

♥ ECSTATIC DANCE FESTIVAL ♥

Wednesday, 24 July

TIME	MARQUEE	DOME	ZORBA (in the main house)	OUTDOOR CAFE & COFFEE SHOP
from 16:00	<p>ARRIVAL, CHECK IN, SETTLE IN, JOIN ANY AFTERNOON SESSIONS, EXPLORE THE FESTIVAL SITE</p> <p>Please let us know if you are planning to arrive late or on a different day so we can let the kitchen team know. CONTACT: <i>ecstaticdancefestivaluk@gmail.com or whatsapp Diana 07789111524</i></p> <p>Bodywork/Massage Sessions - all info, times, sign ups will be available at the festival and will take place in Shankara Building Shared Space and Rooms 1 & 2 <i>Card/cash payments will be accepted.</i></p> <p>Outdoor Cafe & Coffee Shop in the main house - a space to hang out and enjoy high vibe plenishments! Run by Osho Leela team. <i>Card/cash payments will be accepted.</i></p> <p>♥ Marked in the programme - session open ONLY to ED festival attendees & Tribal Trance Dance on Thu evening requires sign up (we will publish the online sign up link OR sign up at the festival) All other sessions open to Osho Leela community & workers to join! <i>Depending on the space & how busy sessions get.</i></p>			
	<p>ANY PRACTICAL QUESTIONS DURING THE FESTIVAL? - PLEASE ASK ONE OF OUR CREW (PURPLE WRISTBANDS/ PURPLE HI-VIS JACKETS)</p>			
	<p>NEED EXTRA SUPPORT OR HAVE ANY CONCERNS? - PLEASE SPEAK TO ONE OF OUR SPACE GUARDIANS (RED WRISTBANDS)</p>			
17:15 - 18:15	Grounding Yoga (Gentle Vinyasa) Heather	Land, Relax- Gentle Movement DJ James	Gong Bath Darpan & Premuti Osho Leela	OPEN <i>(check opening times on cafe/coffee shop board)</i>
18:30 - 20:00	<p>🍴 Delicious Dinner (please get your food in the first 30 minutes)</p>			—
20:00 - 22:30	Ecstatic Dance URUBU Dance Tribe ♥	—	—	—
22:30 - 00:00	<p>🔥 CAMPFIRE/ SAUNA OR JOIN ANY LATE NIGHT SESSIONS MAIN SAUNA 22:15-00:15 <i>Sauna towels in the dining area</i></p>			—
22:30 - 00:00	—	Sitar Concert Live Music +Projections by Joe Omnivibes	Dance Party DJ Amada	—

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Thursday, 25 July

TIME	MARQUEE	DOME	ZORBA (in the main house)	OUTDOOR CAFE & COFFEE SHOP
07:15 - 08:15 or *07:45 - 08:15	Yoga (Vinyasa Flow) Isabell	*7:45 start Radiance Chants & Songs Diana & friends	No Mind Meditation (gibberish followed by sitting silently. No mat required) Khalis - Osho Leela	7am-7.30am Cold shower & plunge wake up! Join anytime! (meet by the sauna)
08:15 - 09:30	🍽️ Yummy Breakfast			OPEN (check opening times on cafe/coffee shop board)
09:30 - 13:00	Welcome Ecstatic Dance Opening Gathering & Family Groups URUBU Dance Tribe ♥	—	—	—
13:00 - 13:30	🍽️ Magnificent Lunch (please get your food in the first 30 minutes)			—
13:30 - 14:30	Dishes Help: GROUP 1 -check seperate schedule with groups and names			OPEN (check opening times on cafe/coffee shop board)
14:15 - 16:30	FREE TIME/ NATURE WALK / BODYWORK SESSIONS OR JOIN AFTERNOON WORKSHOPS MAIN SAUNA 14:15-16:15 🌿 BARREL SAUNA VENIK SESSIONS 14:15-16:15 Sauna towels in the dining area			
*14:30 - 16:30 or 15:00 - 16:30	*14:30 start Lomi Lomi - Conscious Touch/ Multiple-handed Intro Dan & Stay in Touch Earth BodyworkTeam	Gong Bath Mystery School of Sound Paul & Mark	Wheel of Consent Sian	—
16:30 - 17:00	—	—	—	—
17:00 - 18:30	Forró Brazilian Partner Dancing Julia	Bioenergetics PART 1 OF 2 Seth (Outdoors weather permitting)	Singing Medicine Tarisha - Osho Leela	Circling Robyn
18:30 - 20:00	🍽️ Delicious Dinner (please get your food in the first 30 minutes)			—
18:50 - 19:50	Dishes Help: GROUP 2 -check seperate 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	Gong Bath Darpan & Premuti Osho Leela	—
22:30 - 00:00	🔥 CAMPFIRE/ SAUNA OR JOIN ANY LATE NIGHT SESSIONS MAIN SAUNA 22:15-00:15 BARREL SAUNA WOMEN ONLY 22:15-00:15 Sauna towels in the dining area			—
22:30 - 00:00	—	Gong Bath Mystery School of Sound, Paul & Mark +Projections by Joe	Dance Party DJ Redpeppa	—

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Friday, 26 July

TIME	MARQUEE	DOME	ZORBA (in the main house)	OUTDOOR CAFE & COFFEE SHOP
07:15 - 08:15 or *07:45 - 08:15	Yoga (Gentle Vinyasa) Heather	*7:45 start Radiance Chants & Songs Diana & friends	Dynamic Active Meditation (fast, intense physically, plus silence. No mat required) Khalis - Osho Leela	7am-7.30am Cold shower & plunge wake up! Join anytime! (meet by the sauna)
08:15 - 09:30	🍴 Yummy Breakfast			OPEN (check opening times on cafe/coffee shop board)
09:30 - 11:15	Ecstatic Dance Morning Gathering URUBU Dance Tribe ♥	—	—	—
11:15 - 11:30				
11:30 - 13:00	Partner Yoga Emilia	Dance the Resistance Ecstatic Dance Obscure Melodie/ Beats DJ James	Wheel of Consent Sian	—
13:00 - 13:30	🍽️ Magnificent Lunch (please get your food in the first 30 minutes)			—
13:30 - 14:30	Dishes Help: GROUP 3 -check separate schedule with groups and names			OPEN (check opening times on cafe/coffee shop board)
14:15 - 16:30	FREE TIME/ NATURE WALK / BODYWORK SESSIONS OR JOIN AFTERNOON WORKSHOPS MAIN SAUNA 14:15-16:15 🌿 BARREL SAUNA VENIK SESSIONS 14:15-16:15 Sauna towels in the dining area			
*14:30 - 16:30 or 15:00 - 16:30	*14:30 start Lomi Lomi - Conscious Touch/ Multiple-handed Intro Dan & Stay in Touch Earth BodyworkTeam	Gong Bath Mystery School of Sound Paul & Mark	Community Accupuncture Yvonne	—
16:30 - 17:00	—	—	—	—
17:00 - 18:30	Practice of Playfulness Ailon	Breathwork PART 2 OF 2 Seth	Song Medicine Assamiya	Circling Robyn
18:30 - 20:00	🍽️ Delicious Dinner (please get your food in the first 30 minutes)			—
18:50 - 19:50	Dishes Help: GROUP 4 -check separate schedule with groups and names			—
19:00 - late	DRESS UP CUPBOARD OPEN! GO WILD! OR BRING YOUR OWN OUTFITS IF YOU'D LIKE :)			—
20:00 - 22:15	Cacao Dance Tribe Ecstatic Dance -Afro House (optional face paints) URUBU Dance Tribe	MVMNT Drum an Bass / Sonic Baselines & Cacao DJ James	—	—
22:30 - 00:00	🔥 CAMPFIRE/ SAUNA OR JOIN ANY LATE NIGHT SESSIONS MAIN SAUNA 22:15-00:15 BARREL SAUNA WOMEN ONLY 22:15-00:15 Sauna towels in the dining area			OPEN Sober Bar (in the main house)
22:30 - 23:30		Raaga Ceremony Bansuri, Tampura Live Music	Dance Party DJ Navi	
23:30 - 00:30	—	Jason Kalidas & Eartha Love +Projections by Joe	Dance Party DJ Redpeppa	—

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Saturday, 27 July

TIME	MARQUEE	DOME	ZORBA (in the main house)	OUTDOOR CAFE & COFFEE SHOP
07:15 - 08:15	Yoga (Vinyasa Flow) Isabell	Yoga (Yin) Emilia	Chakra Breathing Meditation (rapid breathing, body movement, silence, seven chakras. No mat required) Khalis - Osho Leela	7am-7.30am Cold shower & plunge wake up! Join anytime! (meet by the sauna)
08:15 - 09:30	🍴 Yummy Breakfast			OPEN (check opening times on cafe/coffee shop board)
09:30 - 11:15	Ecstatic Dance Morning Gathering URUBU Dance Tribe ♥	—	—	—
11:15 - 11:30	—	—	—	—
11:30 - 13:00	Moving Connections Julia Samel	Partner Thai Massage Emilia	Song Medicine Assamiya	—
13:00 - 13:30	🍴 Magnificent Lunch (please get your food in the first 30 minutes)			—
13:30 - 14:30	Dishes Help: GROUP 5 -check seperate schedule with groups and names			OPEN (check opening times on cafe/coffee shop board)
14:15 - 16:30	FREE TIME/ NATURE WALK / BODYWORK SESSIONS OR JOIN AFTERNOON WORKSHOPS MAIN SAUNA 14:15-16:15 🌿 BARREL SAUNA VENIK SESSIONS 14:15-16:15 Sauna towels in the dining area			
*14:30 - 16:30 or 15:00 - 16:30	*14:30 start Lomi Lomi - Conscious Touch/ Multiple-handed Intro Dan & Stay in Touch Earth BodyworkTeam	Sacred Indian Live Music Concert/ Meditation/ & Gong Bath Jason Kalidas & Eartha Love Paul & Mark	Partner Yoga Ailon	—
16:30 - 17:00	—	—	—	—
17:00 - 18:30	Biodanza Niraj	Ambient Chill - Move, Dance, Rest DJ James	MUSH TRYBE Consent & Agreements Based Cuddles Seth	Circling Robyn
18:30 - 20:00	🍴 Delicious Dinner (please get your food in the first 30 minutes)			—
18:50 - 19:50	Dishes Help: GROUP 6 -check seperate schedule with groups and names			—
19:00 - late	DRESS UP CUPBOARD OPEN! GO WILD! OR BRING YOUR OWN OUTFITS IF YOU'D LIKE :)			—
20:00 - 22:15	THE BIG LOVE CELEBRATION URUBU Dance Tribe & Cacao	—	—	—
22:30 - 00:00	🔥 CAMPFIRE/ SAUNA OR JOIN ANY LATE NIGHT SESSIONS MAIN SAUNA 22:15-01:30 Sauna towels in the dining area			OPEN Sober Bar (in the main house)
22:30 - 23:30	—	Music/ Singing Performance Nayar & Karl +Projections by Joe	Dance Party DJ Amada	
23:30 - 00:30	—	Kirtan/ Singing Ollyjii & Friends +Projections by Joe	Dance Party DJ Amaya	
00:30 - 01:30	—	Gong Bath Mystery School of Sound,Paul & Mark +Projections by Joe	Dance Party DJ Spark	
01:30 - 02:30	—	—	Dance Party DJ Redpeppa	—

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Sunday, 28 July

TIME	MARQUEE	DOME	ZORBA (in the main house)	OUTDOOR CAFE & COFFEE SHOP
07:15 - 08:15 or *07:45 - 08:15	Yoga (Vinyasa Flow) Isabell	*7:45 start Radiance Chants & Songs Diana & friends	Sacred Earth Meditation (shaking and dancing, no mat required) Khalis - Osho Leela Team	7am-7.30am Cold shower & plunge wake up! Join anytime! (meet by the sauna)
08:15 - 09:30	🍽️ Yummy Breakfast			OPEN (check opening times on cafe/coffee shop board)
09:30 - 13:00	Closing Gathering & Ecstatic Dance URUBU Dance Tribe ♥	—	—	—
13:00 - 13:30	🍽️ Magnificent Lunch (please get your food in the first 30 minutes)			OPEN (check opening times on cafe/coffee shop board)
between 14:00 & 16:00	<p style="text-align: center;">FESTIVAL ENDS</p> <ul style="list-style-type: none"> -PACK DOWN CAMPING GEAR -REMEMBER TO TAKE ALL YOUR BELONGINGS -CHECK LOST PROPERTY BOX IN THE MAIN HOUSE -VACATE ACCOMMODATION / RETURN KEYS <p style="text-align: center;">PLEASE LEAVE THE SITE BY 4PM</p> <p style="text-align: center;">EXTRA NIGHT'S STAY FOR A REDUCED RATE (Does not apply to Crew/ Facilitators/ Bodyworkers)</p> <ul style="list-style-type: none"> -Option to stay until Mon, 29 July 10am including dinner on Sun @7pm & breakfast on Mon @8am -Please go to Osho Leela office on Sun, 28 July 14:00-16:00 to pay if you'll stay an extra night. -Camping/Campervans: £22 -Dorms £22 + plus room cost per night -Accommodation: £22 + plus room cost per night <p style="text-align: center;">THANK YOU FOR ATTENDING AND HAVE A SAFE JOURNEY HOME!</p> <p style="text-align: center;">♥ ♥ ♥</p>			

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