

♥ ECSTATIC DANCE FESTIVAL ♥
www.ecstaticdancefestival.co.uk

Wednesday, 23 July

TIME	MARQUEE (outdoors)	DOME (outdoors)	GAIA YURT (next to the dome)	ZORBA (in the main house)	SAUNAS (Main Sauna in the garden, Barrell Sauna by shower block)	CAFE (in the garden)
from 16:00	ARRIVAL, CHECK IN, SETTLE IN, EXPLORE THE SITE, JOIN ANY AFTERNOON SESSIONS Please let us know if you are planning to arrive late or on a different day CONTACT: info@ecstaticdancelondon.com or WhatsApp Diana 07789111524 Bodywork/Massage Sessions - all info, times, sign ups will be available at the festival info tent and sessions will take place in Shankara Building Shared Space and Private Healing Rooms 1 & 2 <i>Up front payment required to secure your booking - please pay between 9am-9.30am in the info tent. Card/cash payments will be accepted.</i> Cafe - a space to hang out and enjoy high vibe plenishments! Run by Leela team. <i>Card/cash payments will be accepted.</i> Marked in the programme: 🔥 High Energy Activity 🌀 Medium Energy Activity 🌿 Low Energy Activity 💜 Open to Leela community & workers to join! Depending on the space & how busy sessions get					
	ANY PRACTICAL QUESTIONS? -PLEASE ASK ONE OF OUR CREW (PURPLE/BLUEish LED WRISTBANDS)					
	NEED EXTRA SUPPORT OR HAVE ANY CONCERNS? -PLEASE SPEAK TO ONE OF OUR SPACE GUARDIANS (RED WRISTBANDS)					
17:30 - 18:15 (45 min)	🌿 Ground & Stretch Yin Yoga 💜 Emilia	🌀 Move & Land Ecstatic Dance 💜 James	🌿 Rest, Journal & Share + Tarot Cards, Aroma Therapy 💜 ED crew members	REGISTRATION & CHECK IN	—	CAFE OPEN 17:15 - 18:15 (in the garden)
18:15 - 18:30	Short break					
18:30 - 20:00	🍴 Delicious Dinner (please get your food in the first 30 minutes)					🌿 Open Mic / Jam / Poetry 19:00-19:50 Share your Voice 💜
19:15 - 19:45	LEELA WALK AROUND TOUR Get to know the site and the land! (meet between 19:10-19:15 in the garden)					
20:00 - 22:00	🔥 Welcome Ecstatic Dance 💜 URUBU Dance Tribe	—	—	REGISTRATION & CHECK IN FOR LATE ATTENDEES	—	—
22:15 - 23:30 (1h 15min)	—	🌿 Gong Bath 💜 Darpan & Premuti	🌿 Rest, Journal & Share + Tarot Cards, Aroma Therapy 💜 ED crew members	🔥 Dance Party DJ Amada	MAIN SAUNA OPEN 22:15 - 00:15 Towels in the dining area	—

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Thursday, 24 July

TIME	MARQUEE (outdoors)	DOME (outdoors)	GAIA YURT (next to the dome)	ZORBA (in the main house)	SAUNAS (Main Sauna in the garden, Barrell Sauna by shower block)	CAFE (in the garden)
07:20 - 08:30 (1h 10 min)	🔥 Yoga (Vinyasa Flow) 💜 Isabell	🌊 Mellow Morning Movement & Dance 💜 DJ Bill Tribble	🌿 Journaling & Quiet Space 💜 (unfacilitated)	🌊 No Mind Meditation 💜 Facilitated by Leela Community	—	—
08:30 - 09:30	🍴 Yummy Breakfast (self serve)					
09:30 - 13:00 (3.5h)	🔥 Welcome Ecstatic Dance 💜 🌊 Opening Gathering & *Family Groups (*opt) 💜 URUBU Dance Tribe	—	—	*Leela Community Gathering 9am-9:30am	—	—
13:00 - 13:30	🍴 Magnificent Lunch (please get your food in the first 30 minutes)					CAFE OPEN *13:30 - 15:00 In the garden
13:30 - 14:30	Dishes Help: GROUP 1 -check sepearte schedule with groups and names					🌿 Open Mic / Jam / Poetry 14:00-14:30 Share your Voice 💜
14:30 - 15:00 (30 min)	—	—	—	—	MAIN SAUNA OPEN 14:30 - 16:30 Towels in the dining area	CAFE OPEN *13:30 - 15:00 In the garden
15:00 - 16:15 (1h 15 min)	—	🌿 Gong Bath 💜 Mystery School of Sound Paul & Mark	🌿 Yin Yoga 💜 Emilia	—		—
16:15 - 16:30	Short break					
16:30 - 18:15 (1h 45 min)	🔥 Bioenergetic Alchemy: Somatics, Release & Embodiment 💜 PART 1 OF 2 Seth	🌊 Dance the Resistance Ecstatic Dance 💜 James	—	—	BARREL SAUNA OPEN 🌿 WHISKING SESSIONS 16:30 - 18:30 SIGN UP IN INFO TENT Diana	—
18:15 - 18:30	Short break					
18:30 - 19:00	🍴 Delicious Dinner (please get your food in the first 30 minutes)		🌿 Chants for the Spirit 💜 19:15-20:00 Olls Amor (Ollie)	🍴 Delicious Dinner (please get your food in the first 30 minutes)		
18:50 - 19:50	Dishes Help: GROUP 2 -check sepearte schedule with groups and names			Dishes Help: GROUP 2 -check sepearte schedule with groups and names		
20:00 - 22:00 (2h)	🔥 Cacao Dance Tribe Ecstatic Dance & Cacao Ceremony 💜 URUBU Dance Tribe	—	—	—	—	—
22:15 - 23:30 (1h 15 min)	—	—	🌿 Sound Journey 💜 Crystal Bowls Michael	🔥 Dance Party 💜 DJ Amaya Garcia	MAIN SAUNA OPEN 22:15 - 00:15 Towels in the dining area	—

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Friday, 25 July

TIME	MARQUEE (outdoors)	DOME (outdoors)	GAIA YURT (next to the dome)	ZORBA (in the main house)	SAUNAS (Main Sauna in the garden, Barrell Sauna by shower block)	CAFE (in the garden)
07:20 - 08:30	🔥 Yoga (Vinyasa Flow) 💜 David H	🌊 Mellow Morning Movement & Dance 💜 James	🌱 Journaling & Quiet Space 💜 (unfacilitated)	🔥 Dynamic Active Meditation 💜 Facilitated by Leela Community	—	—
08:30 - 09:30	🍷 Yummy Breakfast (self serve)					
09:30 - 11:30 (2h)	🔥 Ecstatic Dance 💜 🌊 *Family Group Sharings (*Opt) 💜 URUBU Dance Tribe	—	—	*Leela Community Gathering 9am-9:30am	—	—
11:30 - 13:00 (1h 30 min)	🌊 Breathwork 💜 (to attend, please join Bionergetics on Thu) PART 2 OF 2 Seth	🌊 Moving Connections 💜 Julia	—	—	—	—
13:00 - 13:30	🍷 Magnificent Lunch (please get your food in the first 30 minutes)					CAFE OPEN *13:30 - 15:00 In the garden
13:30 - 14:30	Dishes Help: GROUP 3 -check sepearte schedule with groups and names					🌱 Open Mic / Jam / Poetry 14:00-14:30 Share your Voice 💜
14:30 - 15:00	🌱 Intro to Access Bars 💜 *14:30-16:15 (1h 45 min) (Talk + Practice) Maria	🌱 MUSH TRYBE & GONG BATH 💜 *14:30-16:15 (1h 45 min) Consent & Agreements Based Cuddles/Oxytocin plus Gong Bath Sound Journey Seth & Diana, Paul & Mark	—	—	MAIN SAUNA OPEN 14:30 - 16:30 Towels in the dining area	CAFE OPEN *13:30 - 15:00 In the garden
15:00 - 16:15 (1h 15 min)			—	—		—
16:15 - 16:30	Short break					
16:30 - 18:15 (1h 45 min)	🌊 Partner Yoga 💜 Emilia	🔥 Ecstatic Dance Journey 💜 (+Live Guitar & Singing) DJ Redpeppa & Jamima	—	🌱 Authentic Relating 💜 Carla	—	—
18:15 - 18:30	Short break					
18:30 - 19:00	🍷 Delicious Dinner (please get your food in the first 30 minutes)		🌱 Chants for the Spirit 💜 19:15-20:00 Olls Amor (Ollie)	🍷 Delicious Dinner (please get your food in the first 30 minutes)		
18:50 - 19:50	Dishes Help: GROUP 4 -check sepearte schedule with groups and names			Dishes Help: GROUP 4 -check sepearte schedule with groups and names		
20:00 - 22:00 (2h)	🔥 Shamanic Trance Dance & Cacao 💜 (Blindfolded, on mats) *SIGN UP IN INFO TENT URUBU Dance Tribe	—	—	🔥 Ecstatic Dance Journey & Cacao 💜 James	—	—
22:15 - 23:30 (1h 15 min)	—	🌱 Call of the Wild 💜 (Multi-Media Concert) *22:15-23:45 Tarisha	—	🔥 Dance Party 💜 DJ Bill Tribble	MAIN SAUNA OPEN 22:15 - 00:15 Towels in the dining area CAMPFIRE BY THE DOME Weather Permitting	SOBER BAR OPEN (IN THE MAIN HOUSE) *22:00 - 00:00 By the staircase
23:30 - 00:45 (1h 15 min)	—	—	—	🔥 Dance Party 💜 DJ Amaya Garcia		

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Saturday, 26 July

TIME	MARQUEE (outdoors)	DOME (outdoors)	GAIA YURT (next to the dome)	ZORBA (in the main house)	SAUNAS (Main Sauna in the garden, Barrell Sauna by shower block)	CAFE (in the garden)
07:20 - 08:30	🔥 Yoga (Vinyasa Flow) ♥ Isabell	🌊 Mellow Morning Movement & Dance ♥ DJ Bill Tribble	🌿 Journaling & Quiet Space ♥ (unfacilitated)	🌀 Chakra Breathing Meditation ♥ Facilitated by Leela Community	—	—
08:30 - 09:30	🍴 Yummy Breakfast (self serve)					
09:30 - 13:00 (3.5h)	🔥 Ecstatic Dance & ♥ 🌀 Family Group Sharings (*Opt) ♥ 🌊 Conscious Connections & Ritual Breath ♥ URUBU Dance Tribe	—	—	*Leela Community Gathering 9am-9:30am	—	—
13:00 - 13:30	🍴 Magnificent Lunch (please get your food in the first 30 minutes)					
13:30 - 14:30	Dishes Help: GROUP 5 -check sepearte schedule with groups and names					CAFE OPEN *13:30 - 15:00 In the garden
14:30 - 15:00	🌀 Forró Brazilian Partner Dancing ♥ *14:30-16:15 (1h 45 min) Julia	🌀 Partner Thai Massage ♥ *14:30-16:15 (1h 45 min) Emilia	—	—	—	—
15:00 - 16:15 (1h 15 min)			—	🌿 Singing Medicine ♥ Tarisha	MAIN SAUNA OPEN 14:30 - 16:30 Towels in the dining room, come along anytime!	—
16:15 - 16:30	Short break					
16:30 - 18:15 (1h 45 min)	🌀 Biodanza ♥ Niraj	🌀 TRIQUERA DANCE JOURNEY ♥ Repeat (body), Release (soul), Relax (mind) Vaida	—	🌿 Sound Journey ♥ *17:00-18:15 Crystal Bowls Michael	BARREL SAUNA OPEN WHISKING SESSIONS 16:30 - 18:30 SIGN UP IN INFO TENT Diana	—
18:15 - 18:30	Short break					
18:30 - 19:00	🍴 Delicious Dinner (please get your food in the first 30 minutes)					
18:50 - 19:50	Dishes Help: GROUP 6 -check sepearte schedule with groups and names					🌿 Open Mic / Jam / Poetry 19:00-19:50 Share your Voice ♥
19:00 - late	DRESS UP CUPBOARD OPEN! GO WILD! OR BRING YOUR OWN OUTFITS IF YOU'D LIKE					
20:00 - 22:00 (2h)	🔥 THE BIG LOVE CELEBRATION & Cacao URUBU Dance Tribe ♥	—	—	—	—	—
22:15 - 23:30 (1h 15 min)	—	🌿 Gong Bath ♥ Mystery School of Sound Paul & Mark	—	🔥 Dance Party ♥ DJ Amada	MAIN SAUNA OPEN 22:15 - 00:15 Towels in the dining area	SOBER BAR OPEN (IN THE MAIN HOUSE) *22:00 - 00:00 By the staircase
23:30 - 00:45 (1h 15 min)	—	—	—	🔥 Dance Party ♥ DJ Redpeppa	CAMPFIRE BY THE DOME Weather Permitting	
23:45 - 01:00 (1h 15 min)	—	—	—	🔥 Dance Party ♥ DJ Amaya Garcia		


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Sunday, 27 July

TIME	MARQUEE (outdoors)	DOVE (outdoors)	GAIA YURT (next to the dome)	ZORBA (in the main house)	SAUNAS (Main Sauna in the garden, Barrell Sauna by shower block)	CAFE (in the garden)
07:20 - 08:30	🔥 Yoga (Vinyasa Flow) 💜 David H	🌊 Mellow Morning Movement & Dance 💜 DJ Bill Tribble	🌴 Journaling & Quiet Space 💜 (unfacilitated)	🌊 Our Sacred Earth Meditation 💜 Facilitated by Leela Community	—	—
08:30 - 09:30	🍽️ Yummy Breakfast (self serve)					
09:30 - 13:00 (3.5h)	🔥 Ecstatic Dance & 💜 Closing Gathering 💜 URUBU Dance Tribe	—	—	*Leela Community Gathering 9am-9:30am	—	—
13:00 - 13:30	🍽️ Magnificent Lunch (please get your food in the first 30 minutes)					
13:30 - 14:00	Soak up festival vibes					CAFE OPEN *13:30 - 15:00 In the garden
14:00 - 15:00	—	🌊 Afternoon Movement, Dance & Goodbyes 💜 James	🌴 Rest, Journal & Share + Tarot Cards, Aroma Therapy 💜 ED crew members	🌴 Integrating Yin Yoga 💜 Emilia	—	
between 15:00 & 17:00	FESTIVAL ENDS -PACK DOWN CAMPING GEAR (IF CAMPING) -REMEMBER TO TAKE ALL YOUR BELONGINGS -CHECK LOST PROPERTY BOX IN THE MAIN HOUSE -VACATE ACCOMMODATION / RETURN KEYS BY 3PM -PLEASE LEAVE THE SITE BY 5PM -IF YOU WISH TO STAY FOR DINNER AT 6PM, COST IS £10 EXTRA NIGHT'S STAY FOR A REDUCED RATE (Does not apply to crew) -Option to stay until Mon, 28 July 11am including dinner on Sun @6pm & breakfast on Mon @8am -Please go to Leela office on Sunday 14:00-16:00 to pay if you'll stay for dinner or stay an extra night. -See price list for extra night's stays on the notice board or in Leela office. THANK YOU FOR ATTENDING AND HAVE A SAFE JOURNEY HOME! 💜💜💜					

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