

# MUSIC

THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>THE MAIN STAGE</b> 14:45-15:30 CYKADA 16:00-16:45 KAWALA 17:15-18:00 BLANCO WHITE 18:30-19:15 ULAFUR ARNALDS 19:45-20:45 TOM ODELL <b>21:30-22:45 BOMBAY BICYCLE CLUB</b>	<b>THE MAIN STAGE</b> 14:50-15:20 LOW ISLAND 15:45-16:30 SOAK 16:55-17:40 OH MY GOD! IT'S THE CHURCH 18:05-18:50 GEORGE FITZGERALD (LIVE) 19:20-20:20 CARAVAN PALACE <b>21:05-22:20 ROBYN</b> <b>22:25-22:55 THE SPECTACLE</b>	<b>THE MAIN STAGE</b> 14:35-15:20 COSMIC STRIP 15:50-16:35 BILL JEFFERSON 17:05-17:50 DURAND JONES & THE INDICATIONS 18:20-19:05 FREYA RINGDINGS 19:35-20:35 TOM GRENHAN <b>21:05-22:30 GROOVE ARMADA</b>
	<b>THE VALLEY</b> 22:00-00:00 JAMES ORGAN 00:00-02:00 JODIE HARSH 02:00-04:00 HONEY DUON	<b>THE VALLEY</b> 22:00-00:00 COUSN 00:00-02:00 EROL ALKAN 02:00-04:00 PBR STREETGANG	<b>THE VALLEY</b> 20:00-22:00 MANAMI 22:00-00:00 RICHY AHMED
	<b>THE HIGH GROUND</b> THE CAUSE PRESENTS: ADONIS 20:00-21:30 SHAY 21:30-23:00 GRACE 23:00-00:30 KIM ANN FOXMANN 00:30-02:00 HANNAH HOLLAND	<b>THE HIGH GROUND</b> THE CAUSE PRESENTS: TRIBES 20:00-21:30 DOM CHUNG 21:30-23:00 CROMBY 23:00-00:30 PARANOID LONDON 00:30-02:00 VOIGTMANN	<b>THE HIGH GROUND</b> 19:45-20:45 ABSOLUTE. 20:45-21:15 LITTLE GAY BROTHER'S QUEER CARNIVAL 21:15-22:00 MAZE & MASTERS X LITTLE GAY BROTHER 22:00-23:00 EATS EVERYTHING X LITTLE GAY BROTHER
<b>THE LEVEL</b> 18:00-18:50 REBECCA VASMANT (DJ) 18:50-19:45 DELE SOSIMI X MEDLAR 19:45-20:30 J-BUCK (DJ) 20:30-21:25 PENYA 21:30-23:00 PETE ON THE CORNER + TOM RAVENSCOURT	<b>THE LEVEL</b> 12:45-13:30 FLYING IBEK 13:30-13:45 DECKORE (DJ) 13:45-14:30 YAMA WARASHI 14:30-15:00 DECKORE (DJ) 15:00-16:00 TEZETA 16:00-16:30 DECKORE (DJ) 16:30-17:30 ELECTRIC JALABA 17:30-18:00 DECKORE (DJ) 18:00-19:00 STEAM DOWN 19:00-19:30 NONE MORE RECORDS SOUND SYSTEM <small>MS</small> 19:30-20:30 BIG BEN JORGE 20:30-21:00 NONE MORE RECORDS SOUND SYSTEM <small>MS</small> 21:00-22:00 ONIPA 22:00-22:30 NONE MORE RECORDS SOUND SYSTEM <small>MS</small> 22:30-23:30 ATA KAK 23:45-01:00 OTIM ALPHA 01:00-01:45 KAMPIRE	<b>THE LEVEL</b> 12:45-13:30 YUSUFLA (BAND) 13:30-14:00 POLY-RITMO 14:00-15:00 COLECTIVA 15:00-16:30 POLY-RITMO 15:30-16:30 CLARA SERRA LÓPEZ 16:30-17:15 DJ CAL JADER 17:15-18:00 ESTEBAN CARD 18:00-18:45 DJ CAL JADER 18:45-19:30 LEI DI DAJ 19:30-21:00 ANALOG AFRICA (DJ) 21:00-21:40 TIM GARCIA <small>MUSIC RECORDER / DJZ FWD</small> 21:40-22:25 DANALOGUE PLAYS CHARANJIT SINGH 22:25-23:00 TIM GARCIA <small>MUSIC RECORDER / DJZ FWD</small> 23:00-00:15 SHINGAI (NOISETTES) 00:15-00:45 TIM GARCIA <small>MUSIC RECORDER / DJZ FWD</small> 00:45-01:45 FOFUOLAH	<b>THE LEVEL</b> 12:00-12:45 SHAKARA SOUL (DJ) 12:45-13:30 SHUNAJI 13:30-14:00 SHAKARA SOUL (DJ) 14:00-15:30 BENIN CITY 15:00-16:30 POLY-RITMO 15:30-16:30 MADISON MCFERRIN 16:30-17:00 POLY-RITMO 17:00-17:45 OLIBUNDI 17:45-18:15 POLY-RITMO 18:15-19:05 FAITH MUSSA 19:05-20:00 SARONDE (DJ) 20:00-20:50 MADALITSO BAND 20:50-21:15 SARONDE (DJ) 21:15-21:45 POLY-RITMO 21:45-22:45 DELE SOSIMI AFROBEAT ORCHESTRA
<b>THE JUMPYARD</b> 18:00-19:00 CHRIS TOFU 19:00-20:00 CRINKE CUTS 20:00-20:30 COUNT BASSY 20:30-21:30 KING BRASSTARDS 21:30-21:50 CHRIS TOFU 21:50-22:50 THRILL COLLINS	<b>THE JUMPYARD</b> FUNK AND SOUL 13:00-17:00 JALEPENO SOUND SYSTEM 17:30-18:30 IZO FITZROY 18:30-20:00 MADAME ELECTRIFIE 20:00-21:00 AFRO CLUSTER 21:30-22:30 DAYTONER 23:00-00:00 SMOOVE AND TURRELL 00:00-02:00 GHETTO FUNK ALL STARS	<b>THE JUMPYARD</b> VINTAGE REMIX GREAT BRAIN ROBBERY TAKEOVER 13:00-13:45 GUS ROBERTSON (DJ) 13:45-14:30 RED HAT FERRETS 14:30-15:00 GUS ROBERTSON (DJ) 15:00-15:45 ANNIE BEA 15:45-16:15 GUS ROBERTSON (DJ) 16:15-17:00 TOMMY GUNCLUB 17:00-17:30 CHRIS TOFU MBE 17:30-18:30 DAS BRASS 18:30-20:00 THE JUMPYARD DJs 20:00-21:00 BADCORE HORNS 21:00-21:30 COUNT BASSY 21:30-22:30 THE AFTER HOURS 22:30-23:00 CHRIS TOFU MBE 23:00-00:00 DUTTY MOONSHINE BIG BAND 00:00-02:00 DJ CHRIS TOFU MBE & FRIENDS	<b>THE JUMPYARD</b> COUNT SKYLARKIN'S ROCKSTEADY ROAST 12:00-14:00 DEREK'S ISLAND DISCS 14:00-16:00 WRECK IT UP CREW 16:00-17:00 WRONGTUM IN DUB 17:00-17:30 CHRIS TOFU MBE 17:30-18:30 SUBAJAH 18:30-20:00 THE JUMPYARD DJs 20:00-21:00 KIOKO 21:30-22:30 BACKBEAT SOUND SYSTEM 22:30-22:50 COUNT BASSY
<b>THE TROUBADOUR</b> 17:00-17:40 1000 MILE HIGHWAY 18:00-18:40 COPPER VIPER 19:00-19:40 NICK HART 20:00-20:40 KYLARO 21:00-21:45 THE ONCE 22:00-23:00 WILL VARLEY	<b>THE TROUBADOUR</b> FIRE IN THE MOUNTAIN 11:00-12:00 FLATFOOT WORKSHOP 12:00-13:00 SING-A-LONG CLASSICS 13:00-13:45 GYPSY MUSIC WORKSHOP WITH FAITH I BRANKO 14:00-14:45 JOSIEWNE CLARKE 15:00-16:00 MATT OWENS (NOAH AND THE WHALE) 16:00-16:45 REMIXED SCOTTISH COUNTRY DANCING 17:00-18:00 THE DIMMOCKS 18:00-19:00 INTERSTATE EXPRESS 19:30-20:30 FAITH I BRANKO 21:00-22:00 COCOS LOVERS 22:30-23:30 THE CASH COWS 23:30-00:30 JOEY FINGERS 00:30-01:30 CAPTAIN FLATCAP (DJ SET)	<b>THE TROUBADOUR</b> WOODBURNER 11:00-12:00 MINDFUL MUSIC WITH MARTHA 12:15-13:45 OTTO KALIMBA WORKSHOP 13:30-14:30 SIMON ROTH "BEHAVE YOURSELF" 14:45-15:45 "BEAT GOES ON" BODY PERCUSSION WORKSHOP 16:00-17:00 OILSONG 17:00-17:45 MATTHEW ONE MAN 18:00-19:00 SILVERTONGUE 19:30-20:30 M W S 22:30-23:30 THE HUNGRY MOTHERS 00:00-01:00 SOLANA	<b>THE TROUBADOUR</b> 12:00-13:00 SONGWRITING WORKSHOP ROBBIE CAVANAGH & DEMI MARRINER 13:10-14:10 GUITAR WORKSHOP - SMITH & BREWER 14:30-15:00 LOUD MOUNTAINS 15:20-16:00 FOREIGN AFFAIRS 16:20-17:00 ROBERT J HUNTER BAND 17:20-17:15 THE SOUTHERN COMPANION 18:40-19:40 "IN THE ROUND" GUITAR PULL 20:10-21:10 JOSHUA BURNSIDE 21:10-21:50 CAPTAIN FLATCAP (DJ) 21:50-22:50 NOBLE JACKS
<b>THE CLUB HOUSE</b> 17:00-18:00 EMMA MORTON & THE GRACES 18:30-19:30 THE NAKED POP INQUIZITION 20:00-21:00 GAME OF SHOWS 21:30-22:30 THE BRASS FUNKEYS	<b>THE CLUB HOUSE</b> 12:30-13:30 THE CLUB HOUSE DISC JOCKEYS 14:00-15:00 EMMA MORTON & THE GRACES 15:30-16:30 THE NAKED POP INQUIZITION 17:00-18:00 BARE SOULS 18:30-19:30 CAPTAIN ACCIDENT & THE DISASTERS 20:00-21:00 DEMOCRACY DISCO 21:30-22:30 BRASS FUNKEYOKE 23:00-00:00 DJ MAX GALACTIC 00:30-01:45 THE AFTER HOURS 02:00-04:00 THE NIGHTCAP	<b>THE CLUB HOUSE</b> 11:00-11:30 THE WILDERNESS CHOIR <small>REHEARSAL TWO</small> 14:00-15:00 THE BARE SOULS 15:30-16:30 SOMA SOMA 17:00-18:00 THE NAKED POP INQUIZITION 18:30-19:30 MARIACHE EL PINCHO GRINGO 20:00-21:00 NOBLE JACKS 21:30-22:30 THE BURGER VAN DJs 23:00-00:00 MR TEA & THE MINIONS 00:30-01:45 THE BRASS FUNKEYS 02:00-04:00 THE NIGHTCAP	<b>THE CLUB HOUSE</b> 14:00-15:00 BRASS FUNKEYOKE 15:30-16:30 THE DIMMOCKS 17:00-18:00 MARIACHE EL PINCHO GRINGO 18:30-19:30 NOBLE JACKS 20:00-21:00 THE CLUB HOUSE DJs 21:30-22:30 THE NAKED POP INQUIZITION
<b>THE HUSTLE</b> 21:00-23:00 BIG GAME (DANCE-OFF)	<b>THE HUSTLE</b> 14:00-14:30 BASS BATH: VIBRATIONAL FREQUENCY EXPERIENCE 14:30-15:00 ROBERT RHOADES (LIVE) 15:00-21:00 RANSOM NOTE: RUF DUG, ALLY TROPICAL, MATT COWELL 21:00-22:00 COUSN B2B MANAMI 22:00-23:00 JIMMY SUMMERS 23:00-00:00 SAVAGE HENRY (TOD MANY T'S) 00:00-01:00 ALEX DENHOLM 01:00-01:45 PROFESSOR STRETCH 01:45-04:00 LATE NIGHT JAM SESSIONS	<b>THE HUSTLE</b> 14:00-14:30 BASS BATH: VIBRATIONAL FREQUENCY EXPERIENCE 14:30-15:00 THE ENDS (LIVE) 15:00-23:00 BRILLIANT CORNERS: AMIT & ANEESH JOHN GOMEZ 23:00-00:00 TIM FANUCCI 00:00-01:00 OZ 01:00-01:45 THE HEAD STATE 01:45-04:00 LATE NIGHT JAM SESSIONS	<b>THE HUSTLE</b> 15:00-21:00 SPECIAL GUESTS: EATS EVERYTHING, RICHY AHMED, COUSN, MANAMI, WAIFS & STRAYS 21:00-22:00 ROARS 22:00-23:00 GRAVEL 23:00-02:00 LATE NIGHT JAM SESSIONS



# THEATRE & ARTS

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>THE ATRIUM</b> 19:10-19:50 JAZZ RE-FRESHED PRESENTS PROJECT KARNAK 19:50-20:20 JAZZ RE-FRESHED DJS 20:20-21:00 JAZZ RE-FRESHED: PRESENTS RUBY RUSHTON 21:00-21:45 TBC 21:45-22:45 STEAM DOWN	<b>THE ATRIUM</b> 10:45-11:30 STRETCH MASS YOGA 11:45-12:30 ROYAL ALBERT HALL-JAZZ FOR KIDS: NEW ORLEANS 13:00-15:00 STRICTLY COME WILDERNESS 15:00-16:00 DJ YODA GOES TO THE SCI-FI MOVIES 16:40-17:45 JOEL CULPEPPER 18:30-19:00 SADLER'S WELLS PRESENTS BIRD GANG 20:00-20:45 RONNIE SCOTT'S PRESENTS POCKET DRAGON 21:15-22:45 RONNIE SCOTT'S PRESENTS INCOGNITO	<b>THE ATRIUM</b> 10:30-11:30 JUST BREATHE MASS MEDITATION 11:45-12:30 GIANT BOLLYWOOD WORKSHOP 13:00-15:00 STRICTLY COME WILDERNESS 15:15-16:45 SPOONING WORLD RECORD ATTEMPT 16:15-17:00 EX-EASTER ISLAND HEAD 17:45-18:30 RAMBERTZ: KILLER PIG 18:45-20:00 HIP HOP KARAOKE 20:20-20:50 SWING BREAK BATTLE JAM <small>SWING PATROL X TENSION BREAKERS X DAS BRASS</small> 21:30-22:35 JURASSIC 5'S SOUP PRESENTS FULLEE LOVE COLLECTIVE 23:30-00:30 LETTERS LIVE	<b>THE ATRIUM</b> 11:45-12:45 STRETCH MASS YOGA 12:45-13:15 THE WILDERNESS CHOIR 13:15-15:00 STRICTLY COME WILDERNESS-THE FINAL 15:00-15:30 CHARLIE PATRIDGE 15:45-16:30 TRIPTYCH-A WILDERNESS COMMISSION 16:45-17:55 LETTERS LIVE 18:15-20:00 GOD'S JUKEBOX 20:20-21:00 ROYAL ALBERT HALL PRESENTS TOMORROW'S WARRIORS <small>FEMALE FRONTLINE</small> 21:20-22:50 DIZRAELI WITH THE WILDERNESS ORCHESTRA
<b>HOUSE OF SUBLIME</b> 18:00-22:45 MARIAH & FRIENDZ OPENING PARTY	<b>HOUSE OF SUBLIME</b> HOSTED BY ADAM ALL & APPEL DERRIERES 13:00-14:00 THE PLEASANCE COMEDY WRITING WORKSHOP 14:15-15:45 QUEER LIFE DRAWING 15:45-16:30 HOW TO BE AN ALLY: QUEER MIGRANTS 16:45-17:30 IS MONOGAMY DEAD? <small>WITH ROSIE WILBY</small> 17:45-18:45 SEX WORK, CENSORSHIP AND SAFETY 19:00-19:55 JONNY WOOD & RUDI DOUGLAS- THE BIG GAY SONGBOOK ROUNDHOUSE PRESENTS 20:00-21:15 WHAT WORDS ARE OURS? 21:30-22:30 SMOKE WEED EAT PUSSY EVERYDAY 22:45-00:30 THE COCOA BUTTER CLUB 00:30-01:45 MINDSOFTHEFREY	<b>HOUSE OF SUBLIME</b> HOSTED BY THE PROVIBERS 13:00-14:00 THE PLEASANCE WRITING WORKSHOP 14:15-15:15 QUEERING THE SAMBA WITH RACHEL SPARKS DANCE 15:30-16:15 SOUTHBANK CENTRE: PUBLIC PARTY AS PROTEST 16:30-18:00 ANTI-DIET RIOT CLUB: F*CK SIZE MODELLING 18:15-19:15 VOGUEING WORKSHOP WITH ARIES 007 19:30-19:55 TBC LIVE ART BISTRO PRESENTS 20:00-20:30 INTRO TO THE NAKED BALLOON PARTY 20:30-20:45 BLOOMING QUEERS 20:45-20:55 KATY JALILI AKA COOL DAD 20:55-21:00 PAS DE DUH 21:30-21:45 LIVE ART BISTRO 21:45-22:15 SAM ISAM2 23:00-23:15 PAS DE DUH 23:15-23:30 KATY JALILI AKA COOL DAD 23:45-01:45 NAKED BALLOON PARTY FT. NIK NAK	<b>HOUSE OF SUBLIME</b> HOSTED BY THE CLUELESS QUEERBASA 13:00-14:00 THE PLEASANCE CLOWNING WORKSHOP 14:30-16:30 ALTERNATIVE MISS WILDERNESS 16:45-18:45 BLOW MY WIG STEAKHOUSE LIVE 19:00-19:30 KNICKERBOCKER 19:30-20:15 KATY BAIRD 20:15-20:45 EXE STAINAIN 20:45-21:15 TBC 21:15-21:30 SEX MUSIC 21:30-22:45 MUSIC & DANCING WITH KNICKERBOCK <small>FT. AARONZIMBRA &amp; ALEX LAWLESS</small>
<b>THE ART STUDIO</b> 17:00-19:00 BITS 'N PIECES LIFE DRAWING ALL SESSIONS TOTALLY FREE, NO NEED TO BOOK	<b>THE ART STUDIO</b> 10:00-11:00 MACRAME 11:30-12:30 PUT DESIGN IN THE COCONUT WITH CHRISTABEL'S 13:00-14:00 THE MAKERY GLITTER BADGES 14:30-15:30 MACRAME 16:00-17:30 BITS 'N PIECES LIFE DRAWING 20:00-23:00 RA LATES	<b>THE ART STUDIO</b> HEAPS + STACKS TAKEOVER 10:00-11:00 FLORAL ART 11:30-12:30 ZEN DEN 13:00-14:00 PING PONG BATS 14:45-15:45 LEATHER LUGGAGE TAGS 16:15-17:15 MARACCA PAINTING	<b>THE ART STUDIO</b> 10:00-11:00 MACRAME 11:30-12:30 PUT DESIGN IN THE COCONUT WITH CHRISTABEL'S 13:00-14:00 THE MAKERY WOODEN BEAD NECKLACES & KEYRINGS 14:30-15:30 CUSHION PAINTING WITH CHRISTABEL'S 16:00-17:15 THE MAKERY POM POM HEADRESSES

**HAT MAKING WORKSHOPS**  
 £15 BOOK IN ADVANCE OR ON SITE AT THE INFO TENT (SUBJECT TO AVAILABILITY)  
 FRI-WITH LYDIA SHERRIFF  
 SAT-WITH HEAPS + STACKS  
 10:00 | 11:30 | 13:00  
 14:45 | 16:15  
 1 HOUR SESSIONS AT THE ART STUDIO

## THE GREENCRAFTS VILLAGE

FELT EARS & HORNS | FLOWER HEADPIECE | SILVER RINGS | IRON-AGE FORGING | WOODEN SPOONS | CHALK CARVING | MOKUME FUSED METAL BEADS | GREEN WOOD WORKING  
 PERFUME MAKING | SILVER SMITHING | COSMETICS | COPPER CANDLE-STICKS & JEWELLERY | WOODEN MUSHROOMS | RAKU POTTERY FIRING | COPPER REPOUSSE  
 HEDGEROW BIRD FEEDERS AND BASKETS | POTTERY | CASTING SILVER JEWELLERY | WILLOW GARDEN DECORATIONS | WOOL HAIR DECOS | NATURAL HEAD-DRESSES  
 HAZEL WALKING STAFFS & FLOWERS | MACRAME | BOW MAKING | ALUMINUM SHINGLE ROOF MAKING | WOODEN PENDANT AND RING MAKING  
 OPEN FRIDAY - SUNDAY 10:00 - 17:00 (THURSDAY FROM 14:00) | BOOK DIRECTLY WITH CRAFTSPEOPLE OR SIMPLY DROP-BY | PRICES VARY BUT START FROM AROUND £5.

# FOOD & DRINK

**FIELD RESTAURANTS**  
**CAFE MURANO** 2 HOUR SITTING  
 THURS: 19:00  
 FRI & SAT: 13:00 & 19:00  
 SUN: 12:30 & 18:00  
BOOK IN ADVANCE OR WALK UPS AVAILABLE. BOOK EARLY ON THE DAY AT THE RESTAURANT  
**HOTBOX** 1.5 HOUR SITTING  
 THURS: EVERY 2HRS FROM 17:30-21:30  
 FRI & SAT: EVERY 2HRS 12:00 - 20:00  
**ANDREW CLARKE X HOTBOX**  
 SUN: EVERY 2HRS 12:00 - 18:00  
**PIZZA PILGRIMS** 1 HOUR SITTING  
 THURS: 17:00 | 18:15 | 19:30 | 20:45  
 FRI, SAT & SUN: 12:00 | 13:15 | 14:30 | 17:00  
 18:15 | 19:30  
**PATTY & BUN**  
 BURGERS AND BBQ ALL DAY EVERY DAY  
**PETERSHAM NURSERIES** 2 HOUR SITTING  
 THURS 19:00  
 FRI & SAT 13:00 & 19:00  
 SUN 13:00 & 17:00  
TAKEAWAY AVAILABLE FOR ALL RESTAURANTS  
**THE DINING ROOM RESTAURANTS**  
 FOOD SERVED 09:30 - 23:00 DAILY (FROM 14:00 THURS)  
 DRINKS AND DANCING UNTIL 01:00 NO NEED TO BOOK  
 12:51 | CLUB MEXICANA | SMOKESTAK  
 HICCE | LE BAB | JAE

**THE CHEF'S TABLE**  
 THURSDAY: NIEVES BARRAGAN  
 18:30 | 21:00  
 FRIDAY: DAN SMITH  
 12:00 | 14:30 | 18:30 | 21:00  
 SATURDAY: NEIL BORTHWICK  
 12:30 | 14:30 | 18:30 | 21:00  
 SUNDAY: TOM BROWN  
 12:00 | 14:30 | 18:00  
FULLY BOOKED  
**BARS**  
**MAHOU TERRAZA**  
**SIPSMITH GIN PALACE**  
**KETEL ONE KITCHEN**  
**THE RIOJA WINE TERRACE**  
**SAN MIGUEL VISTA AT THE ATRIUM**  
**SIMPLY PERFECT BY PATRÓN TEQUILA**  
**BULLEIT BOURBON AMERICANA BAR**  
**THE TALISKER WILD SPIRIT BAR**  
**NYETIMBER HIDEAWAY**  
**VEUVE CLICQUOT CHAMPAGNE GARDEN**

**LONG TABLE BANQUETS**  
 THURSDAY: WOODFIRE CANTEN & JOSH KATZ  
 18:30  
 FRIDAY: JAMES KNAPPETT  
 13:00 | 19:00  
 SATURDAY: YOSSEI ELAD  
 13:00 | 18:30  
 SUNDAY: TOM AIKENS  
 12:00 | 16:30  
FULLY BOOKED  
**PEACOCK BAR**  
 THURSDAY  
 17:00-19:00 LULAH FRANCS  
 19:00-21:00 GEORGE PLANT  
 21:00-23:00 SU KIRRADE  
 FRIDAY  
 15:00-17:00 SPENCER NUNES  
 17:00-19:00 EXTRAPOLATION  
 19:00-21:00 SPECIAL GUEST (TBC)  
 21:00-23:00 BEN POUND  
 23:00-00:30 JUKES OF HAZZARD  
 00:30-02:00 WAIS & STRAYS  
 SATURDAY  
 15:00-17:00 MR SHIVER  
 17:00-19:00 ROSS CLARKE  
 19:00-21:00 DAREN NUNES  
 21:00-23:00 MAXX SOUNDSSYSTEM  
 23:00-00:30 PBR STREETBANG  
 00:30-02:00 ITCHY RICH  
 SUNDAY  
 15:00-17:00 DAN WILLIAMS  
 17:00-23:00 FUSTERLUCK?

**THE DINING ROOM**  
 FOOD SERVED 09:30 - 23:00 DAILY (FROM 14:00 THURS)  
 DRINKS AND DANCING UNTIL 01:00  
 ALL FREE, NO NEED TO BOOK APART FROM FOOD & DRINK PAIRINGS  
**MORNINGS WITH MUNCHIES**  
 FRIDAY  
 10:00-10:14 WHAT TO EAT TO SAVE THE WORLD  
 11:00-11:45 GIVING EVERYONE A PLACE AT THE TABLE  
 SATURDAY  
 10:00-10:45 INSTAGRAM READY  
 11:00-11:45 DITCHING DAIRY  
 SUNDAY  
 10:00-10:45 THE MODERN KITCHEN  
 11:00-11:45 EVERYONE'S A CRITIC THESE DAYS...  
FULLY BOOKED  
**AFTERNOON FOOD AND DRINK PAIRINGS**  
 THURSDAY  
 17:00-17:45 THE WILDERNESS TACO-OFF WITH NUD  
DUDDHA | BREDOS TACOS | X NEIL RANKIN (TEMPER)  
 FRIDAY  
 16:00-16:45 JAMES COCHRAN (12-51)  
 SATURDAY  
 15:00-15:45 ED BRUNET (LE BAB) X BIRIFICIO ANGELO PORETTI  
 16:00-16:45 MEREL ARMITAGE (CLUB MEXICANA)  
 SUNDAY  
 15:30-16:15 DAVID CARTER (SMOKESTAK)  
**NIGHTS WITH THE DINING ROOM DJS**  
 THURSDAY  
 20:00-00:00 BREDOS SOUND SYSTEM & FRIENDS  
 FRIDAY  
 20:00-01:00 TURN THE TABLES  
 SATURDAY  
 20:00-01:00 CLUB MEXICANA & THE SPREAD EAGLES TRIBUTE NIGHT  
 SUNDAY  
 20:00-00:00 PARTY TUNES & CLASSICS

# THE OUTDOORS

	FRIDAY	SATURDAY	SUNDAY
<b>WOODLAND THEATRE</b>	<b>THE CLUB HOUSE PLAYING FIELDS</b>	<b>THE CLUB HOUSE PLAYING FIELDS</b>	
<p>WAITING FOR WAITING FOR GODOT SILENT FACES FRIDAY - SUNDAY   17:15-18:00</p> <p>A MIDSUMMER NIGHT'S DREAM THE HANDLEBARDS FRIDAY - SATURDAY   19:00-20:00</p> <p>MEET 15 MINS BEFORE START TIME AT THE WILDERNESS MEETING POINT</p>	<p><b>COACH &amp; TRACK</b></p> <p>11:00-12:00 THE WILDERNESS CHOIR REHEARSAL ONE 13:00-14:00 SEXI FLEXI 14:00-15:00 DISCO DODGEBALL 16:00-17:00 MASS MUSICAL BENCHES</p>	<p><b>COACH &amp; TRACK</b></p> <p>14:00-15:00 MUGGLE QUIDDITCH 15:00-16:00 ROBOT'S NEXT TOP MODEL 16:00-17:00 MASS MUSICAL BENCHES</p>	
	<b>THE PLAYING FIELDS</b>	<b>THE PLAYING FIELDS</b>	<b>THE PLAYING FIELDS</b>
	<p>12:00-17:00 VOLLEYBALL, BADMINTON &amp; SWING BALL 13:00-13:45 SOCK WRESTLING 14:00-14:45 SOCK WRESTLING 16:00-17:00 SOCK WRESTLING 22:30-00:00 NIGHT GAMES MASS MUSICAL BENCHES</p>	<p>12:00-17:00 VOLLEYBALL, BADMINTON &amp; SWING BALL 14:00-15:00 SOCK WRESTLING 16:00-17:00 SOCK WRESTLING 22:30-00:00 NIGHT GAMES DISCO DODGEBALL</p>	<p>11:00-13:30 THE WILDERNESS CRICKET MATCH SIGN UP FROM 09:00 15:00-15:30 THE GREAT BIG HATS OFF HAT PARADE 15:30-16:45 THE GRAND IRRATIONAL</p>

## OUTDOOR ACTIVITIES ACROSS THE WEEKEND

<p><b>WILD SWIMMING &amp; BOATING</b> ALL WEEKEND 08:00-20:00 TOTALLY FREE. NO NEED TO BOOK</p>	<p><b>HORSE RIDING</b> FRIDAY-SUNDAY EVERY HOUR 10:00 - 12:00   14:00 - 17:00 £33 BOOK IN ADVANCE OR AT THE INFO TENT</p>	<p><b>HUNTER GATHER COOK</b> FRIDAY-SUNDAY 14:00-17:00 HUNTER   GATHERER   TRAPPER £45 BOOK IN ADVANCE OR AT THE INFO TENT INCLUDES 1 HOUR CANAPE PARTY</p>	<p><b>CAMP WILDERNESS OVERNIGHT KIDS CAMP</b> FRIDAY &amp; SATURDAY 15:00 - 10:00 (THE NEXT MORNING) BOOK IN ADVANCE VIA THE WEBSITE</p>
<p><b>BIKE RIDES</b> FRIDAY-SUNDAY 09:00-18:00 (RIDES LAST UP TO 1HR) TURN UP AND HAVE A GO £4 CASH ONLY</p>	<p><b>WILD MEDICINE WALKS WITH GAIAN SOUL</b> FRIDAY - SUNDAY 12:00 &amp; 15:00 TOTALLY FREE, NO NEED TO BOOK</p>	<p><b>CLIMBING WALL</b> FRIDAY-SUNDAY EVERY 15 MINS 10:00 - 12:45   14:00 - 17:45 £5 BOOK IN ADVANCE OR AT THE INFO TENT ARRIVE 10 MINS EARLY FOR HARNESSING</p>	<p><b>OUTDOOR LIFE DRAWING</b> ALL WEEKEND, TOTALLY FREE. NO NEED TO BOOK, STUMBLE UPON OUR WANDERING CREW</p>
<p><b>AXE THROWING</b> FRIDAY 13:30-17:30 FREE TURN UP AND HAVE A GO</p>	<p><b>WILD RUNS</b> FRIDAY - SUNDAY 10:00 TOTALLY FREE, NO NEED TO BOOK ROCK UP TO THE SANCTUARY WITH YOUR RUNNING SHOES</p>		<p><b>JUNKYARD GOLF</b> ALL WEEKEND, NO NEED TO BOOK, TAKE PART FOR YOUR CHANCE TO WIN PRIZES</p>

## FAMILY

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FAMILY THEATRE TENT</b>	<b>FAMILY THEATRE TENT</b>	<b>FAMILY THEATRE TENT</b>	<b>FAMILY THEATRE TENT</b>
<p>18:00-19:30 CRAFT 19:45-20:30 DRAG QUEEN STORYTIME</p>	<p>10:00-11:30 CRAFT 11:45-12:15 MR ROBBIE 12:30-13:15 MAGIC SHOW 13:30-15:00 SUPER HERO ACADEMY 15:30-16:30 STORYTORIUM 17:00-17:45 THE MOOMINS 18:00-19:00 DISCO &amp; GAMES</p>	<p>10:00-11:00 CRAFT 11:00-11:30 TAI CHI FLOW + DANCE 11:45-12:15 TALL TAILS BSL STORIES 12:30-13:15 STORYSONGS 13:30-14:30 ART MACABRE 14:45-15:15 MADAME CAROUSEL AND MR POPY 17:00-17:45 THE MOOMINS 18:00-19:00 DISCO &amp; GAMES</p>	<p>10:00-11:30 SLIME FACTORY 11:45-12:15 DRAG QUEEN STORYTIME 13:00-14:00 STORYTORIUM 14:15-15:15 ART MACABRE 15:30-16:00 MR ROBBIE 16:30-17:00 THE MOOMINS 18:00-19:00 TOOTLE AND NIBS XMAS SPECIAL</p>
<b>SPLAT ART DEN</b> FRIDAY - SUNDAY	<b>FLYING SEAGULLS</b>	<b>FLYING SEAGULLS</b>	<b>FLYING SEAGULLS</b>
<p>09:00-18:00 DRAGON INSTALLATION 11:00-11:45 ASTRO AMY SCIENCE SCHOOL 12:00-13:30 PIPE CLEANER CRAFT 13:30-14:15 ASTRO AMY SCIENCE SCHOOL 14:30-16:00 PAPER PLATE CRAFT 16:00-16:45 ASTRO AMY SCIENCE SCHOOL 17:00-18:00 HAND PRINT CRAFT</p>	<p>10:00-10:30 SEAGULL STRETCH N SHINE 10:30-11:15 PERILOUS PARACHUTE 11:15-12:00 NONSENSICAL CIRCUS SHOW 12:00-13:00 BIG TOP WORKSHOP 13:00-13:45 KIDS COMEDY CORNER 13:45-14:45 CIRCUS FREESTYLE 14:45-15:30 MAGICAL MADNESS 15:30-16:00 BIG AND BUNKERS BALLOONS 16:00-17:00 ROCK YOUR SOCKS OFF DRUM COMPETITION</p>	<p>10:00-11:15 THE CURIOUS COMPENDIUM OF FORGOTTEN GAMES 11:15-12:00 CACOPHONY ORCHESTRA 12:00-13:00 WOBBLE AND BALANCE SHOW AND WORKSHOP 13:00-13:45 KIDS COMEDY CORNER 13:45-14:30 CIRCUS FREESTYLE 14:30-15:15 MAGICAL MADNESS 15:15-17:00 THE WILD CACTUS TAKEOVER</p>	<p>10:00-10:30 SUNDAY TURBO SESSION 10:30-11:30 LAUGH 'N' PLAY GAMES AND GIGGLES 11:30-12:30 NONSENSICAL CIRCUS SHOW 12:30-13:15 BIG TOP WORKSHOP 13:15-14:00 KIDS COMEDY CORNER 14:00-16:00 PIRATE TAKEOVER 16:00-17:00 THE WIG 'N' BOWTIE PARADE OF FOOLS</p>
<b>WOODLAND TRIBE</b> FRIDAY - SUNDAY	<b>STORYSTOCK</b>	<b>STORYSTOCK</b>	<b>STORYSTOCK</b>
<p>10:00 - 13:30   14:30 - 18:00 NO NEED TO BOOK. FREE TO ENJOY. £2 TOOL FEE AND £1 CAMPFIRE COOKING DONATION.</p>	<p>09:00-10:00 WAKE UP WILD THINGS! 10:00-11:00 JUST RIGHT... 11:00-12:00 ECO-WARRIOR 12:00-13:00 SING YOUR STORY 12:00-13:00 GROW YOUR OWN STORY 13:00-14:00 MAKE A WORLD 14:00-15:00 A IS FOR ACTIVIST 14:00-15:00 STORYSTOCK EMPORIUM 15:00-16:00 I AM THE LORAX, I SPEAK FOR THE TREES 16:00-17:00 SHARKY &amp; GEORGE 17:00-18:00 COLLABORATIVE CREATIVITY 17:00-19:00 MOVIE SCREENING AND SING-A-LONG</p>	<p>09:00-10:00 WAKE UP WILD THINGS! 10:00-11:00 JUST RIGHT... 11:00-12:00 STORYSTOCK EMPORIUM 12:00-13:00 SHARKY &amp; GEORGE 13:00-14:00 GROW YOUR OWN STORY 14:00-15:00 JESS FRENCH 15:00-16:00 BOLLYWOOD AND BHANGRA 16:00-17:00 SHARKY &amp; GEORGE 16:00-17:00 A IS FOR ACTIVIST 17:00-18:00 SING YOUR STORY 17:00-18:00 COLLABORATIVE CREATIVITY 17:00-19:00 MOVIE SCREENING AND SING-A-LONG</p>	<p>09:00-10:00 WAKE UP WILD THINGS! 10:00-11:00 JUST RIGHT... 11:00-12:00 STORYSTOCK EMPORIUM 11:00-12:00 GROW YOUR OWN STORY 12:00-13:00 SHARKY &amp; GEORGE 13:00-14:00 BOLLYWOOD AND BHANGRA 14:00-15:00 I AM THE LORAX, I SPEAK FOR THE TREES 15:00-16:00 SING YOUR STORY 15:00-16:00 A IS FOR ACTIVIST 16:00-17:00 SHARKY &amp; GEORGE 17:00-18:00 COLLABORATIVE CREATIVITY 17:00-19:00 MOVIE SCREENING AND SING-A-LONG</p>
<b>ON ALL WEEKEND</b> DAYDREAM DODDLE TABLES DRESSING UP BOX THE BOOK DOCTOR AND LIBRARY NEVER-ENDING STORIES	<b>PACHAMAMA</b>	<b>PACHAMAMA</b>	<b>PACHAMAMA</b>
	<p>10:00-12:00 NATURE WANDS 12:00-14:00 DREAMCATCHERS 14:00-16:00 PINECONE BIRDFEEDERS 16:00-18:00 BATHBOMBS 20:00-21:00 CAMPFIRE</p>	<p>10:00-12:00 TWIG BOATS 12:00-14:00 CLAY CREATURES 14:00-16:00 BATHBOMBS 16:00-18:00 BUG HOTELS 20:00-21:00 CAMPFIRE</p>	<p>10:00-12:00 PINECONE BIRDFEEDERS 12:00-14:00 DREAMCATCHERS 14:00-16:00 BATHBOMBS 16:00-18:00 CLAY CREATURES</p>

**TREE BY CSCAPE**  
ARRIVE 15 MINS BEFORE START TIME  
SATURDAY: 10:15 | 12:15 | 15:15

# TALKS & DEBATES

## THURSDAY

### THE FORUM

18:45-19:45 WAITING FOR SMITH  
20:00-22:30 COMEDY NIGHT

## FRIDAY

### THE FORUM

10:00-10:45 TODAY @ WILDERNESS  
10:45-11:25 GIGANTIC IDEAS  
ROYAL GEOGRAPHICAL SOCIETY  
WITH IBB  
11:30-11:55 OUR PLANET REMADE  
12:00-12:25 EARTHRISE  
12:30-13:55 THE UNDERVIEW EFFECT  
13:00-13:25 REFLECTIONS FROM THE AMAZON  
13:30-13:55 TRAVEL THAT MAKES A DIFFERENCE  
14:00-15:55 A FACTORY OF THE FUTURE  
16:00-16:25 IS THERE HOPE?  
16:30-16:55 A LENS ON OUR PLANETARY HOME  
17:00-17:25 CULTURE & CLIMATE CHANGE  
17:30-17:55 WILL IT MISS US IF WE'RE  
NO LONGER HERE?  
18:00-19:00 THE DUKE BY SHON DALE-JONES  
23:00-01:30 COMEDY NIGHT

## SATURDAY

### THE FORUM

10:00-10:50 RSA-POLARISED PODCAST LIVE  
11:00-12:00 RSA-CLIMATE CHANGE TIME TO ACT  
12:00-13:00 WILDERNESS SAVES THE WORLD  
13:00-13:30 RSA-MANIFESTO FOR COMMON GOOD  
13:40-14:55 STATE OF THE NATION  
15:00-16:30 RSA TOOLKIT FOR ACTIVISTS  
15:45-16:40 RSA-IDEAS TO FIX THE FUTURE  
16:30-17:15 RSA-HOW TO CHANGE YOUR LIFE BY  
CHANGING THE WORLD  
17:15-17:40 RSA-LILY COLE  
17:40-18:00 TAMSIN OMOND-EXTINCTION REBELLION  
18:00-19:00 EAR SMOKE  
23:00-01:30 ANOTHER F\*\*\*ING VARIETY SHOW

## SUNDAY

### THE FORUM

10:00-10:50 TODAY @ WILDERNESS  
11:00-12:00 HOW DOING NOTHING  
WILL SAVE THE WORLD  
12:00-13:25 5X15  
SUNDAY PAPERS LIVE  
13:30-14:10 NEWS TIME DISCUSSION  
A NEW CLIMATE FOR CLIMATE  
14:10-14:25 LIFESTYLE HEYDOON PROWSE  
14:25-15:05 FOOD & DRINK GUARDIAN FEAST  
PRESENTS GRACE DENT &  
FELICITY CLOAKE  
15:05-15:50 STYLE FASHION ROUNDTABLE  
15:55-16:15 TRAVEL ONLY PLANET  
16:15-16:35 GARDENING DANIEL RAVEN ELLISON  
16:35-16:55 BUSINESS ECO COIN  
17:15-18:00 CULTURE-SOFAR SOUNDS PRESENTS  
GABRIELA EVA

### THE BOOKS TENT

10:30-11:30 MINDFUL ADVENTURES FOR  
MODERN PILGRIMS  
11:30-12:30 HOW TO GET BACK ON YOUR BIKE,  
NO MATTER WHAT LIFE THROWS AT YOU  
12:30-13:30 BE THE CHANGE: AN TOOLKIT FOR THE  
ACTIVIST IN YOU  
13:30-14:30 MY TUTU WENT AWOL  
14:30-15:15 THE SECRET TO GETTING PUBLISHED  
15:15-16:00 EAT WILD WITH JUST EAT IT  
16:00-16:45 OUT IN THE WILDERNESS  
OR IN THE FOLD?  
16:45-17:30 JACK MONROE-TIN CAN COOK  
17:30-18:00 SACI LLOYD

### THE BOOKS TENT

IN CONVERSATION WITH  
CARRIE PLITT & OCTAVIA BRIGHT  
10:30-11:30 BEING VARIOUS  
11:30-12:30 TOWARDS A QUEER ECOLOGY OF SOHO  
12:30-13:30 THE OCTOPUS AND THE  
WITCH GOVERNMENT  
13:30-14:30 WRITING FROM THE HEART  
14:30-15:00 A SHADOW ABOVE:  
THE FALL AND RISE OF THE RAVEN  
15:00-15:30 DARK SKIES: A JOURNEY INTO  
THE WILD NIGHT  
15:30-16:00 ANIMAL SEX: UNDERWATER EDITION  
16:00-16:30 CLEANING THE AIR: THE BEGINNING AND  
END OF AIR POLLUTION  
16:30-17:00 STORIES FROM THE FRONT LINE  
OF EVOLUTION  
17:00-18:00 LEMN SISSAY - MY NAME IS WHY

### THE BOOKS TENT

11:00-12:00 INEQUALITY AND THE 1%  
12:00-13:00 FULLY AUTOMATED  
LUXURY COMMUNISM  
13:00-14:00 IS OUR PLANET FULL?  
14:00-15:00 OPEN YOUR INTUITION THROUGH  
CONNECTING TO NATURE  
15:00-16:00 WHY I LIVE IN A SHED  
16:00-17:00 MESSALINE: CACTI & CULTURES

## TOGETHERNESS

17:00-18:00 INNAUGRAL SPOON  
18:00-19:00 NAKED OIL PAINTING  
19:00-20:30 INTERBEEING  
20:30-21:30 BRAZILLIAN FORRO PARTNER DANCING  
21:30-23:00 HYPNAGOGUE

FOR ALL WORKSHOPS  
NO NEED TO BOOK, JUST TURN UP

ADULT CONTENT - PARENTAL GUIDANCE ADVISED

## TOGETHERNESS

09:00-10:00 WOMEN'S CIRCLE  
10:00-11:00 LET'S TALK ABOUT SEX  
11:00-12:30 UNDERSTANDING WHAT YOU WANT AND  
HOW TO ASK FOR IT  
12:30-13:30 HARMONY  
13:30-14:30 BABIES KNOW  
14:30-16:00 BODY LOVE SKETCH CLUB  
16:00-17:30 LINGHAM MASSAGE FOR HIM  
17:30-18:30 SPOONING HOUR  
18:30-19:30 LOVE HACKS FOR COUPLES, MULTIPLES  
AND ASPIRING PARTNERS  
19:30-20:30 BLINDFOLDED ADVENTURE TIME  
20:30-22:00 INTIMACY JAM  
02:00-03:00 SECRET UNDERWEAR UV SILENT RAVE

## TOGETHERNESS

09:00-10:00 HOW TO NOT F\*\*\* UP YOUR KIDS  
10:00-11:30 REBEL WISDOM MEN'S CIRCLE  
11:30-13:00 ARCHITECTURE OF PLEASURE  
13:00-14:30 YONI MASSAGE FOR HER  
14:30-16:30 SPOONING WORLD RECORD ATTEMPT  
AT THE ATRIUM  
16:30-17:30 SOMA AWAKENING - MANIFESTING  
BREATHWORK RITUAL  
17:30-18:30 SACRED NIPPLE ADORNING  
18:30-20:00 SHHH DATING  
20:00-22:00 ECSTATIC CACAO DANCE  
03:00-04:30 SLEEP OVER PARTY

## TOGETHERNESS

09:00-10:00 BLISSFULLY ME  
10:00-11:00 TACTILE CLAY MEDITATION  
11:00-12:00 HOW TO TALK TO YOUR KIDS ABOUT SEX  
12:00-13:00 EXPLORING TOUCH FOR COUPLES  
13:00-14:00 QUEER SHARING CIRCLE  
14:00-15:00 THE NEUROSCIENCE OF DIFFICULT  
CONVERSATION  
15:00-16:00 NAKED OIL PAINTING  
16:00-17:00 FINAL SPOON

## THE LYCEUM

18:00-21:00 OPENING NIGHT FT. SWEET  
BILLY PILGRIM

## THE LYCEUM

09:30-10:30 CURIOUS SOLUTIONS FOR  
YOUR CONFUSION  
10:45-11:30 BUT WHY...?  
11:45-12:30 CHRIS MASLANKA'S MIRACULOUS  
PUZZLE EMPORIUM  
13:00-13:45 HOW DID WE DO THAT?  
14:15-15:15 CITIZEN AID: WHAT WOULD YOU DO?  
15:30-16:30 PUTTING THE UN INTO FUN  
17:00-17:05 FIVE MINUTE PHILOSOPHY  
PUPPET SHOW  
17:30-18:00 CHRIS MASLANKA'S MIRACULOUS  
PUZZLE EMPORIUM  
22:00-00:00 THE LYCEUM SECRET CINEMA CLUB

## THE LYCEUM

09:30-10:30 THE DANGERS OF SOIL DEGRADATION  
10:45-11:30 SPATIAL EXPLORATIONS IN  
CONTEMPORARY HOOP DANCE  
11:45-12:00 CHRIS MASLANKA'S MIRACULOUS  
PUZZLE EMPORIUM  
12:15-13:15 ALGORITHMIC AUTOBIOGRAPHIES  
(G FICTIONS)  
13:30-14:15 THE TRAINER TRADING GAME  
15:15-16:00 UNIVERSITY CHALLENGE(D) ECO-QUIZ  
16:30-17:30 AUROVILLE: A SUSTAINED  
EXPERIMENTAL, ALTERNATIVE SOCIETY  
17:45-18:00 CHRIS MASLANKA'S MIRACULOUS  
PUZZLE EMPORIUM  
18:15-18:20 FIVE MINUTE PHILOSOPHY  
PUPPET SHOW  
22:00-00:00 THE LYCEUM SECRET CINEMA CLUB

## THE LYCEUM

09:00-10:00 EXPLORING CHILDREN'S PERSPECTIVES  
ON THE ENVIRONMENT  
10:15-11:15 GENDER & CLIMATE UNCERTAINTY  
12:45-13:30 A RUM TALE: THE SPIRIT OF  
THE NEW WORLD 18+  
15:00-18:00 LAZY SUNDAY AFTERNOON

## AUDIBLE LIVE

11:00-11:30 AUDIBLE SESSION - LILY COLE  
11:30-12:00 PERIOD POWER - MAISIE HILL  
12:00-12:30 SLAVING AWAY - MIRANDA KANE  
12:30-13:15 HELEN LEDERER WOMEN IN  
COMEDY PANEL  
13:15-14:30 COMEDY TAKE OVER WITH  
SPECIAL GUESTS  
14:30-14:50 GEORGE THE POET  
15:00-15:30 AUDIBLE SESSIONS  
15:40-16:30 AUDIBLE THEATRE - PROOF OF LOVE  
WITH CLARE PERKINS

## AUDIBLE LIVE

11:00-12:00 INSPIRATION BREATHING - NICOLA PRICE  
12:00-13:00 IN THE WRITERS VOICE  
CASH CARRAWAY, BONNIE GREER AND  
ANNEKA HARRY  
13:00-13:35 AUDIBLE SESSIONS SABRINA GRANT  
INTERVIEWS EXTINCTION REBELLION'S  
TAMSIN OMOND  
13:45-15:30 TO THE WOMAN - SCARLETT CURTIS  
& FRIENDS  
15:30-16:30 PEOPLE, JUST PEOPLE  
DERMOT O'LEARY LIVE  
16:40-17:40 BRAVE - ROSE MCGOWAN

## AUDIBLE LIVE

11:00-11:30 MEDITATION WITH CARL FAURE  
11:30-12:00 REEPS ONE  
12:00-12:30 EVERYBODY DIED SO I GOT A DOG  
EMILY DEAN  
12:30-13:00 THE LITTLE BOOK OF CALM  
DR AARON BALICK  
13:35-14:50 POETRY HIJACK - CHARLEY COX,  
TOBY THOMPSON, JADE ANOUKA AND  
LISA LUXX  
15:00-16:00 THIS IS GOING TO HURT - ADAM KAY  
16:00-16:40 AUDIBLE THEATRE - LIFE EVER AFTER  
16:40-17:40 FUNERAL FLOWERS  
EMMA DENNIS EDWARDS

# WELLBEING

## THURSDAY

### THE STUDIO

17:15-18:15 5 RHYTHMS  
18:30-19:30 ROCKET YOGA  
20:30-22:30 YOGA RAVE

### HOTPOD YOGA

FRIDAY - SUNDAY

08:00 | 09:15 | 10:30 | 11:45 | 13:00 | 14:15  
15:30 | 16:45 | 18:00  
THURSDAY FROM: 14:15

## FRIDAY

### THE STUDIO

08:15-09:15 MORNING FLOW  
09:30-10:30 YOGA BRUNCH CLUB  
10:45-11:45 80S AEROBICS  
12:00-13:30 WHY HAPPINESS ISN'T THE ANSWER  
13:45-14:45 FAMILY YOGA  
15:00-16:30 HIGH ENERGY FUSION PILATES  
16:45-17:45 DYNAMIC YOGA  
18:00-19:00 FRAME RAVE  
19:15-20:15 FREE BREATHWORK SESSION  
20:30-22:00 BREATHONICS™ HERO ACTIVATION AND DANCE EXPRESSION

## SATURDAY

### THE STUDIO

08:15-09:15 MORNING FLOW  
09:30-10:30 YOGA BRUNCH CLUB  
10:45-11:45 80S AEROBICS  
12:00-13:30 BREATHONICS™ JOURNEY THROUGH THE COSMOS  
13:45-14:45 FLOW HACK  
15:00-16:30 LAYER CAKE - STEFFY WHITE  
16:45-17:45 ANUSARA YOGA  
18:00-19:00 MUSIC VIDEO  
19:15-20:15 FREE BREATHWORK SESSION

## SUNDAY

### THE STUDIO

08:15-09:15 MORNING MANDALA FLOW  
09:30-10:30 YOGA BRUNCH CLUB  
10:45-11:45 DANCE CARDIO - FRAME  
12:00-13:30 YOGA SONORA MASTERCLASS  
13:45-14:45 FAMILY YOGA  
15:00-16:30 ALIGNMENT FOCUSED MASTERCLASS  
16:45-17:45 FLOW, MANTRA, MEDITATE  
18:00-19:00 FRAME RAVE  
19:15-20:15 FREE BREATHWORK SESSION

## MINDFUL SPACE

16:00-17:00 HATHA YOGA  
17:15-18:15 KUNDALINI MEDITATION  
18:30-19:30 RESTORATIVE AND YOGA NIDRA

### THE LAKESIDE SPA

FRIDAY - SUNDAY

08:00 | 10:00 | 12:00 | 14:00 | 16:00 | 18:00 | 20:00  
THURS FROM 16:00  
BOOK IN ADVANCE OR AT THE SPA RECEPTION

### WILDERNESS TREATMENTS

RELAXING / INVIGORATING MASSAGES & FACIALS  
FRIDAY - SUNDAY 08:00 | 09:15 | 10:30 | 11:45  
13:00 | 14:15 | 15:30 | 16:45 | 18:00 | 19:15  
THURS FROM 15:30  
BOOK IN ADVANCE OR AT THE SANCTUARY RECEPTION

### WILD RUNS

FRIDAY - SUNDAY 10:00

LEAVE FROM SANCTUARY RECEPTION

### AERIAL YOGA

FRIDAY - SUNDAY (FULLY BOOKED)

11:00-12:00 | 14:00-15:00 | 16:30-17:30

### PADDLEBOARD YOGA

1 HOUR CLASS

10:30 | 12:00 | 13:30 | 15:00 |  
16:30 (FRIDAY INDIVIDUAL | SATURDAY PARTNER)

## MINDFUL SPACE

08:15-09:15 SUNRISE MEDITATION  
09:30-10:30 RISE AND SHINE YOGA  
10:45-12:00 DARE TO DREAM WORKSHOP  
12:15-13:15 TEEN GIRLS YOGA  
13:30-14:30 QI GONG - TRACIE STOREY  
14:45-16:00 TOXIC MASCULINITY WORKSHOP  
THE NAKED PROFESSOR  
16:15-17:30 HARMONYX SOUND WORKSHOP  
17:45-18:45 YIN AND YOGA NIDRA  
19:00-20:00 EVENING MEDITATION

### THE SHALA

09:30-10:30 XIN-YIN TAI CHI  
11:00-12:15 SPOKEN WORD OPEN MIC  
12:30-13:45 QI GONG  
14:00-15:00 BEATS AND BREATH YOGA  
15:15-16:15 BARRE BEFORE THE BAR  
16:30-17:45 NEW MOON WOMEN'S CIRCLE  
18:00-19:00 LIZZIE CARR AND REN CLEAN SKINCARE  
FIGHTING THE WAR ON SINGLE-USE PLASTIC  
19:15-20:15 REFINERY 29 WORKSHOP  
THE FERLY PLEASURE STUDIO

## WELLBEING IN THE WILD

10:00-11:00 YOGA IN THE WILD  
11:00-12:15 ENGINE CIRCUITS  
12:30-13:30 WILDFITNESS  
14:00-14:45 FORAGING FOR AROMATIC PLANTS

## MINDFUL SPACE

08:15-09:15 SUNRISE MEDITATION  
09:30-10:30 RISE AND SHINE YOGA  
10:45-12:00 ESSENTIAL OILS 101  
12:15-13:15 PILATES  
13:30-14:30 YIN YOGA & INSIGHT MEDITATION  
14:45-16:00 THE WELLFULNESS PROJECT  
16:15-17:30 WOMEN'S DREAM WEAVING ALTAR & CACAO JOURNEY  
17:45-18:45 MOTION & DEVOTION  
19:00-20:00 EVENING MEDITATION

### THE SHALA

09:30-10:30 XIN-YIN TAI CHI  
11:00-12:15 SPOKEN WORD OPEN MIC  
12:30-13:45 COLOUR FLOW YOGA  
14:00-15:00 HANDSTAND MASTERY  
15:15-16:15 BARRE BEFORE THE BAR  
16:30-17:30 QN:SONG  
17:45-18:45 MOVE, PLAY, STRETCH LOCOMOTION  
19:00-20:00 REFINERY29 PANEL  
EXPLORING THE ORGASM

## WELLBEING IN THE WILD

11:00-12:15 FAMILY CIRCUITS  
12:30-13:15 FORAGING FOR AROMATIC PLANTS  
14:00-15:00 WILDFITNESS  
16:00-17:00 YOGA IN THE WILD

## MINDFUL SPACE

08:15-09:15 SUNRISE MEDITATION  
09:30-10:30 MORNING SLOW FLOW  
10:45-12:00 INTRODUCTION TO TAROT READING  
12:15-13:15 PILATES  
13:30-14:30 GENTLE YOGA  
14:45-16:00 WRITE TO IGNITE POETRY WORKSHOP  
16:15-17:15 HATHA YOGA  
17:30-18:30 MAHAMUDRA MEDITATION  
18:45-19:45 MANDALA FLOW INTO NIDRA

### THE SHALA

09:30-10:30 XIN-YIN TAI CHI  
11:00-12:15 SPOKEN WORD OPEN MIC  
12:30-13:45 QI GONG  
14:00-15:00 SOUL SESSION YOGA  
15:15-16:15 QN:SONG  
16:30-17:30 MAFF POTTS - CAMERADOS TALK  
17:45-18:45 REFINERY 29 WORKSHOP  
THE FERLY PLEASURE STUDIO

## WELLBEING IN THE WILD

09:30-11:00 WOODLAND WONDER FOR KIDS  
12:30-14:00 DISTILLING FLORAL WATERS  
& ESSENTIAL OILS  
15:15-15:45 MAKE YOUR OWN COSMETICS  
FROM FLORAL WATERS