

W E D N E S D A Y - 22 JULY (DAY 1)

WELCOME! ARRIVAL & CHECK IN FROM 15:00
SETTLE IN, EXPLORE THE SITE OR JOIN ANY AFTERNOON SESSIONS

Please let us know if you plan to arrive late or on a different day

info@ecstaticancelondon.com

Sessions - choose what your body needs:

🔥 Dynamic & Energising 🌱 Gentle & Grounding 🌙 Rest & Integration

PLEASE ARRIVE ON TIME FOR ALL SESSIONS (OR EVEN BETTER 5 MIN BEFORE) THANK YOU

CAFE OPEN 17:00-18:15 | SAUNA OPEN 22:00-00:00

TIME	MARQUEE (outdoors)	OUTDOOR DANCE (by the dome)	ZORBA (in the house)	SHANKARA (next to the house)
17:30 - 18:30 (1h)	—	🌱 Move, Land & Stretch James OUTDOORS	REGISTRATION & CHECK IN	🌙 Sound Journey Crystal Sound Bath Michael
18:30 - 19:00 (30 min)	🍷 Delicious Dinner (please get your food in the first 30 minutes)			
19:00 - 20:00 (1h)	NO DISHES HELP			
19:15 - 19:45 (30 min)	LEELA WALK AROUND TOUR Get to know the site and the land! Meet between 19:10-19:15 in the garden			
19:15 - 19:45 (30 min)	FACILITATOR, ARTIST, BODYWORKER & CREW WELCOME GATHERING (not for participants)	—	REGISTRATION & CHECK IN FOR LATE ATTENDEES	—
20:00 - 22:00 (2h)	🔥 Welcome Ecstatic Dance URUBU Dance Tribe	—		—
22:15 - 23:30 (1h 15 min)	—	🌙 Hammock Chill & Rest with Binaural Beats via Soundsystem (IN THE DOME)	—	🌙 Gong Bath Darpan

OTHER SPACES AND ACTIVITIES AROUND THE FESTIVAL SITE

SEE FESTIVAL SITE MAP	*Café in the Garden	Hangout on the sofas & social space throughout the day. *Open 17:00-18:15 WED 13:30-15:30 THU, FRI, SAT, SUN	Dome with Aerial Relaxation Pods - Hammocks	Hammock chill space. See schedule with session times.
	*Barrel Sauna	Small towels provided by the sauna. *Open 22:00-00:00 WED, THU, FRI, SAT 15:00-18:00 THU, FRI, SAT SUN 07:00-09:00	Gaia Yurt	Silent Space for Meditation & Journalling. Open throughout the day during the festival.
	Bodywork	Please see the separate Bodywork descriptions, schedule and sign-ups at the Info Tent.	Dishes Help as Community Contribution	Everyone is allocated one shift only. See Dishes Help Rota @ the Info Tent to find your Group A-F.

Leela community & workers (Orange Wristbands) are welcome to join all sessions, depending on the space & how busy the sessions get. Priority to the festival participants.

ANY PRACTICAL QUESTIONS, CONCERNS OR NEED EXTRA SUPPORT?
-PLEASE REACH OUT TO ONE OF OUR CREW MEMBERS (with blue wristbands)

T H U R S D A Y - 23 JULY (DAY 2)

Sessions - choose what your body needs:

Dynamic & Energising
 Gentle & Grounding
 Rest & Integration

PLEASE ARRIVE ON TIME FOR ALL SESSIONS (OR EVEN BETTER 5 MIN BEFORE) THANK YOU

CAFE OPEN 13:30-15:00 | SAUNA OPEN 15:00-18:00 & 22:00-00:00

TIME	MARQUEE (outdoors)	OUTDOOR DANCE (by the dome)	ZORBA (in the house)	SHANKARA (next to the house)
See timings for each activity	Yoga - Vinyasa Flow 7:30am - 8:15am Isabell	—	—	No Mind Meditation 7:00am - 8:10am Khalis (from Leela)
08:00 - 09:30 (1h 30 min)	Yummy Breakfast (self serve breakfast, join anytime)			
09:30 - 11:15 (1h 45 min)	Welcome Ecstatic Dance Opening Gathering URUBU Dance Tribe	—	<i>9am-9:30am Space used for Leela Community Morning Gathering</i>	—
11:20 - 11:55 (35 min)	*Group Sharings in 'Festival Family' groups <i>(*Please commit to attend these every day for a deeper experience)</i>	Hammock Chill & Rest with Binaural Beats via Headphones (IN THE DOME)	—	—
12:00 - 13:00 (1h)	Heart of Hugging & Boundaries Workshop Seth	Ambient Listening in Hammocks James (IN THE DOME)	—	—
13:00 - 13:30 (30 min)	Magnificent Lunch (please get your food in the first 30 minutes)			
13:30 - 14:30 (1h)	Dishes Help as Community Contribution: GROUP A			
14:30 - 15:00 (30 min)	—	—	Men's Circle Alfie & assistants	Women's Circle Anja & assistants
15:10 - 16:10 (1h)	—	Shivasa Chill - Live Music Sound Meditation Nayar Collective (IN THE DOME)	—	—
16:15 - 16:40 (25 min)	CACAO RITUAL & VOICE ACTIVATION IN THE GARDEN - COMPLIMENTARY RAW VEGAN CACAO DRINK DIANA & THE FESTIVAL TEAM			
16:45 - 18:30 (1h 45 min)	*Bioenergetic Alchemy: Somatics, Release & Embodiment *PART 1 OF 2 Seth	Dance the Resistance - Express it All! Journey through different moods & feelings James	—	—
18:30 - 19:00 (30 min)	Delicious Dinner (please get your food in the first 30 minutes)			
19:00 - 20:00 (1h)	Dishes Help as Community Contribution: GROUP B			
20:00 - 22:00 (2h)	Cacao Dance Tribe URUBU Dance Tribe	—	—	—
22:15 - 23:30 (1h 15 min)	—	Live Music Concert Nayar Collective (IN THE DOME)	—	—
23:40 - 00:20 (40 min)	—	—	—	Sound Journey Crystal Bowls & Vocal Alchemy Michael & Diana
22:00 - 00:00	CAMPFIRE & SONGS (in the garden, near the cafe)			

F R I D A Y - 24 JULY (DAY 3)

Sessions - choose what your body needs:

 Dynamic & Energising
  Gentle & Grounding
  Rest & Integration

PLEASE ARRIVE ON TIME FOR ALL SESSIONS (OR EVEN BETTER 5 MIN BEFORE) THANK YOU

CAFE OPEN 13:30-15:00 | SAUNA OPEN 15:00-18:00 & 22:00-00:00

TIME	MARQUEE (outdoors)	OUTDOOR DANCE (by the dome)	ZORBA (in the house)	SHANKARA (next to the house)
See timings for each activity	 Yoga - Vinyasa Flow 7:30am - 8:15am Isabell	—	—	 Dynamic Active Meditation 7:00am - 8:10am Khalis (from Leela)
08:00 - 09:30 (1h 30 min)	 Yummy Breakfast (self serve breakfast, join anytime)			
09:30 - 10:45 (1h 15 min)	 Ecstatic Dance URUBU Dance Tribe	—	<i>9am-9:30am Space used for Leela Community Morning Gathering</i>	—
10:45 - 11:15 (30 min)	 *Group Sharings in 'Festival Family' groups <i>*Please commit to attend these every day for a deeper experience)</i>	 Hammock Chill & Rest with Binaural Beats via Headphones (IN THE DOME)	—	—
11:30 - 13:00 (1h 30 min)	 *Breathwork (to attend please join Bionergetics on Thu) *PART 2 OF 2 Seth	 Ecstatic Dance <i>Melodic House & Techno</i> DJ Redpeppa	—	—
13:00 - 13:30 (30 min)	 Magnificent Lunch (please get your food in the first 30 minutes)			
13:30 - 14:30 (1h)	Dishes Help as Community Contribution: GROUP C			
14:30 - 15:00 (30 min)	 Women's Circle *Option to Extend until 15:30 Anja & assistants	 Hammock Chill & Rest with Binaural Beats via Headphones (IN THE DOME)	 Men's Circle Alfie & assistants	 Third Space Circle Sara & Diana
15:10 - 16:10 (1h)	—	 Dance - Moody Basslines & Beats from the Streets James	REGISTRATION & CHECK IN FOR WEEKEND ATTENDEES - AT THE INFO TENT	 Sound Journey Michael
16:15 - 16:40 (25 min)	CACAO RITUAL & VOICE ACTIVATION IN THE GARDEN - COMPLIMENTARY RAW VEGAN CACAO DRINK DIANA & THE FESTIVAL TEAM			
16:45 - 18:30 (1h 45 min)	 Partner Thai Massage (<i>come alone or with a partner</i>) David	—	 Singing Sanctuary Alfie	 Rest in Love - the Art of Receiving Anja & assistant
18:30 - 19:00 (30 min)	 Delicious Dinner (please get your food in the first 30 minutes)			
19:00 - 20:00 (1h)	Dishes Help as Community Contribution: GROUP D			
19:20 - 19:45	—	—	WEEKEND ARRIVALS WELCOME SESSION Diana, Seth & festival team	 Bansuri Flute & Voice Journey 19:00-19:50 Alex Norgate
20:00 - 22:00	 Shamanic Trance Dance & Cacao (Blindfolded, on mats) *SIGN UP @ THE INFO TENT (PARTICIPANTS ONLY) URUBU Dance Tribe	 Ecstatic Dance & Cacao DJ Amaya Garcia	—	—
22:15 - 23:30	—	 Medicine Music Listening Alex (IN THE DOME)	 Dance Party <i>Soul / Funk / Disco/ House</i> DJ Redpeppa (until 00:00)	 Gong Bath Darpan
22:00 - 00:00	CAMPFIRE & SONGS (in the garden, near the cafe)			

S A T U R D A Y - 25 JULY (DAY 4)

Sessions - choose what your body needs:

 Dynamic & Energising
  Gentle & Grounding
  Rest & Integration

PLEASE ARRIVE ON TIME FOR ALL SESSIONS (OR EVEN BETTER 5 MIN BEFORE) THANK YOU

CAFE OPEN 13:30-15:00 | SAUNA OPEN 15:00-18:00 & 22:00-00:00

TIME	MARQUEE (outdoors)	OUTDOOR DANCE (by the dome)	ZORBA (in the house)	SHANKARA (next to the house)
See timings for each activity	 Yoga - Vinyasa Flow 7:30am - 8:15am Isabell	—	 Somatic Yoga Flow 7:30am - 8:15am David	 Chakra Breathing Meditation 7:00am - 8:10am Abhi (from Leela)
08:00 - 09:30 (1h 30 min)	 Yummy Breakfast (self serve breakfast, join anytime)			
09:30 - 10:45 (1h 15 min)	 Ecstatic Dance URUBU Dance Tribe	 4Beat Yoga Sara	9am-9:30am Space used for Leela Community Morning Gathering	—
10:45 - 11:15 (30 min)	 *Group Sharings in 'Festival Family' groups <i>*Please commit to attend these every day for a deeper experience)</i> Weekend Arrivals will be allocated into new festival family groups :)	 Hammock Chill & Rest with Binaural Beats via Headphones (IN THE DOME)	—	—
11:30 - 13:00 (1h 30 min)	 The Gathering - Conscious Connections & Ritual Breath Seth	—	 Why Do I Say YES When I Mean NO? Ruth	—
13:00 - 13:30	 Magnificent Lunch (please get your food in the first 30 minutes)			
13:30 - 14:30	Dishes Help as Community Contribution: GROUP E			
14:30 - 15:00 (30 min)	 Third Space Circle Sara & Diana	 Ambient Listening in Hammocks James (IN THE DOME)	 Men's Circle Alfie & assistants	 Women's Circle *Option to Extend until 15:30 Anja & assistants
15:10 - 16:10 (1h)	 Yin Yoga & Somatic Meditation Sara	 Sound Journey in Hammock & on Yoga Mats Diana, Michael & Seth	—	—
16:15 - 16:40 (25 min)	CACAO RITUAL & VOICE ACTIVATION IN THE OUTDOOR DANCE SPACE - COMPLIMENTARY RAW VEGAN CACAO DRINK DIANA, ENGELBERT & THE FESTIVAL TEAM			
16:45 - 18:30 (1h 45 min)	—	 Live Music Ecstatic Dance Mystical Mystery - Engelbert (OUTDOORS)	 Walking on Broken Glass Ruth	—
18:30 - 19:00	 Delicious Dinner (please get your food in the first 30 minutes)			
19:00 - 20:00	Dishes Help as Community Contribution: GROUP F			
19:00 - late	   * Dress up cupboard open - in the main house!    OR BRING YOUR OWN OUTFITS IF YOU'D LIKE			
20:00 - 22:00 (2h)	 The Celebration - Ecstatic Dance & Cacao URUBU Dance Tribe	 Ecstatic Dance & Cacao 'Auto Pilot Off' James	—	—
22:00 - late	SOBER BAR OPEN 22:00 - late (IN THE MAIN HOUSE, by the staircase/ piano)			
22:30 - 00:00 (1h 30 min)	—	 Deep Listening Dub Alex 22:20 - 23:30 (IN THE DOME)	 Dance Party EDM & Psy Trance DJ Amaya Garcia	 Women's Rage & Pleasure Temple Anja & assistants
00:00 - 01:30 (1h 30 min)	—	 Hammock Chill & Rest with Binaural Beats via Headphones 23:30 - 01:30 (IN THE DOME)	 Dance Party Soul / Funk / Disco/ House DJ Redpeppa	—
22:00 - late	CAMPFIRE & SONGS (in the garden, near the cafe)			

SUNDAY - 26 JULY (DAY 5)

Sessions - choose what your body needs:

🔥 Dynamic & Energising 🌿 Gentle & Grounding 🌙 Rest & Integration

PLEASE ARRIVE ON TIME FOR ALL SESSIONS (OR EVEN BETTER 5 MIN BEFORE) THANK YOU

SAUNA OPEN 07:00-09:00 | CAFE OPEN 13:30 - 15:00

TIME	MARQUEE (outdoors)	OUTDOOR DANCE (by the dome)	ZORBA (in the house)	SHANKARA (next to the house)
See timings for each activity	🌿 Somatic Yoga Flow 7:30am - 8:15am David	—	—	🌿 Sacred Earth Meditation 7:00am - 8:10am Abhi (from Leela)
08:00 - 09:30 (1h 30 min)	🍴 Yummy Breakfast (self serve breakfast, join anytime)			
09:30 - 10:45 (1h 15 min)	🔥 Ecstatic Dance URUBU Dance Tribe	—	9am-9:30am Space used for Leela Community Morning Gathering	—
10:45 - 12:15 (1h 30 min)	🌙 *Group Sharings Completion & Celebration in 'Festival Family' groups *Please commit to attend these every day for a deeper experience)	🌙 Hammock Chill & Rest with Binaural Beats via Headphones (IN THE DOME)	—	—
12:15 - 13:00 (45 min)	🔥 Closing Gathering & Ecstatic Dance URUBU Dance Tribe	—	—	—
13:00 - 13:30 (30 min)	🍴 Magnificent Lunch (please get your food in the first 30 minutes)			
13:30 - 14:30 (1h)	NO DISHES HELP			
by 14:30	-ACCOMMODATION: please vacate rooms/bell tents and strip all bed linen by 14:30 to support the House Care Team. -ROOM KEYS: please return to the Leela office and collect key deposit £10 by 15:00 PERSONAL ITEMS/ BAGS: welcome to store in Zorba until 17:00 whilst you enjoy afternoon dance.			
15:00 - 16:00 (1h)	—	🔥 Grounding Dance Party James	—	—
by 17:00	FESTIVAL ENDS -PACK DOWN CAMPING GEAR (IF CAMPING) -REMEMBER TO TAKE ALL YOUR BELONGINGS -CHECK LOST PROPERTY BOX IN THE MAIN HOUSE STAY FOR DINNER AT 6PM for extra £10. Please book dinner with the Booking Office by 15:00 STAY FOR SAUNA AT 8PM for extra £10. Please book sauna with the Booking Office by 15:00 -PLEASE LEAVE THE SITE BY 17:00 THANK YOU FOR ATTENDING AND HAVE A SAFE JOURNEY HOME! 💖 💖 💖			