - 01:30	—	—	<b>Dance Party</b> DJ Jan-Michael ♥	—
01:30 - 02:30	—	—	<b>Dance Party</b> DJ Amada ♥	—

Updated on 26/07/2023 - subject to changes

## ECSTATIC DANCE FESTIVAL

**SUNDAY, 30 JULY**

TIME	MARQUEE	DOME	ZORBA	SHANKARA
07:30 - 08:30	Yoga Heather ❤️	—	Sacred Earth Meditation Navanita ❤️	—
08:30 - 09:45	<b>Yummy Breakfast</b> <b>OUTDOOR CAFE OPEN 8:30AM -9:45AM</b>			
09:45 - 13:00	<b>Closing Gathering &amp; Ecstatic Dance</b> URUBU Dance Tribe	—	—	—
13:00 - 14:30	<b>Magnificent Lunch</b> (please get your food in the first 30 minutes to allow enough for seconds)			
between 14:30 & 18:00	<b>FESTIVAL ENDS - DEPARTURE/ PACK DOWN TENTS</b>  <b>EXTRA NIGHT'S STAY FOR A REDUCED RATE:</b> -Option to stay until Mon, 31 July 11am including dinner & breakfast. -Please go to Osho Leela office on Sun, 30 July 14:00-16:00 to pay if you'll stay an extra night. -Camping/Campervans £22 p/n -Dorms/ Other accommodation, room cost per night + £22			