



Into the Wild Summer Festival

Programme Details

This document is a list of the workshop leader autobiographies and the workshops that they will be offering. It is listed by the workshop leader's first name. Enjoy!

Keep this with you digitally by scanning this QR code:



Name	7
Workshop 1 title	7
Workshop 2 title	7
Adam Duncan	7
Power in Ageing - Reflection	8
Power in Ageing 2	8
Alex Dayo	9
Adults Inclusive Drumming Workshop	9
Families and Kids Drumming Workshop	9
Amandine Limtouch	10
Wild Soul-The Journey Into Rewilding	10
Amir Mojarrad	11
Taoist Inner Alchemy Foundations	11
Iron Shirt Chi Kung	12
Andrea Simpson	12
Basic Crochet Skills	12
Yarn Crafts	13
Andre Adri-Soejoko	14
The Wisdom of Connection	14
	1

Primal Fire	14
Atomic Kirtan	15
Multi Faith Kirtan	15
Caroline Carey	15
Conscious Dance	16
Magic of Mandorla	16
Casca Graham	17
Working with Dragon Energy	18
Light Language Healing, Clearing and Activation	18
Cate Mackenzie	18
Get Your Flirt On!	19
Open Your Heart To Love	19
Chloe Silverman	19
Herbal Home Kit	19
Clair Rowe	20
We Are The Trees - Embodied Roots	20
We Are The Trees - Embodied Shoots	20
Debbie Reynolds	21
Divine Gold Anointing Ceremony	21
Debbie Shakti	22
Shakti Dance - Dancing the Open Heart	22
Shakti Dance - Dancing with the Sacred	22
Dr Sarah Walton	23
Soul Writing - Express Your Inner Wild Woman	23
Connect to Your Inner Wild Sanctuary & Write From Your Intuition	24
Dr Sue Egan	25
Parenting Teens Today	25
Emily Belfrage	26
Inner Child Loving	26
Esmeralda Rose	26
Learn Fun and Dazzling Hula Hoops Tricks	27
Evelyn Hart	27
Improvisation Station	27
Felix Glenn	28
Felix's Ukulele Magic	28
Francis Briers	28
Embodied Animism	29
Wise Fool School	29
Gill Kirkham	30
Becoming The Alchemist	30
Gladwell Massage	31
Thai Yoga Massage Immersion	32
Thai Massage Interactive	32
Hanna Angell	32

Joy Activation - Medicine of The Heart	32
A Lionesses Journey - Awakening The Female Body	33
Hannah Hardy	34
Naturally One	34
Helen Forester - Prompted by Nature	34
Writing with Nature - Writing Circle	35
Wild Writing Walk	35
Hetty Nutbeem - DJ Miss Lightbeam	35
Shamanic Dance	36
Hilary Palmer - Hilarious Hilary	36
Hilar(ious) Laughter Yoga	36
Holly Barber - The Eco Monkey	37
Forest Bathing	37
Indigo Latto	37
Ecstatic Dance & Chill	38
Tribal Ecstatic Dance	39
Isabel Openshaw	40
Foraging and Medicinal Plant Walk	40
Herbal Teas and Tinctures	40
Jewels Wingfield	40
Circle of Belonging	41
Wild Womb Wisdom	41
Jim Tarran	41
Yoga Immersion - Body, Brain, Breathe are One	42
Yoga - As Life Force Flows Consciousness Grows	42
Jiva Mashedder - Mindfulness Brighton	42
Mindfulness in Nature	42
Joelle Bantu	43
Traditional African Dance	43
African Urban Dance	43
Jonathan Weekes	43
Spiritual Rewilding	44
Sacred Earth Activism	44
Justina Azrienne	45
Body Temple Belly Dance	45
Embodiment Belly Dance	46
Khadine Morcom	47
Pranasakti - Finding Our Internal Power	47
Tantric Meditations from The Vijnanabhairava Tantra	47
Kieran Nimmo	47
Knot Tying	48
Laragh Spearman	48
Seeing with Wild Eyes - Healing Old Patterns with Guardians of The Wild	48
Spirit of Fire - Ancestral Guides at The Hearth	49

Laura Troupe	49
Vendanta Session, Meditation and Mantra	50
Leonie Guest	50
Wild Therapy - Connecting to The Wild Outside	50
Wild Therapy - Connecting to The Wild Within	51
Leticia Parmer - Letinto	51
Finding Unconditional Love	51
Lisa Bolitho	52
Puppet Therapy	52
Liv Narstie	52
Making and Enchanting Earth Charms	53
God's Eye Weaving	53
Louise Jolly	53
Take The Jump - Six Shifts to Protect Our Earth and Climate	53
Louise Mayor	54
Shamanic Dreaming - Part One	54
Shamanic Dreaming - Part Two	54
Louise Windsor	55
Yin Yoga for The Fire Element	55
Yin Yoga for The Earth Element	55
Lucy Lloyd - Mindset Coach	55
Liberation From Fear	55
Installing Healthy Boundaries	56
Lucy Wylde	56
The Voice Within	56
Sing Your Song	57
Lula Rose McGill	57
Increase Energy Yoga Flow	58
Co Create Your Best Life with Meditation, Movement and Creative Flow Yoga	58
Lynne Ridden	59
The Celtic Wheel of The Year	59
The Nature of Poetry	59
Mahasukha	59
Soulful Singing	59
Merlin Matthews	60
Men - Find Your Purpose	61
Men - Action Your Purpose	62
Miche Tetley	63
Spirit Guide Connection	64
Embodied Intuition	64
Mindful Heart	64
Mantra and Meditation	65
Mantras and Deep Relaxation	65
Miriam Kisters	65

Dhrupad - Take Your Voice On A Journey Within	66
Morganne Goodma - Madarch	66
Mushrooms - Functional Medicine From The Wild	67
How To Grow Your Own Mushrooms Using Logs	67
Mystery School of Sound	67
Cosmic Gong Meditation	67
Natalie Keegan	67
Somatic Morning Meditation	67
Natalie Oria	68
Embodied Intimacy and Play	69
Into the Wilds of Desire	70
Neilon	70
AcroYoga Escapade	71
Nicki Greenham	71
Rechilding in The Wild	71
Nicola Mallie	72
Discover The Joys of Forest Bathing	72
Nicola Williams	72
Practical Self Love	73
Empowered Relationships	74
Ninah Baharier	74
Herbs Used In Mexican Midwifery	75
Herbal Medicine Walk with Botany For Beginners	75
Open Wing	75
Sacred Sensuality	76
Dreaming Awake	76
Peter Deadman	76
Connecting to Nature with Qi Gong	77
Deeping Our Connection to Nature with Qi Gong	77
Quinto Grigatti	77
Finding Unconditional Love	78
Raiwa Baitalmal	78
Earth Grounding Meditation Gong Bath	79
Breathwork Meditation Gong Bath	79
Ranni Shanti Perry	80
Akhand Yoga	80
Akhand Yoga	81
Raquel Torres - DJ Amada	81
Ecstatic Dance - Wildness in Motion	82
Ecstatic Dance - Open to Imagination	82
Rebecca Hayat	82
Fluid Yoga - Honouring The Water Element	83
Feel The Power	83
Richard Buckworth	83

Family Constellations	84
Robyn Wilford	85
Introduction to Circling	85
Roger Newton Douglas aka Roger Gong	86
Lucid Dreaming Sound Journey	86
Sound Vibration and Gong Meditation	87
Roma Hearsey	87
Rewild Your Birth	88
Biomechanics For Birthkeepers	88
Samjhana Moon	89
Menstrual Cycle Secrets	89
Mandala Earth Art Ritual	90
Santosh Pawar (Antardeep)	90
Bollywood Dance	90
Sarah Charlton	90
The Heart of Listening	91
Listening for Lovers	91
Sarah Hutchinson	91
Somatic Creative Expression	91
Wild Crafting	92
Shankar	92
The Art of Old Skool Yoga	92
Finding 'Aum' Within You	92
Simon Carey-Morgan	93
Qi Gong - Liberation Through Effortlessness	93
Sonja Maria Devi	93
Healing Intimacy	93
Womb Healing Ritual for Women	93
Sophia Efthimiou	94
Singing Ourselves Home	94
Skye - Dr Laura Von Nordheim	94
Fusion Dance - Freestyle	95
Fusion Dance - Exploring Freestyle fusion Dance in 3's	95
Stella Billerey	95
We Are The Trees - Embodied Roots	95
We Are The Trees - Embodied Shoots	96
Tashi Pritchard	96
Shamanic Drum Journey - Soul Retrieval	97
Shamanic Drum Journey to Meet Your Spirit Guide	97
Thor Ewing	97
Why Are Viking Myths So Metal?	98
Ancestral Spirituality For Modern Times	98
Timaeon	99
Morning Sitting with Timaeon	99

Toby Chown	99
The Secret Kinesis of Stories - Storytelling and Enactment as a Bridge Into Mythic Ecology and Knowledge of Self	100
The Secret Kinesis of Breath and Voice - Depth, Creativity and Resonance	101
Tollantekuhkli	101
Mexica/Azteca Drumming Songs	102
Vic Hyland	102
Magical Songwriting	102
House Protection Magic	102
Virginia Farman	103
5 Rhythms Dance Workshop	103
5 Rhythms Authentic Dance	103
Ziba Bayley	104
The Missing Link	104
Zoe Scanlan	104
Homeopathy For Living	105
Homeopathy and Stress	105

Name

[Proof read biography](#)

Workshop 1 title

[Proof read description](#)

Workshop 2 title

[Proof read description](#)

Adam Duncan

Adam Duncan worked as a writer for the BBC and has produced drama and factual media for organisations on four continents.

After attending a death doula course, Adam started Life-Stage (www.life-stage.org) and devised workshops and on-line courses to support people transform the fear of ageing and death into meaningful connection and purpose.

At 74, Adam has survived the storms of youth and middle age and is committed to changing the paradigm around ageing and death.

Power in Ageing - Reflection

As we grow older, it's hard to accept that youth is behind us. In an ageist culture, many try to stay looking and feeling young for as long as possible. Ultimately, it's a doomed and pointless struggle that deprives us of wonder and joy.

POWER in AGEING is a practical means to help you age magnificently, regardless of wealth or health. Through reflecting on the 21 personal questions in the book, you can gain clarity about what you really want as you grow older. With a strong intention in your life, you can integrate the three stages of development* and access the wisdom and courage of the compassionate elder.

*3 STAGES OF DEVELOPMENT – Dependent. Independent. Interdependent.

As in our workshop last year, we will invite people to answer some key life questions in dyads

Power in Ageing 2

As we grow older, it's hard to accept that youth is behind us. In an ageist culture, many try to stay looking and feeling young for as long as possible. Ultimately, it's a doomed and pointless struggle that deprives us of wonder and joy.

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As in our workshop last year, we will invite people to engage in some constellation work around the ageing journey

Alex Dayo

Alex comes from Burkina Faso where his professional musical career started in the 1980's, accompanying the National Ballet Kouledafourou on tour as well as playing for African Royalty and globally-recognised dignitaries at private and public events and the Ensemble des Radios and Televisions of Burkina Faso, based in Bobo-Dioulasso.

In 1985 he founded Wountey, a collective of musicians who created a new fusion of traditional and modern music called Plenguedey, and, for fifteen years, toured across Africa and Europe, spreading Burkina Faso's cultural fusion to a wider audience. His musical collaborations include Ali Farka Toure, Femi Kuti and Salif Keita from Africa and traditional Master Griots from Burkina Faso/Mali/Guinea/Gambia. An accomplished arranger, Alex incorporates African traditional, Fusion, Jazz, Rock, Latin and Caribbean influences.

Alex moved to London in 2007, where he set up a drumming school. A highlight of Alex's career was being chosen to play at the Opening and Closing ceremonies at the London 2012 Olympics.

Adults Inclusive Drumming Workshop

Many African drums and percussion will be brought for all the users but attendees are welcome to bring their own instrument if they like.

No experience needed

This workshop is inclusive, participatory, interactive and designed to meet everyone's needs and will explore West African, Caribbean and Latin large heritage of traditional and contemporary rhythms including singing.

The session will be led by Master drummer Alex Yemaoua Dayo from Burkina Faso and will be supported by many professional musicians who are part of the core.

Come and join in this wonderful creative opportunity of fun rhythms making and exploring.

Really good fun for those with drumming experience

Families and Kids Drumming Workshop

Many African drums and percussion will be brought for all the users but attendees are welcome to bring their own instrument if they like.

No experience needed

This workshop is inclusive, participatory, interactive and designed to meet everyone's needs and will explore West African, Caribbean and Latin large heritage of traditional and contemporary rhythms including singing.

The session will be led by Master drummer Alex Yemaoua Dayo from Burkina Faso and will be supported by many professional musicians who are part of the core.

Come and join in this wonderful creative opportunity of rhythms making and exploring.

Amandine Limtouch

Amandine is a professional Dancer, Choreographer, Soul Purpose and Transformational Life Coach and (future Shamanic Energetic Practitioner). She specialises in ReWilding and is the founder of ReWilding Dance Theatre and ReWilding Coaching. She began her journey into ReWilding over a decade ago with a deep and ongoing curiosity to discover what it means to be wild and how to integrate our innate nature with our modern-day lives. Passionate about exploring ways to deepen our connection to Self, other and the natural world, she has travelled across Central and South America, researching, studying, conversing and connecting with artists and indigenous communities, diving into plant-based medicine and quantum healing. She is fascinated by ancient wisdom and wellbeing, and birthing her art and educational creations into the world to help others discover their freedom of authentic Self-expression and to unlock their human potential.

You can find her dancing, adventuring or playing in the unknown. She is excited to go Into The Wild with you all and support you on a journey becoming fully Soul expressed!

Wild Soul-The Journey Into Rewilding

Welcome to a journey of ReWilding, a journey home to your most wild, creative and authentic Self. In this immersive and intimate workshop we are going to dive into ReWilding, what it is and how to practise it. Come and take a journey to deepen your relationship to your Soul, others and mother earth, drawing upon our most ancient, shamanic wisdom and experiencing shamanic journeying to unearth your more than human nature. This is an invitation to unearth your Soul's calling, embody your power and unleash your full potential. I welcome you to join us if you know there is more

beckoning you as a human, as a leader, as a creator and you desire to partner with the Universe and to fully express your Being.

If you desire to feel more comfortable and journal, bring a yoga mat, water, blanket, something you can scribble on. Bring anything that is going to make you feel at home.

Amir Mojarrad

Amir is a Universal Healing Tao Certified Instructor and has trained with Mantak Chia who is the creator of Universal Healing Tao system.

He first read a book by Master Chia in the 90s and started practising the Microcosmic Orbit and The Healing Love and since then he has participated in numerous workshops and retreats gaining more experience as a teacher and practitioner.

Amir's interest in spirituality and energy work perked up as he read all of the books by Carlos Castaneda during the 80s and 90s and since then he has also been a Kundalini Yoga teacher, an EFT practitioner, self development coach, and a Tai Chi practitioner.

Taoist Inner Alchemy Foundations

We are energetic beings and in the same way that we breath air, we can also breathe in energy or Chi.

We have energy pathways or Meridians in our body and when we unblock them using practices such as Tai Chi and Chi Kung, more energy starts to flow in and we feel better and more connected to our surroundings and our environment

Once we have this energy flow the next step is to know how to store it and cultivate it.

In this workshop we use gentle Chi Kung movements and meditations to connect to the 5 elements of Wood, Fire, Earth, Metal, Water and all the directions.

With our feet firmly on the ground we develop a strong connection to earth and we feel more trust in life, knowing that Mother Earth is supporting us and providing us with all that we need.

Like a tree that has its roots deep in earth we can now safely reach out to the heavens and connect with the North Star and the Primordial Light, the source of all Wisdom and Healing.

We connect to our organs and smile into them to bring them into harmony with one another, and using specific Healing Sounds we release the negativity that can otherwise build up in them.

We use the process of Inner Alchemy to combine these energies in a beneficial way and store them in our Tan Tien or energy centre and as we do, we steer our lives towards a better and more fulfilling destiny.

This work is based on teachings of Mantak Chia.

Iron Shirt Chi Kung

Iron Shirt is one of the most important physical practices in the UHT system. Through holding a number of standing poses we improve our posture and our structure. This in turn allows us to ground any energy that we are subject to and remain balanced in the face of life pressures. These postures also open all the meridians and the channels in our energy body facilitating better flow of energy in and around the body.

Physically we strengthen the fascia layer that helps us have a firm and healthy body maintaining the integrity of our physical container.

Spiritually we become a link between heaven and earth and restore our connection to both.

This work is based on teachings of Mantak Chia.

Andrea Simpson

Andrea Simpson has been crocheting and crafting and knitting most of her life. She was taught by grandparents and picked up skills bit by bit from people she met and by trial and error! Over the years she has honed her skills in knitting and crochet and to an extent sewing and needlecrafts, due to the love of the skill. A few years ago people started asking her to make commissions for them, and now she makes anything she is asked to, but specialises in small dolls amongst other things. She has also been into primary schools to help with sewing and craft projects with children there.

She lives in Leicestershire with her family of 5 kids (3 adults and 2 younger) and 2 cats.

Basic Crochet Skills

I am an experienced crocheter and knitter and craftsperson and make dolls from crochet most of the time and love crocheting.

This is a session where anyone interested in crochet who has never picked up a hook, or for those who can just about make chains or a basic stitch can come and learn some skills to make a simple granny square or a small ball/bauble and learn the basics of amigurumi. Stitches such as chain stitch, single stitch (us terms), increasing and decreasing can be learned. If you are already a comfortable crocheter/hooker, come and share a space where you can bring your own projects with you. This should be a chilled out zone where you can meet like-minded people

Although this is for adults there will be pom-pom making and French knitting available as a side thing should any younger (or any) festival goers wish to try crochet but then find it too tricky.

Hooks to borrow and yarn to use will be provided as will a small amount of stuffing if you make the bauble/ball.

Please bring your own drinks /refreshments . It may be advisable to bring your own mat to sit on as the ground may be matting or grass.

Welcome to the wonderful world of crochet!

Andrea

Yarn Crafts

The main focus of this session will be making pompoms, or using French knitting to make a brooch or other item. There will be some crochet tuition available for those that wish to learn and couldn't attend workshop one, or who wish to just carry on with projects. This is for adults but anyone is welcome to come.

I am a crafter and usually make bespoke dolls from crochet and fabrics and other yarn crafts.

Yarn and equipment will be provided for the pom pom making and some French knitting equipment available .

Crochet hooks will be available to borrow.

Please bring your own drinks and refreshments.

It might be advisable to bring a yoga mat or blanket or cushion to sit on as the matting or grass may be quite rough.

Andre Adri-Soejoko

As a facilitator & a coach André supports men to connect to life as a ceremony in order to experience deeper joy, power, authenticity and integrity throughout their lives.

Andre's style is highly influenced by his own path toward the integration of Shadow to begin to honestly understand himself and therefore what gold he has to offer. This is accompanied by a fascination with Bert Hellinger's approach to relational resolution through family constellations.

In an embodied sense, André uses ceremony and connection rituals to ground and remain close to the soil moment to moment.

The Wisdom of Connection

Join First Men on a journey of connection to heart and hearth.

In this workshop we create the grounds for men to connect authentically with themselves, one another and the land beneath our feet.

On this journey, we will lead men through a series of exercises and embodiment practices to deepen our connection as men.

The opportunity for connection is all around us at any given time.

Join First Men to re-connect and re-discover the Wisdom of Connection.

Primal Fire

Join First Men on a journey of embodiment and empowerment.

In this workshop we will explore the power of the fire that burns inside each of us.

On this journey, we will lead men through a series of exercises and embodiment practices to stoke, rekindle, harness or temper the Primal Fire within.

Take this opportunity to cultivate this inner fire to unlock deeper purpose, life-force and creative power in your life.

Join First Men and tend to the Primal Fire within you.

Atomic Kirtan

Atomic Kirtan, Tom Lewis and Ella, are a Brighton based Kirtan band running regular events in their local Brighton community. They offer what they describe as a Multi Faith Kirtan, drawing sacred songs from multiple traditions. In Kirtan we chant musical mantras together. Mantra is translated as 'mind tool' and so kirtan is a sort of meditation, a tool to quiet the mind and connect more deeply with ourselves and our inner world.

Multi Faith Kirtan

Tom, Lewis and Ella, a.k.a Atomic Kirtan, invite you to share this practice of multi-faith mantra singing, 'kirtan'. This event is open to everyone; whether you have experience in group singing/ chanting or are totally new, whether you want to sit, listen and meditate or get up and dance, all are welcome!

We will be sharing and singing some simple mantras from Hindu, Buddhist and Sufi traditions and ending with a short meditation. This is a beautiful practice for connecting with yourself, your festival community and for opening the heart.

Bring a blanket/ yoga mat or anything you need to be comfortable.

Caroline Carey

I was awarded the Sole Trader of the year award some years ago, which said it all really. I am here to offer Soul Work, it's been my fascination and passion since I was very young when I used to consistently ask the question 'why am I here?' and 'why is everyone else here?' And that wasn't just about people, it was animals and the natural environment too. I still ask that question but now I have a program to follow it with.

Known as a champion of music, dance and creativity as healing tools, I have developed an innate understanding of the soul's journey, a connection to physical embodiment through writing, conscious dance, rites of passage and the creative arts.

I am a fully qualified teacher of therapeutic and spiritual bodies of work since 1986 including the 5Rhythms Teacher Training, Movement Medicine, Sacred (Shamanic) Trust, Herbalism, Reiki Energy Healing and NLP. I have published seven books, created film, designed models and maps for soul work and held spaces for others growth, in ritual and rites of passage.

Unafraid to explore the dark of our histories, I often reach the parts others prefer not to travel to, shining a light on what is hidden and retrieving the presence of Soul, guiding my clients towards a life rich in creativity and purpose.

My journey has manifested as my own personal training into eldership and crone-hood, carrying the wisdom needed for stability and balance in individuals, relationships, families and communities. Mothering my six, now adult, children gave me the art of play, creativity, story-telling and opened up the deep surrender and unconditional love that motherhood can bestow. Becoming the grandmother of ten, has deepened and matured my skills to a sensitive wisdom with lots of humour.

Conscious Dance

As a conscious dance guide, Caroline's aim is to support you in connecting fully to body, mind, heart and soul, designed to evoke your authentic and creative self. She is now known to be an elder in the conscious dance field. Come and move your body, invite the spirit of the elements and your embodied creative self. No steps to get right, this is a guided meditation through movement and group participation.

Magic of Mandorla

A deeply profound way to illuminate our greatest gift. The essence we were born with. The empowerment of our soul.

*

Known as the most powerful of spiritual experiences we can have in life, the Mandorla is the place of poetry. "And the fire and the rose are one." Little Gidding ~ T. S Eliot

*

Find peace in your decision making

Release anxiety and unnecessary drama

Discover clarity in your choices

Deepen your understanding of purpose and vocation

Channel grace and serenity

*

We all experience conflict at some point in our lives; while we might experience this as conflict outside ourselves, it is likely that we are deeply internally discordant.

The conflicts we get to know personally may be our masculine and feminine sides leaving us unbalanced and missing out on what each can bring to our growth. We can also be experiencing the conflict between matter and spirituality, where the two have yet to meet. These are some of the many inner conflicts we have and there are the inherent challenges in making simple decisions as well!

Whatever is unconscious needs to be brought to the conscious mind. By doing the personal development work we begin to learn what has caused inhibitions as we hide ourselves and diminish our voices. Once known and acknowledged, we can begin the journey of acceptance, finding new ways to be and new ways to show up to who we truly are.

This workshop will help you to uncover those conflicts, to acknowledge them, to accept them, to be creative with them, so that you can see the root causes and begin to find inspired ways to make changes.

This unfolding leads to empowerment, making you more conscious of the habits and patterns that can diminish you and bringing a sense of how to move forward with courage and confidence, bringing your self-worth fully into community.

Caroline has been offering Mandorla workshops for over a decade, from a lifetime of exploration of its deeper meaning in our society and individuality.

Casca Graham

Casca Graham has been running face to face and online workshops for more than five years now. She is devoted to supporting people from all over the world to access their souls and step into their power. She created a healing modality called Dragon Reiki, which is a full accredited course, through

her academy, The Tranquil Garden Academy. This course is allowing people to work with these incredible beings to support our entire evolution.

Casca is also a powerful healer and Intuitive and also works deeply in the Akashic Records, supporting people to clear all blocks and restrictions from previous incarnations that are preventing them from living an abundant life.

She is devoted to her lightwork and feels it is an honour to be of service this way

Working with Dragon Energy

I have been teaching people all over the world to connect and work with the powerful Dragon Realm. These incredible beings have come forward in a massive way to support our ascension and the 4th Dimensional Elemental Dragons are part of that crew. These beautiful Dragons are devoted to us and the planet and have a Shamanic feel to them. Through a combination of meditation, sound, and chant, we can invite them to help us heal ourselves, others and the planet.

We also all have a personal Dragon guide and team that has been with us since the beginning of time and are just waiting for us to connect and remember who we are at soul level.

My workshops involve powerful meditations, sound and Light Language.

Light Language Healing, Clearing and Activation

I have been teaching Light Language workshops for a few years now and these sessions are hugely transformational.

Attendees will be guided through deep meditation to connect to their souls and Chakras. All energetic attachments will be cleared and released. We will work our way through each energy centre pulling in light and clearing through breath, and chant. I will then activate each energy centre with Light Language codes.

Shamanic Drumming will be incorporated.

This Is a deeply healing session which also involves Akashic Record work.

Cate Mackenzie

Cate Mackenzie is a Sex and Relationship Therapist who has taught in six countries and is regularly in the media. She has two podcasts on passion and meditations and a shop on Redbubble for her hearts.

Get Your Flirt On!

Come and connect with your natural passionate self, be guided how to connect to you and others while having fun.

Open Your Heart To Love

Come and dance, move, meditate and affirm your heart's desire while journeying within and connecting with others. This is your time, come sing your soul's song! You are love!

Chloe Silverman

Chloe Silverman shattered the confines of naturopathic medicine years ago, defying expectations by living as a breatharian for a year. In her audacious quest to challenge the notion of sustenance without physical food, she not only thrived but also shed much of her scientific training. With a decade of clinical experience and seven transformative years of personal growth, Chloe has emerged as a renowned healer. Her medicine flows through various channels: 'Naturo,' her herbal product line, imparts wisdom across the UK, while she creates sacred 'Sassi Spaces' for women, where medicine takes the form of embodied dance and illuminating light codes.

Herbal Home Kit

Despite lacking an ample supply of herbs, I couldn't refuse when 'Medicine Sans Frontier' requested my herbal medicine, which had proven to be more effective than their pharmaceuticals. In a grim situation at the Serbian-Hungarian border, where refugees hiding from arrest suffered from severe diarrhoea, my medicines were scarce. However, driven by an instinctual nudge and a whisper of faith, I made a daring decision to reduce the dosage. To my astonishment, the medicines continued to work remarkably. In that transformative moment, I witnessed the extraordinary power of herbal medicine.

Join me on a profound journey as I share my knowledge on treating various ailments, including reflux, headaches, muscle aches, PMS, cuts, burns, bruises, stomach upset, infections, poisoning, and shock. Expect to delve into the realm of holistic nervous system balancing as well.

With over a decade of clinical practice as a herbalist and naturopath in Cambridge and Ibiza, my patients have been invaluable teachers, alongside the wisdom bestowed by the herbs themselves. I firmly believe that in the not-so-distant future, herbal applications will become common knowledge. To contribute to this harmonious movement with nature, I have curated a Home Herbal Kit workshop. Immerse yourself in the enchanting world of herbs and the captivating stories they have to tell. Remember to bring a pen and paper to capture the essence of this transformative experience.

Clair Rowe

Clair Rowe is a multi-disciplined therapist inspired by the rhythms and patterns of nature. Clair has been holding therapeutic space for many years and enjoys co-creating ceremonies and rituals for personal transformation and connection with the Earth.

Clair is an artist and person centred creative therapist with a 20 year background in mental health recovery and charity sector project work. She facilitates art journaling workshops for people in drug and alcohol recovery and has a private practice in creative counselling.

We Are The Trees - Embodied Roots

The rhythms and expressions of our bodies are intimately connected with the Earth. We will sense this through embodied movement, visualisation and breathwork, cultivating awareness from our torsos as trunks, and grounding down to our feet as roots and beyond into the clay of the land. From here, we invite connection with and nourishment from the Earth, each other and our ancestry. We will then integrate our practice by painting an image of our roots using forest found materials and natural inks, crafting a visual tapestry of our interconnected forest.

Please bring a mat or blanket to lay on.

We Are The Trees - Embodied Shoots

The rhythms and expressions of our bodies are intimately connected with the Earth. We will sense this through embodied movement, visualisation and breathwork. We will feel the sap rising from our feet as roots, extending up through the heart and shooting out through our arms as branches. We will then integrate our practice by painting an image of our shoots using forest found materials and natural inks, crafting a visual tapestry of our interconnected forest.

Debbie Reynolds

Debbie Reynolds has practiced, studied & taught many different styles of yoga, dance, holistic therapies, shamanic and healing arts over the past twenty years.

Over the years Debbie has gathered much experience in Holding Ceremonial Space

Womens Heart and Womb Yoga

Cacao Diva

Shakti Dance Facilitator

Aromatherapist

Massage Therapist

Women's Circle & Space Holder

Sound Practitioner

Children's Yoga , Movement and Meditation Teacher .

“ Debbie has the ability to delve deep, hold space with integrity and loving presence. Whilst bringing playfulness and fun into a session ! “ Sam Potter .

Divine Gold Anointing Ceremony

An Anointing ceremony opens a space for us to deeply honour ourselves and another. We allow Divine feminine Christ energy to awaken within each consciousness. It is a dance between Giving and Receiving as we take the role of the anointer and in turn being anointed . Allowing the free, loving authentic expression of your heart to be freed. In the embodiment of words, sound song, or sacred healing and tender touch ! This gathering of hearts is an opportunity for every Woman to step into her High priestess, her goddess self, her wise woman. Every Man steps into his High Priest! His Godself His Wise Man. To tune into your higher self, being guided through the heart. Witnessing without judgement . To see beyond the form.

We will anoint each other using a Potent hand blended Ritual Oil 

I channelled this Divine Gold Anointing Oil around Christmasmas after a Rose Dietta and Silent Retreat working deeply with Mother Mary, Mary Magdalene, Aphrodite & Kuan Yin

It is infused with: Frankincense Oil, Myrrh Oil, 24ct Gold, Rose Oil, Jojoba Oil, Sweet Almond, White Pearl, Rose Quartz, 528hz Frequency

Debbie Shakti

Debbie Shakti has practised and studied many different styles of yoga, dance, holistic therapies, shamanic and healing arts over the past 25 years .She is passionate about igniting peoples inner flame so they may feel into this life through the heart and shine their light into the world .Shakti is a creatrix of magic !

Shakti Dance - Dancing the Open Heart

Shakti Dance

(The Yoga of Dance)

A powerful practice to open the heart ❤️

It cultivates the free, organic and creative expression of inner being.

SHAKTI DANCE is a powerful practice that will take you on a journey into the self. It is a conscious dance infused with the wisdom of yoga. This is a sacred healing dance practice. Taught in 8 stages to bring the dancer into a heightened state of awareness with a more expansive consciousness. It charges the pranic body and energises the meridians. Balancing and harmonising the body, mind and spirit.

Eight Phases of Shakti Dance

Tuning in (Mantra)

Flowing Yoga Postures

Rhythmic dance with Breath

Free dance

Release

Relaxation

Celestial communication

Close (Mantra)

Shakti Dance - Dancing with the Sacred

Shakti Dance

(The Yoga of Dance)

A powerful practice to open the heart ❤️

It cultivates the free, organic and creative expression of inner being.

SHAKTI DANCE is a powerful practice that will take you on a journey into the self. It is a conscious dance infused with the wisdom of yoga. This is a sacred healing dance practice. Taught in 8 stages to bring the dancer into a heightened state of awareness with a more expansive consciousness . It charges the pranic body and energises the meridians. Balancing and harmonising the body, mind and spirit.

Eight Phases of Shakti Dance

Tuning in (Mantra)

Flowing Yoga Postures

Rhythmic dance with Breath

Free dance

Release

Relaxation

Celestial communication

Close (Mantra)

Dr Sarah Walton

Dr Sarah Walton is an author, coach, academic and Founder of Soul Writing. She developed her method of writing from intuition after a brain injury in 2004.

Sarah facilitates international spiritual writing retreats, has been a coach for twenty years, with thirty years meditation training and other holistic modalities, holds a PhD in Creative Writing, teaches Masters degree in Creative Writing and is a Barbican Academy Writing Mentor. Her Soul Writing method is highly effective at overcoming writer's block, and clients consistently report its therapeutic benefits.

Her novels have been long listed for national prizes. Her latest novel, THE SILK PAVILION was hailed 'a brave and important book' by the Queen's Gold Medal winner for poetry, Grace Nichols.

Soul Writing - Express Your Inner Wild Woman

Connect to your Inner Wild Woman, listen to her voice and express the wild aspect of yourself, which carries a deep wisdom & tremendous power that is often silenced. What does the Wild Woman in you want to say?

Soul Writing is a method of writing directly from your intuition developed by Dr Sarah Walton after she had a brain injury and could no longer write. Sarah will gently guide you into the stillness of meditation and you will learn how to listen and trust the intuition's quiet guidance and allow your unique imagination the freedom to create, explore and write without judgement. Sarah creates a safe, supportive environment so you can gather the confidence to explore your creativity, open your heart to possibility and express your authentic voice - your Soul Voice.

Expressing your Soul Voice in writing can be a healing experience and journeying in your imagination is fun.

Women, Men, Others - we all have an Inner Wild Woman. This workshop is open to all adults. Soul Writing is a celebration of diversity and inclusivity of being, and expressing who you are through the written word.

Bring a pen, notebook or paper.

Connect to Your Inner Wild Sanctuary & Write From Your Intuition

Connect to your Inner Wild Sanctuary, unleash your unique creativity, and express your authentic voice on the page. Your Soul Voice is the voice of your intuition, which carries a deep wisdom - let it guide your pen so your writing flows.

This workshop is a form of soulful travel writing. It is for adventurers of the inner worlds.

Soul Writing is a method of writing directly from your intuition developed by Dr Sarah Walton after she had a brain injury and could no longer write. Sarah will gently guide you into the stillness of meditation and you will learn how to listen and trust the intuition's quiet guidance and allow your unique imagination the freedom to create, explore and write without judgement. Sarah creates a safe, supportive environment so you can gather the confidence to explore your creativity, open your heart to possibility and express your authentic voice - your Soul Voice.

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Bring a pen, notebook or paper.

Dr Sue Egan

Dr Sue Egan is a Counselling Psychologist, Psychotherapist, EMDR Therapist, trained Steiner Teacher, Shamanic practitioner and single mum of 4 teenagers. She has spent 10 years working alongside psychologists in the NHS and in her own online private therapy practice, specialising in supporting people with complex mental health issues, trauma and complicated grief. Sue hosts a podcast for those who have lost a loved one to suicide and is a public speaker on this delicate subject. She is also passionate about advocating for parents whose children are struggling with mental health issues and has been featured on BBC 5 Live and in the Daily Mail.

A lover of animals, Sue has 4 dogs, 2 rabbits and countless chickens! She enjoys touring on either her motorbike or in her caravan, wild swimming, meditation, live music and (of course) volunteering at Into the Wild Festival.

Parenting Teens Today

As a Counselling Psychologist, trained Steiner teacher and single mum with 4 teenagers, I have spent the past 15 years trying my best to support them through extreme emotional difficulties. I now spend my week juggling life at home, working in the NHS and supporting individuals in private therapy. I have learnt that my emotional wellbeing is pivotal to my family's well being. But how do we look after ourselves when we and our children are facing a world that appears to have such an impact on our everyday lives? The world has moved so fast - the way my parents brought me up just doesn't cut it today. Every day I face new challenges – attempting to be the best mother I can be whilst faced with children testing out their adult-selves on our relationship.

In this workshop I share with you what psychological and counselling theories and techniques have helped me - and can help you - to know how to manage this difficult period.

Topics will include:

- The teenage brain, body and soul.
- Where is the support? – my attempt to access CAMHS support and what choices I had left.

- School 'refusal' – a social construct I have had to learn to reframe within my own family, the systems we live in and my own belief system.
- To diagnose or not diagnose – that is the question.
- Attachment and how it is tested in the teenage years.
- Social media – managing it as they enter the teenage years.
- Boundaries – setting them and sticking to them.
- Communication – remaining open even when you don't always feel like you want to!
- Reorganising my belief system and accepting I might not be able to be the mother I had expected myself to be.

ADULTS ONLY WORKSHOP PLEASE
BRING A PEN AND NOTEPAD
BRING A MATT TO SIT ON

Emily Belfrage

Emily has been involved in personal development for over 20 years. She has dived into many different new age and old age modalities over that time. When she found breathwork over 10 years ago she fell in love with it. After training, she has been guiding groups and individuals in breathwork journeys ever since and is now a teacher with AIR where she trained. Breathwork is a profound tool for self exploration, inner guidance and personal revelations. It is a journey into your own wisdom - using your breath to get there. Breathwork helps to bypass the conscious mind and access your unconscious. During her journey with cancer, Emily used breathwork for her own healing. It became a lifeline for her and she feels her recovery would not have been so successful without using the power of the breathwork.

Inner Child Loving

We are going on a breathwork Journey. Breathwork is a profound tool for self-discovery. Creating a safe space together, we will go deep diving into the wisdom of your own breath. We will be listening to our beautiful inner child. These are the parts of ourselves that often feel shy and nervous or overwhelmed and overlooked. Magic happens when we can give our loving and full, non-judgemental attention to those tender parts of ourselves. The Inner Child is also the part of ourselves that is creative, excited and hopeful about life. All of you are welcome. Please bring a blanket to keep warm and a yoga mat/bed roll to lie on but not essential.

Esmeralda Rose

Esmeralda Rose is a professional hula hooper and comes from a dance background which she incorporates in her flow.

Watch her dynamic and graceful moves to create a truly magical and powerful performance. Her versatile style will keep you hooked and you'll be wanting to come back for more.

Her love for the arts beams through her every move making it an unforgettable experience for her audience.

Learn Fun and Dazzling Hula Hoops Tricks

Come and learn fun and dazzling hula hoop tricks for beginners. Kicking off the workshop with a performance from Esmeralda Rose Flows, spot some of the moves you could be learning.

Please bring water, wear something comfortable, preferably bare legs but it's not essential. Let's make some magical moves.

Evelyn Hart

Evelyn Hart is a contemporary dancer from the UK, and trained at London Contemporary Dance School. Evelyn joined Hofesh Shechter company for 2 years, touring internationally and performing works at venues such as Copenhagen Opera House. She then joined Jasmin Vardimon Company for new and existing productions touring nationally, at venues such as The Royal Opera House. She is currently working with Avant Garde Dance Company touring nationally.

Hobie Schoupe is from Belgium, and he attended de!KUNSThumaniora from 2016 until 2017 and then moved to Austria to train at Salzburg Experimental Academy of Dance for 4 years. He then joined Jasmin Vardimon Company and toured internationally for 2 years in various different productions. Both Evelyn and Hobie over the years have developed their own teaching practices through leading a variety of workshops on behalf of various internationally acclaimed dance companies. After years of performing, creating and teaching experience, Hobie and Evelyn have merged their practices and designed workshops that are full of inspirational ideas and tailored to movers and groovers of any age and ability.

Improvisation Station

These sessions are aimed to provide an open and free space to explore your own personal journey into groove, flow and imagery. We learn to let go, be silly, and use images to create states and energies in the body. We lead from feeling, experience and use these tools to find new ways of moving. Music and rhythm are integral elements to draw inspiration from. So if you like music, this is the class for you. This class is purely improvisation based, so openness and a want to break free from conformity is encouraged. We dance to music, we flow like water, we create a tribe of movers. Wear something that you are comfortable to move in, socks or barefoot and no shoes so we can connect to the Earth. Be ready to experience euphoria through movement and music alone. This class is suitable for participants at any age and ability, its nature is solely designed to be inclusive and accessible for anybody.

Felix Glenn

Felix is a dynamic, passionate music educator who lives and works in SE London. He creates a fun learning environment where the participants, both adults and children, cannot help but get swept up into the joy of music. He teaches music, guitar and ukulele in a range of Primary Schools and specialises in his work with spectral & adhd learners. He is passionate about inclusive community music education.

Felix's Ukulele Magic

Learn your first chords on the ukulele with Felix. For children and their adults. It's fun, it's easy and you'll come away with a song in your heart and a spring in your step. Someone once described the sound of the ukulele as "The sound of innocent joy". No experience required, just your smile.

Francis Briers

Francis Briers is a facilitator and teacher known for his big-hearted, playful approach to wisdom. His approach can be summed up as 'Light-hearted, deep-rooted.' Francis has been working with individuals and groups for over 25 years as a facilitator, coach, and spiritual counsellor. He loves to take deep esoteric knowledge and make it more accessible. He has explored and studied widely in spiritual traditions and embodied practices, including Tai Chi, Taoism, ecstatic dance, several indigenous spiritual traditions, and theatre. He has written several books on personal and spiritual development including 'My Tao Te Ching – A Fool's Guide to Effing the Ineffable.' Francis is a full-time professional facilitator, qualified Tai Chi teacher, certified coach and spiritual counsellor and has taught embodiment internationally.

Embodied Animism

The many animistic spiritual traditions from around the world offer us a gateway to connect more fully with the full, diverse, abundant life and magic of the world. These ancient traditions can offer us a balm for our often fragmented experience in the modern world.

But how can we connect to the world if we struggle even to connect with ourselves, some days?

In this session, we will start by gently re-kindling our own connection with ourselves, then reach out through the layers of our relating to connect more deeply with each other, then step further down that path connect more deeply with the world around us.

Drawing on ancient indigenous wisdom, traditions of seeking omens, mytho-poetic awareness, and simple practices from the fields of embodiment and Dialogue, this session will map a pathway towards greater connectivity with the full potential diversity of lived experience.

Wise Fool School

Wise Fool School is a place of unlearning and undoing. We will explore ancient Taoist philosophy and how it can help us to live wisely in modern life... without taking ourselves too seriously!

The Wise Fool is a playful archetype who seeks, but knows the limits of, wisdom. Through embodied exercises working with breath and posture, sharing poetry, and playing with meditation and reverie we will explore how to let go of the extremes and embrace the magical in-between.

We will encounter life's 'hidden curriculum' and find out how to uncover the learning and magic in every moment.

"The Wise Fool lives from the Tao, listening to the still, small voice in her heart.

Quietly blossoming, people see her beauty.
Like the sun behind a cloud: Her brilliance is hidden but people feel her warmth.
When she makes a point, there's no arguing: she's got nothing to prove.
She offers an open heart and people see themselves in her eyes.
With no ideas of good or bad she's wonderful at everything!
When the ancients said "Embrace dying to foster living," was that crazy?
Surrender to the Way and find yourself where you are:
Here and now
Here and now
Here and now"

- From 'My Tao Te Ching – A Fool's Guide to Effing the Ineffable' by Francis Briers

Gill Kirkham

Gill is a psychic coach and trauma release expert.

She has a huge desire to help as many people as possible wake up to their spiritual gifts. She has created a huge number of workshops over the years for this.

The workshop Gill is offering is called 'Becoming the Alchemist'.

The Experience is Transformational; Immersive, Energising, Measurable results, Creating an awareness shift.

Gill has been leading workshops at Festivals, Retreats, Events and leading Courses for the last 7 years. Gill has been working with Spiral Alchemy since 2021 and has been a trauma release coach since 2018.

She is an Energy channel and Psychic guide who works with a diversity of clients - Corporate entrepreneurs; the elderly, festival goers of all walks of life and is known for providing both online and in person retreats and course opportunities across the globe.

Becoming The Alchemist

SPIRAL ALCHEMY is a new multi-dimensional healing modality - each person will feel, sense, or see with more lightness, sense of joy and clarity (openness required).

OUTCOME: Healing, Realisation, Simplified Superconscious Connection – Feeling ALIVE!

FOR

Intuition

Heightened senses

State change in 10 minutes

Learn how to be the Alchemist of your own life.

Gill Kirkham is a psychic coach and trauma release expert - She has a huge desire to help as many people as possible wake up to their spiritual gifts. She has created a huge number of workshops over the years for this.

The Experience of this workshop is Transformational; Immersive, Energising, Measurable results, Creating an awareness shift.

Gladwell Massage

Daniel and his daughter Lila have 35 years combined experience as massage therapists. Daniel is proficient in different modalities and has studied extensively in Chiang Mai, Thailand. As well as being a qualified Thai Yoga massage therapist, he has also studied abdominal massage (Chi Nei Tsang), body assessment and realignment.

Apart from running a very successful practice near Watford Herts, Daniel founded the Gladwell School of massage in order to share his expertise with others and create a network of 21st Century healers. He runs accredited courses in Thai massage, table massage, chair massage and reflexology.

Daniel takes a holistic approach to health for his clients; taking into account factors such as diet, posture, breathing and simple exercise regimes. Using only natural and organic oils, Daniel sees massage as a means of prevention and knows that these treatments are of great benefit in relieving stress and tightness in the body.

Massage can also improve blood circulation, revive stiff, tired muscles, and address any imbalances which could cause serious problems in the future. Daniel knows that a great massage leaves the receiver feeling relaxed and invigorated.

He can recommend a session based on what you want to gain from a treatment and on resolving any apparent issues in the body. Whether you are looking for relief of pain, freedom from tightness in some part of the body, want to feel energised, or are simply looking for a relaxing therapeutic massage that will tone the whole body; Daniel is able to recommend the right treatment for you. If you are suffering from any pain or issues visit Gladwell Massage in the Healing area and do join him for the workshop on Thai massage where you will have the opportunity to give and receive an awesome massage sequence.

Thai Yoga Massage Immersion

Thai massage interactive workshop. Learn some simple but effective Thai massage sequences to help with your back, neck and shoulder pain. Yes you may have been sleeping in a tent and you could do with a massage. Everyone pairs up with someone and we will do some guided sequences on each other. Bring a yoga mat if you have one.

Thai Massage Interactive

Thai massage interactive workshop. Learn some simple but effective Thai massage sequences to help with your back, neck and shoulder pain. Yes you may have been sleeping in a tent and you could do with a massage. Everyone pairs up with someone and we will do some guided sequences on each other. Bring a yoga mat if you have one.

Hanna Angell

Hanna Angell has over 10yrs experience in holding safe, trauma informed and sacred spaces for change and transformation, supporting others in living authentic, embodied, conscious and heart-centred lives.

She is an intimacy, joy and relationship coach. A medicine woman, songstress, dancer, healer, creator, sacred fire keeper, daughter of the Earth and Muma to one beautiful being.

She currently lives in East Sussex and offers workshops, retreats, ceremonies and one to one sessions in the UK, Europe and beyond.

Joy Activation - Medicine of The Heart

An embodied, playful journey into the inner realms of being human, accessing our joy through play, connection and creativity.

An opportunity to drop into the simple yet profound gifts of being human; living and breathing our fullest expression. To discover the ease and flow of being embodied, present and alive to each and every moment.

Together, we will gather in a space of deep listening and connection. Breathing into the aliveness of these exquisite bodies and accessing the truth of our hearts and voices.

A space to soften and open into vulnerability, to love and to celebration- off all that you are and all that you bring to life. To learn to slow down, remember your playfulness and step into the fullness of you.

And from that place, we can meet one another in inspired, healthy, creative and joyful ways.

Through movement, connection and play, we will begin to unravel aspects of us that may have felt stuck and unexpressed for some time, and Activate our JOY- Medicine of the heart.

Open to all; please bring a mat/cushion to sit on, blankets for comfort, a pen & pad, water & a curious heart.

A Lionesses Journey - Awakening The Female Body

Now more than ever we are being called to awaken to life and what it means to be alive, embodied, present to each moment and connected to our joy, our purpose, our sexuality, our creativity and our hearts.

Come, let us gather together. Let us hold each other, witness and celebrate one another and move together in wild and tender ways.

When we as women open to each other, to our vulnerability and our creative life force beside one another, magic happens.

In this workshop you will be supported and guided into feeling into the aliveness of your being. Into the aliveness of being you. Accessing your wild animal and tender hearts. How your body wants to move, express, and be seen. Allowing the creative nectars of love and passion to flow with ease and grace, to become embodied in your reality.

Grounding into a place of knowing all is welcome. To be supported and rejoiced and to remember the love that you are.

The uniqueness of you and the beauty that weaves us all together.

Through conscious touch, play, creativity and nature connection, you are invited to gather with your sisters, to awaken the female body and to share in, The Lionesses Journey.

Please bring a mat/cushion to sit on, blankets for comfort, a pen & pad, water & a curious heart.

Hannah Hardy

Hannah is a prize winning mixed media artist, she meditates with nature and natural materials that appear to her come together as temporary artworks. She enjoys the impermanence of these creations which are taken back by the winds of change and are documented through photography. For the nature art trail at Into the wild festival Hannah is exhibiting weatherproof A1 prints as a trail in the woodland. Amongst the trail are simple creative prompts for you to get creative and connect with nature as a self led family experience. Hannah is a qualified holistic healer/ yoga, meditation teacher and a forest school leader for children with severe SEND.
www.hannahhardyart.com

Naturally One

Are you ready to remember our inherent connection with nature? Join us at the start of Hannah Hardy's nature art trail for a joyful walk into the woods. We'll walk through the trail of Hannah's nature art creations and discover simple yet uplifting ways to connect with nature and get creative. Together we'll then sit in a circle for a simple yet profound guided meditation where Hannah will support us to realise our inherent connection. After a group sharing we'll then explore our surroundings to find natural materials to create a group gratitude mandala.

Helen Forester - Prompted by Nature

Helen Forester (she/her) is a writer, teacher, green space campaigner and podcaster, who hosts outdoor writing and creativity sessions in green spaces and woodlands around East Sussex as well as editing her podcast Prompted by Nature.

She is an ex-English teacher and holds a wealth of experience in helping nervous creatives find their voice through writing. She is passionate about our green spaces and runs a local community group, the Benfield Valley Project, close to her home in Hove.

Helen is a trained meditation teacher and loves to create supportive and nurturing writing circles that use nature as inspiration.

Writing with Nature - Writing Circle

In this session, we will use the beauty of the festival setting to rewind our words and write with nature. Whether you are a seasoned writer, an experimental creative or a total newbie to the world of nature writing, you will be welcome in this supportive writing circle.

We will begin the session with a short meditation practice and some stream of consciousness writing to move closer to our creative essence. Helen will then guide you through a writing prompt inspired by nature. There will be space to share at the end of the session if you wish.

Please bring along a notebook or journal and a pen.

Wild Writing Walk

In this wild writing walk, we will take a walk of approximately 1.5 miles in the nearby High Weald Landscape Trail, stopping from time to time to take in the scenery, a mindfulness practice and to write in response to the scenery around us.

Please ensure that you are wearing footwear suitable for walking. Bring your notebook and a pen.

Hetty Nutbeam - DJ Miss Lightbeam

From an early age a musician, singer and lover of music. Hetty began spinning her tunes whilst living in South Africa back in the day when psychedelic sounds accompanied by pumping beats first made their debut.

Hetty has had the pleasure and privilege of gracing the stages of festivals both in the UK and abroad, from Panama to Portugal and at many UK festivals.

Shamanic Dance

Connecting to the music intuitively and playing with the intention of uplifting, harmony and healing for the Earth and Her people, her sets are always well received.

As a woman, Hetty deeply appreciates and honours the importance of re-membering and anchoring the Feminine Divine, necessary to bring balance to our world.

Hetty is a multi-dimensional alchemist, committed to anchoring Love and Light as medicine, onto the Earth Plane to uplift, heal and awaken the Human Soul.

Music and dancing provide a wonderful medium for this work, and the power of Hetty's intention is reflected by the gratitude of her audiences.

Expect organic sounds, deep bass lines, spiritual teachings and uplifting melodies to nourish your mind, body and soul!

Hilary Palmer - Hilarious Hilary

Hilary graduated from The International University of Laughter Yoga with Honours in 2013. She has since been delivering this fun activity at all sorts of events including with special educational needs students, at parties, hen nights, corporate events, health and wellness events and at festivals.

Hilary's lively, vibrant, colourful personality makes the Laughter Yoga workshops very engaging, relaxed, easily accessible and great fun as Hilary loves delivering them and raising the vibration helping to make participants happy and healthy!

Hilar(ious) Laughter Yoga

Join Hilarious Hilary for uplifting Laughter Yoga. All you need to bring is your willingness to laugh and shake out those sillies! (Along with water to keep hydrated.) We use laughter exercises and breathing exercises - that's the only yogic part, to raise your vibration, get all those feel good chemicals activated in the body which may help to relieve stress, boost the immune system and overcome depression as well as bonding with other humans along with so many other benefits to make you healthy and happy! These workshops are available for everyone as we cultivate a childlike playfulness. It's time to take laughter seriously!

Holly Barber - The Eco Monkey

In today's world it has never been more important to look after our own wellbeing - and the natural world is the perfect place to do it. As a certified Nature and Forest Therapy Guide, Wellbeing Inspired by Nature Consultant and EcoNIDRA™ Teacher, I'm here to help you reconnect with the nature that is both in and around you. I offer sessions both in person and remotely (via zoom) for individuals, groups and organisations.

Forest Bathing

Based on the Japanese practice of Shinrin Yoku, this is a mindfulness practice that helps you reconnect to the nature that is both in and around you. Together we'll venture into the Wild Owl Woods and take time to just be. This is an invitational practice - meaning there is no right or wrong way to take anything that is offered to you. All you need to do is bring yourself.

Indigo Latto

Indigo Latto, a truly inspired "received in raptures" conscious dance workshop facilitator of Ecstatic Conscious Dances and Community Celebrations!

He studied dance at University and has been continuously Deejaying professionally for 25 years, facilitating Ecstatic Dance for 7 years at weekly sessions and at conscious camps and festivals in

various countries. Including Kundalini Clubbing, Buddhafield, Rumble Conscious Camp, Dance Camp Wales, Unearthed, Moving Beyond and other gatherings across the UK and various countries

A lifelong conscious dancer, dancing and assisting most weeks for 25 years at conscious dances such as Ecstatic Dance, 5 Rhythms, Biodanza and Contact Improvisation.

With early roots in Deejaying and dancing sober in the early rave party scenes in the UK, and finding freedom in its open hearted oneness, that brought the generations together. He is committed to carrying the JOY and liberation of feeling oneness, into all his Conscious Ecstatic Dances for every one!

So come, enter the sonorous soundscape of dancing the human heaven of the new Earth right here now, with all moving together in oneness as Indigo Latto selects the newest and most exciting ecstatic dance sounds from many global genres, to create the most special conscious dances to remember with absolutely having it waves of music!

Full on, feel good, tribal techno-trance rushes and Afro-house peaks, and anthemic psytrance, and more ecstatic spine tingling sounds! for a super-satisfying set, exquisitely blended to fulfil everyone's musical passions!

Bringing deeply engaging basslines, global rhythms, ecstatically beautiful and sweet melodies, all combined for deep healing, inner journeying and the pure blissful life of dancing Joy Ecstatically!

Along the way there will be unexpected twists, energy management gear shifts, and sudden sonic surprises, on this shamanic mix master's awe inspiring odyssey, on a totally immersive, mega roller coaster of a ride!

Experiencing the massive ratcheting build ups, followed by dramatic drops, and the biggest breakdowns, in this sublimely spellbinding game of tension and sweet soul release.

Ecstatic Dance & Chill

Come to an Ecstatic Dance with a Sound Bath afterwards! Facilitated by Indigo Latto, let's all dance love together! We will celebrate with happy and joyful melodies and big fat bass and rhythms!

Consciously connecting as one elated mass of dancers, rejoicing in how amazing we really are! Simply dancing ecstatically, wild and free! In magical social effervescence!

A well facilitated deeply ecstatic dance workshop to bring more freedom and mindfulness, and to help uplift, heal and soothe dancers.

The music mixed and blended, is exquisitely unique, contemporary, deep and ecstatic, global dance music!

In this Ecstatic Dance Workshop there will be a sound bath journey at the end with special Tibetan and Crystal bowls.

To commence we will begin with a moment to integrate and then have a good warm up. We will then go on a journey over a wave of music.

With encouraging facilitation and a warm-up, to move and pace ourselves through waves of music. Our heart's and mind's follow our feet as we go up like a rocket with truly ecstatic music!

Freeing and finding ourselves, in the sublime sounds of the selected musician's track as the perfection of expression. Moving and releasing resistance and coming into true self alignment and feeling freedom and an ecstatic sense of the joy of wellbeing, moving through our feelings and dancing how we really want to.

We dance to our heart's satisfaction and then after the crescendo, we wind down and have a short sound bath, and then come into circle to complete as we end the workshop with a ritual of sending love around our planet and lastly, love for each of us, individually as we embrace ourselves, reflecting and meditating for a few moments.

Finally there is a brief open space to share any meaningful words we may have in parting.

Tribal Ecstatic Dance

The time of the lone wolf is over!

Come gather yourselves!

In this time of need for a great tribe and the call for our collective power to thrive, we know we can create the new Earth we all dream of.

Allowing a deeper connection to the feeling of belonging and human connection, that we all need.

By developing our own clear individual dance connected to our divine self, we will add more energy when we are being lifted up with everyone dancing tribally, as one collective, being made up of self awake persons, in a lovely social effervescence!

We see our own self as a 'knowable other' in a massive dancing family.

With guided mindfulness of movement for free dancing individuals to discover the power of awareness and presence and direct connection with their inner being.

Through surrendering one's thoughts to just dancing and movement, it is allowing the experience of inner self loving presence which leads to a tribal transcendence!

With well held and grounded facilitation, providing a safe space container, so as to be able to truly let go and follow the wave of music, from deep inner connection beginnings, to ecstatic elation in oneness together. Then returning home as a tribe to finally reintegrate our experience into our own selves again.

A festival topping, peak experience of delicious dancing and musical feasting and celebrating our wild tribe with each other!

Really making a memorable Into The Wild Summer 2023, as we blast the roof off! in the long tradition of our much loved conscious festival. Simply dancing to the best new Tribal Afro House Tech Dance Music, and with well held workshop leadership. Elated, we will really feel part of the whole in our United Tribal Ecstatic Dance!

Isabel Openshaw

Iza (Isabel Openshaw) is a researcher working at Kew gardens studying forests and soils. She has a deep connection with the trees and a love for all things nature with a background in ecology and conservation. She guides people on foraging walks and teaches about the medicinal properties of plants and fungi.

Foraging and Medicinal Plant Walk

Heal your mind, body and soul by connecting with the plants and fungi around us. A foraging and herbalism walking tour to meet some new allies which are growing near you. Pay attention to wildlife and learn from nature, our greatest teacher. Gain tips on how to work with the natural environment and harvest sustainably and responsibly.

Herbal Teas and Tinctures

Plants and fungi often only bloom at one time of the year. Through this talk learn how to preserve the healing properties by making your own teas and tinctures to fill your family's medicine cabinet. There are also many medicinal plants you can find in your spice cupboard as well as abundant 'weeds' in your back garden. Work with the seasons to benefit all year round.

Jewels Wingfield

Jewels Wingfield has been a leading light and catalyst for human evolution through her deep embodied wisdom for over 30 years. Using her gifts to create a world of environmental harmony, spiritual alignment and equality for all life.

She is a catalyst for deep transformation and has been referred to as a soul alchemist, an earth steward, a womb-wisdom keeper, and a wild force of nature.

She brings a wealth of experience working in the field and it is a delight to be hosting her workshops again this year.

Circle of Belonging

Where do we belong ?

What land do we come from ?

How do we create a community that actually works and that gives us a deep sense of home at a spiritual, emotional, physical and practical level ?

These are the alive questions of our time as we all need a sense of belonging at a Soul level. This workshop will explore how we can create this sense of Belonging in our lives and how to do this across cultural divides and ethnicities, that acknowledges each person's needs and experiences. This workshop will be a deeply experiential, heart based enquiry.

Wild Womb Wisdom

Reclaiming the deep feminine current of indigenous traditions of these lands. In ancient Britain all spirituality was EarthBased and followed the cycle of the planets, the season and of death and rebirth. This map also lives with the cycles of the womb as a deep feminine current of energy. At this time on Earth we need to reinstate this ancient /future wisdom and living with EarthBased spirituality as a guiding principle. This workshop is offering teachings on the cycles of the womb but is open to anyone who would like to explore this wisdom and way of moving forwards both individually and collectively.

Jim Tarran

A Yoga Alliance Senior Teacher, Jim has been teaching yoga for over 30 years. Graduating from the Patanjali yoga school in Kathmandu in 1992, and the Iyengar school in 1996.

Jim established the Vajrasati school of yoga in 2000, www.vajrasatiyoga.co.uk, its principles founded on 33 years of scholarship studying the yoga traditions including; Buddhism, Tantra, Vedanta and Hatha, and incorporation of these teachings within a modern postural yoga setting.

Yoga Immersion - Body, Brain, Breathe are One

A yoga practice suitable for yogis of all levels. You will see for yourself how release of one (body, brain or breath) depends on the release of all and how this knowledge can transform your life and your practice.

Yoga - As Life Force Flows Consciousness Grows

A yoga session for all - we will be focusing on releasing the blockages (granthi-s) that cause our body and mind to get “snagged” in habit patterns. As these blockages are released through posture, breath and energy channel work we return to flow and “fall” into our Essence Nature.

Jiva Masheder - Mindfulness Brighton

Jiva has been teaching mindfulness (8-week courses in MBSR and MBCT) since 2008 and has a Masters in Teaching Mindfulness. She has been practising mindfulness herself since 1997 and can honestly say it's the most helpful single thing she has ever learnt; that's still true today after 25 years.

Teaching mindfulness and compassion is Jiva's full time job, and along with supervising other teachers, she also teaches in the workplace, on allotments, 1-1, in Buddhist contexts like Gaia House. She loves this work, knowing how transformative it is.

Mindfulness in Nature

Learn how to connect more deeply with nature using simple mindfulness techniques which are accessible and easy to learn. We'll start with some mindfulness of breathing, followed by mindful walking and movement, before tuning into the space around us and practising mindful seeing, hearing, touching, smelling, and then returning to a quiet place inside.

Suitable for all, new to mindfulness or experienced. Not suitable for people with major psychiatric issues going on, sorry.

Joelle Bantu

Born and raised in Cameroon (Central Africa), Joelle Bantu is a professional African choreographer and dancer, a Sacred Embodiment teacher and bestselling author. Daughter of a Tradition and Wisdom Keeper, Joelle grew up in a country where dance is part of daily life. Not only as a form of expression, but also as a vehicle of embodiment and magick through sacred movements and rituals, as shown in her offerings and practices

Traditional African Dance

Africa...Feel its magic at this Traditional African Dance workshop led by professional choreographer and dancer Joelle Bantu, supported by Master Drummer Alex Dayo. Born and raised in Cameroon, and daughter of a Tradition and Wisdom Keeper, Joelle Bantu taps into her heritage and culture to get you moving through traditional African dance steps. Sometimes gently, sometimes wildly, but always with fun. Wherever you are from and whatever your level, come and be ready to sweat, laugh, release, and connect

African Urban Dance

Are you ready for some Urban African flavour and swagga? So come learn and practice popular dance steps such as Shaku shaku, shoki, Akwabaa, and so much more...with professional African choreographer and dancer Joelle Bantu. Born and raised in Cameroon and daughter of a Tradition and Wisdom Keeper, Joelle taps into her heritage and culture to get you moving and feeling great. This workshop is all about swagga, feeling yourself and having fun.

Jonathan Weekes

Jonathan is an experienced teacher, ceremonialist and sacred activist. He has shared his work all around the UK, connecting people with the land through ceremony and sacred practice.

Influenced by training in contemporary shamanic practice and Druidry, as well as learning from indigenous teachers in the Ecuadorian Amazon, Jonathan believes that healing our connection to the land, to the ancestors and to the sacred is fundamental for our own wellbeing, feeling of wholeness and for bringing about the change needed in the world.

Jonathan is the Founder of Heron Drums, who have shared the simple yet powerful magic of the Shamanic Drum for bringing us into deeper connection with ourselves, with each other and with the spirit of the land.

Jonathan is also the co-Founder of Sacred Earth Activism, a non-profit organisation that works to support environmental campaigns and change-movements in grounding their efforts in sacred practice and connectedness.

Spiritual Rewilding

In these times of change, as well as the necessary practical shift in our lifestyles and culture, we also need a shift within us: a return to seeing ourselves as a part of nature, interconnected and interdependent, rather than separate from, apart from, and superior to.

Spiritual Rewilding refers to ways of reconnecting with our wild selves, and remembering our interconnectedness with the rest of the web of life, with the natural world and with the sacred.

In this workshop, you will work with practices and perspectives for daily lives that help us remember and reawaken our lived connection as part of the natural world, working with shamanic and animistic techniques.

Sacred Earth Activism

Join us as we connect with the voices of the earth, through ceremony and sacred practice, and explore the role of sacred activism in these times of change.

Workshop with Sacred Earth Activism founders Jonathan Weekes and Christa Mackinnon

Sacred Earth Activism was formed in response to hearing the call for profound change and transformation that needs to take place if we want to live sustainable, humane and fulfilled lives, infused with a sense of connection to earth and the sacred.

The sickness of society is a sickness of separation, greed and profound inequality on every level. We therefore believe that this process of transformation needs to lead from separation to connectedness, from fragmentation to wholeness, from the thriving of the few to the thriving of all life on this beautiful planet.

We believe that if we want to envisage and birth the new, we need to remember our connectedness to all things, ground ourselves in our relationship with the Earth, listen to the call of the sacred and bring that through us for positive change.

Sacred Earth Activism therefore works with the intent of bringing the sacred and earth-centred spirit actively into the web of change through supporting, co-ordinating and initiating movements, protests, resistance initiatives, projects and change-makers.

Justina Azrienne

Justina Azrienne has been training, performing and teaching belly dance over the last 16 years, Captivated and drawn in by the beauty and empowerment of the female form and the ancient remembering that belly dance brings, Justina studied with the founders of Tribal fusion belly dance style, while travelling the world and performing for headlining international acts at electronic music festivals and teaching workshops globally.

In 2017 Justina became a certified healer and decided to fuse the belly dance and the healing practices together to create her brand embodiment Bellydance. Passionate about healing through dance and bringing the essence of sacredness and honour back into the body through these ancient practices. She now teaches online and in person in Brighton, Lewes and holds sacred dance retreats in Egypt and the South of France, connecting Isis and the Mary Magdalene lines.

Body Temple Belly Dance

Temple Fusion Bellydance is a modern style of bellydance that blends traditional Middle Eastern dance styles with contemporary dance techniques and music. This fusion dance style is characterised by its fluid and expressive movements, Isolations, and a fusion of different dance styles.

Temple fusion is connected to the spiritual and sacred essence which comes from the ancient temple dances of the middle east, Asia and Egypt. The priestess's (The temple dancers) would go through a series of initiations to transcend parts of the ego and become a pure vessel for divine energy to flow through them, so that when they performed in spiritual ceremony those that were watching would have profound spiritual experiences and feel the sacred essence of the empowered embodied feminine force that ran through them.

For some this can awaken a deep remembrance that has been forgotten but still dwells in the body and soul.

This workshop is to bring back a deeper connection to your essence of sacredness in the body. Gain a new skill as we travel into the world of ancient middle eastern movements, and ancient future tribal fusion technique, embodying the serpentine in the arms and the spine, activating hypnotic hips and going through the fundamentals of Tribal fusion. This dance practice will connect you to muscles you never knew you had and leave you feeling inspired to move your body in a brand new way.

We end with a gentle empowering closing meditation to align your energies, clear your body from head to toe and soothe the nervous system and let go of anything that no longer serves you.

Please bring a blanket and some water!

Embodiment Belly Dance

Embodiment bellydance synchronises the connection between mind, body and soul as we journey through embodiment meditation to connect you deeply back into your core being.

Feel your body senses in a new way and express yourself authentically through movement in a guided movement meditation. In this workshop the focus is not only on mastering the technical aspects of belly dance but also on developing a deeper awareness of the body and your signature essence.

We will travel through different embodiment practices, using sound and movement to release and let go of anything that may want to be cleared out of the body. Learning 5 different signature belly dance moves using the hips and opening the chest (heart) then we flow into a guided ecstatic middle eastern dance journey to really work those elements we just learned, flowing through all the parts of your body waking up every cell of your being and connecting you to you, while find your unique signature essence using conscious awareness and dance!

This practice can help you improve body confidence, self-esteem, and emotional expression. This is the ultimate self-care and mindfulness practice that you can use at home! allowing you to connect with your body and release stress and tension.

Overall, embodiment bellydance is a beautiful and empowering dance form that celebrates the beauty and diversity of the body!

Please bring water and a blanket.

Khadine Morcom

Khadine has been practising yoga since 1997 and teaching since 2004. She is a YAP Senior Teacher in the Vajrasati Yoga School and co-runs the 500 hour+ teacher training course. She also runs a year-long immersion with the mahavidya wisdom goddesses. Her classes are deep, kind and fun and her passion for the whole field of yoga, along with her warm nature, make classes with her uplifting and inspiring. Khadine finds inspiration in fusing yogic philosophy and embodied practice together. Her teaching of Vajrasati yoga combines postures, breathing and meditation techniques of classical/modern postural yoga, along with innovative explorations outside 'traditional' postures from a conscious, subtle and energetic alignment perspective. The classes are always suitable for all levels. Accessibility for the newcomer with detailed clear instruction and depth for even the most experienced practitioners allows for an inclusive practice which is at the heart of Vajrasati yoga. Vajrasati draws on traditional teachings of yoga philosophy and brings them to life through an embodied understanding to truly give the student the experience of yoga/union beyond just a physical exercise, but a whole-being experience. She is currently completing (to finish in September!) a master's degree at SOAS University, London in yoga philosophy and meditation traditions.

Pranasakti - Finding Our Internal Power

A modern postural yoga workshop with traditional yoga philosophy to feel into the subjective experience of yoga as a philosophical and experiential means towards freedom! Come and feel the flow of universal energy through the body, heart and mind. Please bring a yoga mat and blanket!

Tantric Meditations from The Vijnanabhairava Tantra

Tantric meditations from the Vijnānabhairava Tantra

Kieran Nimmo

Kieran's passion for knots and ropework started when he was training to be a tree surgeon. From those first few knots he quickly got the bug to learn more complex and decorative knots and now never leaves the house without a piece of string in his pocket! He lived on a boat for several years where he had the opportunity to practice and develop knotting skills. He has taken on a few commissions for splices and decorative ropework pieces and devised a few knots and hitches of his own. Kieran loves to share knowledge of knots and has really enjoyed running this workshop in recent years.

Knot Tying

Have you ever felt the need for a decent knot? The ability to tie knots is an invaluable life skill that has much diminished in our post industrial society. Having a few knots to hand can, not only, get us out of the odd tricky situation but also give us a great sense of capability and connection to our cultural heritage.

Here is the perfect opportunity to learn up a few really handy knots that can help you in your day to day life from rigging up your pea sticks to lashing stuff to your car roof rack.

Laragh Spearman

I was born in London, then came to Norwich to train for a Fine Arts degree, then trained in several Holistic Therapies, including Hypnotherapy and massage, then Ancestral Healing in 2018. I love to explore ancient cultures, travelling to the USA's east coast, southern Spain and Egypt, on a quest to experience both historical and deeper medicines in nature. I have delighted in taking part in shamanic cacao training in Andalucia in 2017, and am an avid 5 Rhythms dancer!

I love to create deep ceremonies, using guided Journeys, and recently trained in Reiki Drumming. My latest passion is combining my paintings with the written word, and am in the process of writing a book on adventures in Ancestral Healing.

Seeing with Wild Eyes - Healing Old Patterns with Guardians of The Wild

Meet Guardians of the Inner Wild, with in depth Guided Journeys to transform a long standing pattern you wish to release. Our distant ancestors, sometimes referred to as the Deep Ancestors, were closer to the Spirit within the natural world, so inner journeying was a potent way to meet its wisdom, and ask for the healing of wounds and conflicts.

We will explore the archetype of the Shape shifter, with dual roles; such as: Hermes, famed Trickster with the medicine of Soul Guide, the Cailleach: wild Winter crone who changes into the maiden Brigid of early Spring, and Raven: a master trickster in a plethora of African and Native American legends, who shape shifts into a Guide of the void, accessing healing from the great mystery.

On arriving, there will be a welcoming blessing of Sage, then invited to find a comfortable place to sit or lie down. I will then open the space to the four sacred directions, followed by a short Relaxation and Grounding meditation.

I will introduce the theme of the workshop, giving information about the Shapeshifter, including myths of the Hazel tree, ally to Hermes and the nine Muses and used for dowsing and healing to break free from unwanted "stories". You will be guided to write about a personal chapter in your life, a family secret, and then choose an oracle card as a symbolic messenger. Within the second journey, you will meet a shape shifting guide, who gives you a gift to journey into the lower worlds, to find healing and wisdom.

After the second Guided Journey, there will be an opportunity to write about some key moments, then time to share in a safe and confidential space. Ending with closing the directions and blessing the space. Please bring: a blanket, comfortable clothing, and a pen and paper.

Spirit of Fire - Ancestral Guides at The Hearth

This workshop is an invitation for you to connect with your Inner Cauldron, and meet ancient Guardians at the Hearth place, to access your Creative powers.

It has been said that the first shaman was Grandmother Fire, a true ancestress, adept at making fire to burn off the dross, and purify the soul. We will look at the theme of the Cauldron, and the mythic Guides who tended and transmuted with it, such as Cerridwen and Taliesin. The Cauldron is intimately connected with creativity, symbolising the 'womb gate' of the goddess. At the ancient Hearth, fire safeguarded against unwanted energies, allowing departed souls of the family to return from time to time. We will explore the many facets of the fire element, its power to: purify and release, and to ignite the sacred spark of inspiration.

You will be welcomed into a safely held and friendly space, to find a comfortable place for journeying and sharing in confidence. There will be a central altar, with a small cauldron, and sacred herbs with handouts on mythic Allies and the gift of the Fire element.

After a short initial Relaxation and calling in the four directions, I will introduce the theme of the workshop, and then invite you to write for a few minutes about your feelings about fire, think of an elder in your family you would like to connect with more, and then time to set intentions before the main journey.

In the guided Journey, there will be a soft drumming to aid relaxation. You will journey to the Hearth place, and meet a wise Hearth keeper, then meeting the Spirit of the Fire element, you will receive a Gift to heal an aspect of your family lineage.

some time for a group sharing, then closing and blessing the space. Please bring a blanket, pen and paper.

Laura Troupe

Laura Troupe has been deeply inspired by her Guru Sri Sri Bhagavan, whom she has been following for twelve years. Her Guru has founded the International Vedanta society (IVS), a spiritual organisation which provides a platform for men and women of all ages, ethnicities and cultures to celebrate the diversity of life by understanding the oneness of existence. Realisation of the Self is the key note of IVS.

Laura has dedicated her life to sharing His teaching and has chosen to embrace a life of Sannyasa (the Vedic path of Monasticism). She is paving a new life for herself here in England, where she is inspiring others to live according to their highest Truth. With roots in both England and Australia, Laura delivers sessions in both places but spends most of her time in England. Her long-term goal is to establish an ashram here in the UK where people can visit or stay to deepen their personal practice and to excel on the path to Self-Realisation.

Vendanta Session, Meditation and Mantra

All are welcome to the sessions, which follow the ashram tradition of India. Laura Troupe will lead the group in the chanting of ancient Sanskrit Mantras, which she will sing with her harmonium. You are welcome to join the chanting or sit quietly to absorb the energy. Meditation (partially guided) will follow the chanting. There will be time for sharing and questions about the practice, and a spiritual discourse with the aim of supporting the cultivation of the mind for introspection and realisation of the Divine Self.

Leonie Guest

Leonie is a human ecologist, core process psychotherapist (with 20 years of experience) and Wild therapist. She is facilitator of the Wild Therapy Training designed by Nick Totton, and runs many workshops outdoors and on the edge of the wild!

Wild Therapy - Connecting to The Wild Outside

Connecting the wisdom that is always inherent around us, we will slow down to the pace of a slug and experience what happens when we pay attention. What spontaneously arises around us in response to an enquiry.

Wild Therapy - Connecting to The Wild Within

Each and everyone of us has been shaped and domesticated by the world around us. Somewhere hidden in our depths there is a wild god or goddess waiting to unfurl and stretch its unfettered limbs. This is an imaginary journey deep into our beings to find our wild twin and dance it back home.

Leticia Parmer - Letinto

Leticia has been a visionary since childhood, with loving connections to the plant and animal kingdoms. A profound near-death experience at 21 set her on the path of healing, first through Astrology and then as a Shaman. She received teachings from many wonderful Native American 'relatives' during her years in the USA. A clear message to pass this knowledge on returned her to the UK in 2002. As 2012 approached, she worked with Mayan Priests in Guatemala on their traditions, their Calendar and with the Crystal Skulls. A published author, Leticia has written for major newspapers and magazines both here and in the US, and has guest-appeared on radio and television programmes both sides of the Atlantic. For many years Quinto and Leticia have travelled the world sharing teachings, healings and building medicine wheels to heal the land and energy lines wherever they are.

Finding Unconditional Love

LETICIA, a visionary, wise in the ways of Native American Shamanism, Astrology and Psychology, is a published author who has given workshops and talks worldwide – to re-connect us to our true essence. She has been working to help and heal humanity for over 30 years.

QUINTO is a Magician, Music Therapist and Inca Shaman (honoured with the title Pampamisayoq - Priest of The Earth). He has dedicated his life to improving the human condition through inspirational music, powerful and unique healing and wise guidance.

Leticia and Quinto embody and transmit the energy of sacred relationship. With heartfelt compassion it is their joy to support you with love and wisdom on your journey of transformation and growth. They combine their knowledge and transformational skills with the practical wisdom and experience gained from their own life journeys, deep studies of humanity and their committed, sacred approach to healing.

Together their mission is to heal the hearts and minds of humanity and mother earth herself, so that we may let go of fear and go forward as one, with trusting, open hearts. These two respected Shamans answer calls worldwide for assistance in healing ancient wounds in the DNA, activating medicine wheels, vortices and earth lines and working with individuals as needed.

A workshop for couples.

Lisa Bolitho

Lisa Bolitho is a shiatsu therapist and has been running around festivals for years with puppets playfully interacting with kids and adults. She discovered that this work was not just entertainment but opened up a whole world of healing with powerful profound results. Using props/puppets/the box of curiosities she has unleashed a world of fun, interactive play and magical moments.

Puppet Therapy

As a shiatsu healer and puppeteer for 15 years I have discovered the powerful link between healing and interactive play. Using puppets I guide you through the process to get you to know your puppet

and what it means to you. Taking you on a journey of self exploration in a safe held way. As a group the puppets may interact if they wish. Come and have a go and see what you discover!

Liv Narstie

Liv Narstie (She/They) is a multi- disciplinary, community based visual artist with a creative practice rooted in Spirituality, the emotional impact of colour, with works offering an array of Psychedelic Pageantry.

The artist draws her inspiration from wild swimming, a connection with ancient forest spaces and the land of Norfolk and its rich Folklore.

Further influences include working in Europe's Oldest Headshop and Community space.

Liv uses her sketchbook practice as a method of healing, navigating the world around her;

Processing emotions and a neurodivergent experience into a trippy world of colour and instinctive mark making.

Making and Enchanting Earth Charms

Taking inspiration and connecting with the land. Using found materials and the treasury of magic within us, we will make Earth Talismans for inner peace and healing. All equipment provided, just bring water and clear peaceful intentions.

God's Eye Weaving

Finding flow; after this workshop you will have created a woven decoration a Spiritual practice originating in Indigenous Mexican practice;

Understanding the power of what cannot be seen. This workshop will be alongside guided meditation.

All materials are provided and will be foraged for or upcycled. Bring clear and focused intentions.

Louise Jolly

Louise Jolly is training to be an ambassador for the Take the Jump scheme, a practical, empowering way to share the lifestyle changes we urgently need to make to protect our earth. She is also a communications professional, who helps climate and other organisations find the right words to inspire action and engagement.

Take The Jump - Six Shifts to Protect Our Earth and Climate

This workshop is based on the Take the Jump scheme, which helps people make the urgent lifestyle changes needed to cut our carbon emissions over the next few years. It's a way for people to feel empowered to make changes in the face of a crisis that can feel overwhelming. Take the Jump is based on Six Shifts: six simple, accessible lifestyle changes (relating to food, fashion, transport, holidays, electronics and system change) that will make a real difference (25% of carbon emissions are generated by us, in our daily lives). In the workshop, we'll explore how we feel about the changes, which ones we find hard, and which ones we find easier - different for everyone! The ethos of the scheme is supportive, non-judgmental, creative and fun. The details of the scheme and the six shifts are here: www.takethejump.org

Louise Mayor

Louise Mayor is part of the teaching team at 'Dreaming Awake'. She facilitates the first cycle of courses around the medicine wheel in their Shamanic training courses, for both in person retreats and online workshops. She is also an experienced martial arts (Taekwondo) and first aid instructor.

Shamanic Dreaming - Part One

Louise will lead you on a guided Shamanic journey that enables you to explore your personal connection to the natural world. Bring anything you need to feel comfortable sitting or lying down for up to 40 minutes, and a bottle of water. No previous Shamanic experience is necessary.

Shamanic Dreaming - Part Two

Louise will lead you on a guided Shamanic journey that explores your connection to the Web of Life and more than the human world. Bring anything you need to feel comfortable sitting or lying down for up to 40 minutes, and a bottle of water. No previous Shamanic experience is necessary. You do not need to have attended part 1 in order to come to part 2.

Louise Windsor

Louise Windsor has been teaching yoga in Brighton since 2012. Yin is her passion, she loves to help people slow down, be still and find refuge in the moment. She runs Yin CPD courses, retreats and weekly classes.

Yin Yoga for The Fire Element

In Chinese Medicine summer is the time to nourish the fire element, our heart. The heart is ruffled by rushing and striving, it wants us to be gentle with it. The emotion of the heart is Joy. Through this workshop we will explore the Fire element through the practice of Yin Yoga, to stimulate the Yin Heart Meridian and its supporting meridians. This is slow yoga and all levels are welcome.

Yin Yoga for The Earth Element

In Chinese Medicine the transition between summer and autumn is called late summer, it's the time of the "back to school feeling" as we start to notice the season changing. This is the time to nourish the Earth element, our stomach and spleen meridians. It's time to come home to yourself. This Yin Yoga workshop will explore this through slow yoga poses, acupressure and meditation so you are prepared for September ahead.

Lucy Lloyd - Mindset Coach

Lucy is a mindset coach and sound healer, combining her studies in hypnotherapy, NLP, Rapid transformational therapy (RTT) with shamanic healing modalities and the power of the voice, shamanic drum, crystal singing bowls and tuning forks to allow her clients to give themselves permission to make radical and permanent changes in their lives. Change your thoughts, change your life!

Liberation From Fear

Liberation from Fear is a group hypnotherapy session designed to help individuals overcome their fears and anxieties. Led by Lucy Lloyd, a trained hypnotherapist, the session uses relaxation techniques and guided imagery to create a sense of safety and calmness, allowing participants to explore and release the underlying fears that may be holding them back in life.

By addressing these fears at a subconscious level, the session aims to empower participants to move forward with greater confidence and a sense of liberation from their fears

Installing Healthy Boundaries

Installing Healthy Boundaries is a group hypnotherapy session that focuses on helping individuals establish and maintain healthy personal boundaries in their relationships and interactions with others. Through guided visualisation and positive suggestions, participants will be encouraged to identify and strengthen their own sense of self-worth and self-respect, and to develop the confidence and clarity needed to set and maintain healthy boundaries with others.

The session aims to empower participants to create more fulfilling and respectful relationships with others, while also promoting greater self-awareness and self-care.

Lucy Wylde

Songstress and Vocal Therapist, Lucy Wylde shares a deep wisdom of vocal alchemy through her work and study of the voice. With over 20 years experience of connection and singing, Lucy knew from a very young age that working with the voice was the medicine she was here to bring.

Through her own experience, she has been able to draw insight and knowledge to support others through their own journeys, as well as 3 years of study in Vocal Musicianship and deepening her experience with Group Voice Therapy through the British Academy of Sound Therapy.

Lucy is also an intern with Transformational Breath® and works with opening the voice through breathwork after discovering how supportive it has been in opening her voice and connection.

The Voice Within

The Voice Within is a gentle enquiry into our own unique voice. Based upon Lucy's 6 week online journey, this introductory workshop will give a deep and powerful flavour into the work that Lucy has set her heart out to bring. Lucy knows the depth and power the voice holds, the uniqueness that each of us carry and it starts with the alchemization of spirit and voice coming together. When we learn to let go, to trust in our voice and the voice that wants to come through rather than the voice we think we should be voicing, that's where the magic starts to happen.

Through this workshop, Lucy will take us on a gentle journey to reconnect with the power of your voice through embodiment practices and then using the medicine drum we will call back our voice, and invite us to sing from this place.

This is a gentle yet extremely powerful journey, all abilities welcome whether this is your first time singing, or you've been to a hundred voice workshops.

Please bring with you some water, a mat/ sheepskin to be comfortable on as we will be sitting and moving at times. You may also want to bring a journal/ pen to express any insights you may receive from this journey.

Sing Your Song

In this workshop, Lucy will open a space for us to come together and share in an intimate song sharing circle. Open Mics can be very daunting places when it comes to sharing songs for the first time. Lucy has found through the beauty of her musical journey, the power that coming together in an intimate circle can have for someone's wealth for music.

In this space, Lucy will guide us through some songs that are easy to sing along to and will open the space if anyone would like to share anything.

Through the power of deep listening and connection, the participants will engage in this intimate experience as some share their hearts creativity in all its rawness.

There will be space for positive feedback and the reflection of what their songs bring to each other.

This is a space for deep listening and to come together as a community to support the flourishing of artists in a very special and intimate way, away from the stage and bringing back to the circle.

This workshop is open to anyone, you're welcome to come even if you just want to receive and listen. Your ears are just as valuable as another's song.

Please bring with you water, and a matt/ sheepskin/ something so sit comfortably on for the duration. And of course, any instruments you may wish to play for your music.

Lula Rose McGill

Lula is a RYT 200 teacher, registered with The Yoga Alliance. She began her yoga journey 15 years ago and soon discovered the healing benefits of yoga, noticing how rejuvenated, energised and calm she felt. As well as healing a 6 week long headache! That was it hooked for life.

She spent 7 years exploring acrobatic aerial arts, partner acrobatics and functional movement. Lula soon found Vinyasa Yoga, finding its dynamic nature a great support to the high strength work of acrobatics. At the heart of the Vinyasa flow is the connection between breath to movement, this creates greater mental clarity, more mindfulness and awareness in the body.

Lula's classes are very creative, incorporating many unusual transitions, they are grounded in strength, anatomical detail (therapeutic alignment) and mindfulness. She offers detailed verbal cues and gentle assists, emphasising breath and correct alignment to reduce injury and support expansion and growth in postures, whilst allowing you to go at your own pace in a compassionate non competitive space.

Lula is a constant student as well as teacher, and is constantly updating her practice and knowledge of the body, learning about healthier ways to move that can improve your yoga practice – to specifically reduce injuries and move safely in order to stay mobile and strong as we continue through life.

She is a nutritionist and mindset coach, meditates everyday using co creative visualisation process to invite miracles into her life. Things she never thought possible, she has overcome many adversities in life and loves to share her insights, practises and wisdom during her classes, workshops and retreats!

She teaches a yoga retreat once a month, runs regular day retreats, workshops, a supper club once a month and often chefs for Adventure Yogi's retreats during the summer months.

Increase Energy Yoga Flow

90 minutes mixing it up with creative yoga and movement flow. Strong & dynamic combined with breath awareness, guided to become intentionally compassionate for your practice with guidance for progressions and regressions. With a focus on building your practice from the ground up - get

steady, strong and focused, meet yourself with a compassionate heart - leave feeling energised and inspired to be in your body.

Co Create Your Best Life with Meditation, Movement and Creative Flow Yoga

90 minutes of weaving together all the best bits from our yoga practice - creatively visualising your life in a meditative state, using cutting edge tools from neuroscience, spirituality and mindset coaching - to then anchor this into the body as we move creatively around the mat. Learn how to use your yoga practice as a metaphor for life, winding down with yin stretches and pranayama to leave you feeling invincible with the belief that anything is possible.

Lynne Ridden

Lynne is a psychologist, integrative arts psychotherapist/nature based therapist who has been working with individuals, groups and organisations for over thirty years. She describes her work as 'simply elemental' providing a robust relaxed environment for learning, creating and relating naturally. She is passionate about supporting people to establish a natural balance and rhythm in both their personal and working lives, as a way of supporting wellbeing and encouraging their full creative potential to unfold with ease. She lives and works in the South Downs and is also a poet and a celebrant.

The Celtic Wheel of The Year

POur ancestors followed the journey of the sun to support their livelihoods, growing crops and tending animals on the outer landscape. The Celtic wheel of the year provides a map of the rise and fall of the sun and the seasons which correlates with our inner and outer elemental selves. Often in our busy demanding lives we can lose sight of our own natural rhythms and the wise ways of our ancestors. We will learn together how to remember and apply this ancient earth based wisdom so that we may be true to our own nature, which in turn supports living our lives more simply and with ease.

The Nature of Poetry

Nature is our greatest teacher and much poetry has been written about the landscapes and elements that have touched the hearts and souls and minds of many of the great poets. In this workshop you will listen to and be invited to share poetry inspired by the elemental world. Please do bring your own favourite nature based poems to share as well as pen and paper as you will also have the opportunity to write your own poetry based on the inner and outer landscapes and nature that we encounter at Into the Wild.

Mahasukha

Mahasukha is a singing and mantra teacher, musician, arranger, coach and lover of all things soulful. He has been leading inspiring Soulful Singing workshops with thousands of people for almost 20 years. He's in his element leading people in singing - bringing out the best in people with enthusiasm, sensitivity and encouragement, bringing people together in joy and harmony. Mahasukha is also a Buddhist and his name means Great Bliss.

"Mahasukha is a skilled and sensitive man who is dedicating his life to the path of beauty and calling many to join him." ~ Jutika

"Mahasukha has a talent for bringing people together, through singing in such a way that every one feels included, supported and encouraged whatever their ability or temperament. He inspires and builds confidence in others, allowing them to achieve and experience something beyond what they thought possible." ~ Helen

Soulful Singing

Soulful, uplifting and fun singing workshop with the unique and inspiring Mahasukha. Sing songs, chants and mantras from around the world in glorious part-harmony, accompanied by Mahasukha's hypnotic drumming. We may begin with an ecstatic African chant and end with a sublime mantra. A joyful, tribal and meditative experience, guaranteed to put a smile on your face and uplift your heart & soul. Everyone participates, everyone has a voice, and in no time at all, a wonderful sound, incredible energy and a magical atmosphere is created, leaving everyone feeling uplifted, connected and transformed! Beautiful harmonies, beautifully simple, simply magic!

"Amazing workshop! A memory I'll treasure. Thank you" ~ Kate

"Your workshops are super healing. I always cry with joy." ~ Mémé

"I think it was probably the most beautiful and uplifting thing I have ever sung, and I felt afterwards that I had had a deep spiritual experience. It was wonderful." ~ Janet

Merlin Matthews

They say Merlin is a charismatic, well-rounded, widely-travelled and vocationally experienced man, who has more than a few scars (physical and emotional) to show for an intensely-lived life. After earning a management degree from the London School of Economics (LSE), he founded a highly-successful UK charity sending bicycles, tools and parts to Africa.

Merlin has been into Growth and Development since 1994, coached Men's Work since 2020, run Men's Circles since 2021 and founded www.Man.Academy in 2022

Merlin is committed to a Healthy Happy Long Live (and Lots of Love).

As well as his own models, he distils wisdom from a great many experts in different areas (and credits them).

Merlin and the Man Academy Believe All Men Deserve

- ✓ Support, Services and Systems...
- ✓ So You Can (1) Find, then (2) Action, Your Purpose + Power + Passion...
- ✓ So You Have a Healthy Happy Long Life (and Lots of Love)

Merlin Helps Men Empower Themselves in All areas of Your life, by Overcoming Your Conditioning to Unleash Your Massive Potential.

You will Grow Yourself and your Skills, using Support + Simple Systems with the Accountability of Your Brothers.

You will Find And Action Your Purpose.

Merlin, through www.Man.Academy, coaches Men 1:1 and group.

Merlin run's Men's Circles in Person in Brighton, Lewes, London and online.

"Merlin's Men's Circle...has drawn me out of a shell that I had not realised I was in...I feel fortunate and blessed to have been given the opportunity to take part. Thank you Merlin!"

Dave, 55

"...giving me a structure within which to look inside, reflect on what I'm feeling and put it into words, which is helpful in my journey of processing the emotions I feel and coming to terms with my emotional life - something that, especially as a man, has often been discouraged..."

Thank you for this wonderful opportunity, Merlin!"

Men - Find Your Purpose

Do You Want a Healthy Happy Long Life (and Love)?

Are You currently fulfilling Your huge potential?

Are You really clear on Your Purpose?

Workshop 1 = FIND Your PURPOSE

Workshop 2 = ACTION Your PURPOSE

Q: Why Find Your Purpose?

A: A Man without a Purpose is likely to struggle to find Fulfilment and Empowerment, to achieve his Potential or find / create Deep Happiness, or to live a long life.

www.Man.Academy has many simple Powerful Tools / methods to help You Discover Your Unique Ability / Genius (and then put it into ACTION, see Workshop 2).

In workshop 1 You will create a Filter / Focus, to Zero in on what excites you and cut back on where you are 'wasting' time and energy.

Your energy and attention is likely too scattered (multiple projects, focuses, to do lists...), so though You may be 'busy', not as much actually happens as You want. At the end of the week, month or year, You are not far from where You started.

You Can Create a Virtuous Cycle of Confidence and Capabilities thus more Motivation (a positive spiral).

Other related Simple Support + Systems from www.Man.Academy include; Champion Level Goal Setting ~ How men have been Conditioned (+ How to release it) ~ Future Self ~ ...

Men only (women and the world will benefit).

It is OK to attend ONLY workshop 1 OR 2 if eg. You already know Your Deep Purpose, or if You already have a system and support team to achieve goals.

SEE ALSO workshop 2 = Men: ACHIEVE Your Purpose

Merlin and the Man Academy Believe All Men Deserve

- ✔ Support, Services and Systems...
- ✔ So You Can (1) Find, then (2) Action, Your Purpose + Power + Passion...
- ✔ So You Have a Healthy Happy Long Life (and Lots of Love)

BRING ~ Open Mind & Heart ~ Brothers ~ H2O ~ Journal/Paper

Men - Action Your Purpose

Do You Want a Healthy Happy Long Life (and Love)?

Workshop 2 = Systems and Support so you can ACTION Your Purpose
(Workshop 1 was FIND Your PURPOSE)

When you have Found Your Purpose, the next step is to put it into ACTION

SYSTEMS:

Break Your Path into Simple Steps so you can get Momentum and Achieve Your Potential

You Will Learn Simple Steps to Start and Sustain ACTION Towards Your PURPOSE so You Can get Momentum and start upward spiral Achieve Your Purpose.

SUPPORT:

You have likely taken on a BS Myth that 'a man' is a lone wolf

www.Man.Adacamy - Brothers Grow Together

A.B.C. of Support (from Man Academy OR elsewhere)

Accountability ~ To and from Self, Brother and Group

Brotherhood ~ Brothers Grow Together - we help each other, connect, share and Grow together

Coaching ~ 1:1 and Group

2 parts:

1 - Coach asks Deep Questions (Classic Coaching)

2 - Simple Systems and Strategies (Powerful and Effective)

Men only (women and the world will benefit).

You do Not need to attend both workshops (is recommended).

It is OK to attend only workshop 1 OR 2 if eg. You already know Your Deep Purpose, or if You already have a system and support team to achieve goals.

Other related Simple Support + Systems from www.Man.Academy include; Future Self ~ Habits (make/break) ~ Code of Honour ~ ...

SEE ALSO workshop 1 = Men: FIND Your Purpose

Merlin and the Man Academy Believe All Men Deserve:

- ✓ Support, Services and Systems...
- ✓ So You Can (1) Find, then (2) Action, Your Purpose + Power + Passion...
- ✓ So You Have a Healthy Happy Long Life (and Lots of Love)

BRING ~ Open Mind & Heart ~ Brothers ~ H2O ~ Journal/Paper

Miche Tetley

Miche is a BACP registered and accredited psychotherapist and supervisor, who also has training and experience in working with subtle energies.

Originally trained in Gestalt and somatic psychotherapy at Spectrum in London, she has been working in private practice as a humanistic psychotherapist since 2007. Alongside her therapeutic experience, Miche has worked as an intuitive practitioner for over 20 years. She combines therapeutic and healing work with individual clients, offers intuitive readings, and also teaches intuitive and psychic skills through courses and workshops.

She holds a breadth of skills, tools and perspectives that span the fields of psychology, emotional awareness, neuroscience, the energy body, somatics, creativity, spirit and soul, and supervises professionals working with people who wish to develop psychological rigour and therapeutic professionalism in their practice.

As well as a therapist and intuitive practitioner, she is an artist, and enjoys walking and crafting and creating.

Spirit Guide Connection

Living a human life can be hard work, requiring stamina, resilience and strength to navigate the ups and downs. Many people have times where they feel confused, overwhelmed and lonely, with a sense of “doing it alone”.

However, did you know that each and every one of us have beings “just behind the veil” who are looking out for us?

In this workshop, Miche teaches a simple process to enable connection with our spirit guides. She will give a brief introduction to working in a safe, grounded and respectful way with energies. And then she will lead a guided meditation process to facilitate you to make contact with at least one of your current guides.

Please bring whatever you need to make yourself comfortable for the meditation, and an issue or a question that you would like to receive some clarity on.

Embodied Intuition

The last few years have brought chaos and societal change that most of us have never seen before. As the sands shift around us, we are having to learn to be agile in our personal decision-making. Developing a deep sense of embodied knowing can be a useful tool for navigating in the dark.

In this workshop, we will explore how to turn inwards to our somatic presence to harvest intuitive information to support our decisions. We will explore what 'Yes', 'No' and 'I need more information' feel like in our embodied field. And then we will explore an experiential and embodied tool for testing out our potential choices, as a way to access deeper intuitive signposting.

Feel free to bring any potential choices, scenarios or dilemmas you wish to work with.... Or simply come to learn the tools for when you next need them!

Mindful Heart

Passionate about the coming together of sound and meditation -sonic meditation or yoga- and helping others to access it through classes and retreats.

Meditation and Buddhist practice have been an important thread through James and Sasha's lives. They are inspired by Thich Nhat Hanh, Triratna Community and Theravada teachings.

James and Sasha are passionate about the coming together of sound and meditation and helping others to access it through classes and retreats.

Sasha is also a Mindfulness Based Cognitive Therapy teacher.

Mantra and Meditation

Sasha and James share mantras from different faiths to nourish the heart and settle the mind. There will also be a guided meditation and periods of silence.

In singing a mantra to Green Tara we can connect with her compassion, with the Medicine Buddha we wish health to those who are ill, and with Shiva we can sing a love song to our deepest selves.

Singing will be accompanied by the Harmonium.

Anyone is welcome to attend regardless of experience.

Mantras and Deep Relaxation

Sasha and James share mantras from different faiths to nourish the heart and settle the mind. The focus of this workshop will be nurturing a sense of ease through singing mantras and a deep relaxation/body scan.

Through singing mantras we can connect to positive qualities of the heart such as love and joy.

Singing will be accompanied by the Harmonium.

Anyone is welcome to attend regardless of experience.

Miriam Kisters

Miriam has been singing all her life. After a classical education in Germany, she moved to the UK in 2002 to study contemporary music. It was there that she fell in love with Indian classical music. In 2004, she travelled to India to live with the Dhrupad Master Prem Kumar Mallick who is her Guru to this day.

After returning from India, she started teaching, integrating the knowledge from both ways of singing, the west and the east.

She moved to Brighton in 2011, focusing on her own songwriting and other work, but Indian music has called her back in 2017. Since then she has been giving concerts around the UK and Europe, always happy to share her knowledge in the form of classes and workshops

She is currently teaching a Dhrupad course and 1-1 classes in Brighton, in collaboration with Vajrasati Yoga.

Dhrupad - Take Your Voice On A Journey Within

In Indian culture, there are three pathways to God:

Yoga, Sanskrit, and Music .

In this workshop we will explore an ancient Indian melody through the teaching method of 'call and response'.

As Indian music is purely devotional, the act of singing itself is prayer and the purpose is to dedicate yourself to the music. This way, we can get lost in the sound, bringing joy into our singing.

I will begin this workshop by singing a Raga, so you can relax, take in the melody and enjoy.

Following that, we will gently start by exploring breathing and opening up the voice.

From there, I will guide you through the basic melody of the Raga, through call and response.

Indian singing is an amazing experience that is deeply relaxing, nourishing and does wonders for the tone of your voice.

Bring a blanket or a cushion to sit on, please.

Morganne Goodma - Madarch

Morganne is a mushroom grower in Ceredigion - agricultural capital of Wales. Her fascination with fungi began in a plant biology degree and she hasn't been able to leave it alone since. She supplies some of the best restaurants in the area and also sells "grow your own" kits to end users.

With a long history in cheffing, Morganne is a food enthusiast first and foremost. This has led her to growing and being a passionate advocate for short chain food systems. She loves to have control of the food she prepares from field to fork.

These days Morganne can be found pottering about the polytunnel with her daughter, deep cleaning the mushroom farm (they need a lot of cleaning), out eating with her husband and best friend or with her nose in the books.

Mushrooms - Functional Medicine From The Wild

Morganne can't wait to share the magic of the fungal kingdom with you. She will show you how to identify common mushrooms that are safe and useful for everyday medicine for the whole family.

She will also show you how to extract the magic using tinctures, glycerites, powders as well as common mushrooms that can be included into your cooking.

How To Grow Your Own Mushrooms Using Logs

Learn how to cultivate your own mushrooms in a low impact way, be directed to sources for everything you need and have your own homegrown mushrooms from your very own garden or outdoor space.

Mystery School of Sound

Mystery School of Sound duo Paul & Mark Cummings provide a healing practice with Gongs, guided meditations and relaxation techniques.

Cosmic Gong Meditation

An epic gong performance that puts you into a deep meditation theta state, enabling you to totally relax, de-stress and heal physically & mentally. Enter a consciousness-expanding sound journey where you travel through your own inner landscape. Bring a yoga mat and a blanket.

Natalie Keegan

Natalie Keegan has been practising Meditation, Dance , Art and Craniosacral Therapy for many years.Which she brings together under an umbrella of “Visions of Health” She has been practising meditation with Kagyu lineage Akong Rinpoche , Insight meditation, Dzogchen with James Low, and Soul Making Dharma, with Catherine McGee.Rob Burbea..she will lead an embodied partially guided meditation to begin the day.

Somatic Morning Meditation

Morning Somatic Meditation, one hour morning meditation , please bring a cushion and blanket if possible. My background is in Kagyu Buddhism, Insight meditation , Dzogchen , and Soul Making Dharma..and Craniosacral Therapy .I have practised and studied for twenty years, and love to share the opportunity for us to sit together to begin the day, before entering into a day of festival activities.
www.nataliekeegan.co.uk

Natalie Oria

Natalie is a devotee to all things intimacy and pleasure, revelling in the juiciness of vulnerability and connection. She is a nature devotee, a mother, a lover, and you will most frequently find her engaged with people or immersed in nature - deeply connected.

Natalie is a certified Somatic Intimacy Coach, offering 1:1 transformational journeys; couples retreats and group workshops designed to enhance connection. Her mission statement is to support people to deepen connection with Self, the Earth, and Each Other - the antidote of so many of the world's biggest problems which stem from disconnection.

Natalie is also a Healing Massage Therapist and a Trauma Practitioner and treads gently. She takes trauma responsibility seriously, knowing how many of us are holding deep wounds and the profound impact this can have on relationships with the self, with others and with our planet.

As an intuitive healer, Natalie holds space beautifully:

"Natalie, your session has changed everything! Thank you for such a heartwarming session. I am more in my body and I am able to really enjoy the things that give me pleasure. Even my body clock has changed and I slept well for the first time that I can remember."

"Natalie has an amazing, kind, grounding and nurturing presence."

"Natalie, that was a really intense sex/intimacy/re-discovering your fire type session ..
Being connected with you and myself got me talking about so many deep hidden issues and experiences and what I want and what failed in the past, the hurt, the pain, the amazing sex, the wild sex, the mundane sex, etc etc
It has been amazing for me In many many many ways. I feel alive."

This is powerful and transformative work and has capacity for healing and pleasure in every aspect of your world - home/work/play. It's time to live that one wild and precious life ❤️

Embodied Intimacy and Play

Exploring the depths of connection with ourselves, the earth, and each other. This is a wonderful opportunity to go deep and to play with curiosity and awareness, navigating boundaries (our own

and each other) with compassion and learning more about ourselves. This workshop awakens our deep inner knowing that we are social animals, and that we need to connect to others for survival and for pleasure. We also need playfulness and lightness, and these are frequently parts of us shut down. So often we are running in survival mode, conditioned to shut down and shut out - this is an opportunity to stir the parts of you that feel alive, sense deep pleasure, and feel deeply rooted in your own yes and no.

A fully guided session with consent, consent, consent and boundaries, boundaries, boundaries at the heart of our process we welcome and support you to tune in and open up to whatever feels good. The session will include:

- Embodied Attunement - connecting to our bodies as opposed to our minds as guides in what feels like a yes and what feels like a no
- Boundaries Meditation to explore the edges of us and the edges of others and what feels good
- Play - exploring our aliveness through guided connection play
- Integration - learning more about the psychology of our need for attachment and how to bring our body's knowing and joy into our everyday lives.

We go very slowly, ensuring at all stages of connecting with ourselves and other people we have an enthusiastic YES! Or the power to say no - and what a beautiful power that is. This workshop will cultivate joy in connection that will ripple into your world in every way.

This workshop is for adults only, 18+
Please bring your selves, a cushion, and a bottle of water.

Oh and psssst! If intimacy and play make you shut down with a quick no - this is probably exactly the space you need! Revisit it gently and come and explore if you're curious...

And if it's a yes - YES!

I really look forward to connecting with you.

Into the Wilds of Desire

So often, in our busy, busy worlds of meeting each other's needs/children/working... We put our desires to the end of the list.

Even in the rare moments that we are gifted TIME, precious time - we can sometimes feel overwhelmed at what we truly want to do with it. What do we NEED, what do we WANT? So often we are so disconnected from our desires that we just don't know...

Additionally, so often in our society desires are laden with shame. The priority in our busy lives "should be" the children/work/family/home upkeep. We can't share desires or ask for them to be met for fear of upsetting others.

As for sexual desires - Phew! What a minefield. Our sexual desires can be so far outside of what we see around us, or may be super challenging for a partner. So often we water them down, or perhaps aren't even aware of what it is we are really craving.

When our desires are met, we feel filled up and alive, ready to devote our time to the things we need to. When our desires aren't met, the opposite is true - we feel depleted and resentful.

As a PLEASURE devotee I'm here to tell you that your desires matter. To guide you using somatic tools in being more attuned to what they are; to understand the psychology of why you desire what you desire and remove all shame; to CELEBRATE your desires; and to learn how to ASK for what it is that you need.

This workshop will be a guided exploration: •embodiment tools to really drop in to our bodies and listen to our inner wisdom

- communication tools, leaning in to the edges of vulnerability and the art of asking
- understanding of where our desires stem and the power of those desires being met

This workshop will light you up and ripple into every area of your life! Over 18s only. Bring a cushion and yourself, I can't wait to meet you.

Neilon

It was soon after moving to Brighton that Neilon was introduced to Thai Yoga Massage through discovering AcroYoga, which combines yoga, acrobatics and Thai Yoga Massage. He was immediately drawn to the embodiment of Metta, or loving kindness, in the practice, recognising it as the missing element from his previous massage experiences. This resonated deeply with him, and he soon certified as a Thai Yoga Massage practitioner and went on to qualify as an AcroYoga teacher and started Brighton's first AcroYoga class.

Today, Neilon continues to dedicate his life to promoting holistic well-being. In addition to offering personal training, AcroYoga teaching, wellness retreats, he practices Thai Yoga Massage and provides well-being coaching through BodyFirst, a life ecology system he developed.

With over four decades of experience in yoga and martial arts, coupled with his scientific background and personal journey to wellness, Neilon offers a uniquely comprehensive approach to health and

well-being. Neilon's commitment is to bridge the gap between science and spirit, providing a transformative healing experience for his clients.

AcroYoga Escapade

AcroYoga Escapade with Neilon: Explore, Connect, and Play. Description: Dive into the world of AcroYoga with Neilon, a seasoned instructor with a decade of teaching experience, as he guides you through a journey of self-discovery, embodied community, and divine play.

This dynamic and engaging practice promotes connection with others and fosters self-awareness. Join us to unlock your hidden you, build trust, and create unforgettable memories in a fun and supportive environment. All skill levels are welcome - come ready to play, connect, and explore!

Nicki Greenham

Nicki Greenham is a sound healer, spiritual life coach and artist passionate about empowering people to reconnect with their hearts. She runs regular art and wellness workshops online to help people get creative and live a life they love. Having worked with angel frequencies for many years, Nicki loves the angelic sense of humour and is a student/teacher of A Course in Miracles. See more at: www.NickiGreenham.com/ALL

Rechilding in The Wild

Rediscover your joy and inner wild!

A playful workshop to help adults rediscover the fun of life and nature. Release your worries, empower your creativity, reconnect with how you really feel through laughter, songs, games and eco-art.

Nicola Mallie

Nicola Mallie is a forest bather enthusiast and often connects with surrounding nature at every opportunity. Whether that be from the garden window to walking in local surrounding areas or parks or spending time with the ancient pillars of wisdom, trees. Nicola also enjoys reading about Zen Buddhist experiences and in particular loves the book "Things you can only see when you slow down."

Discover The Joys of Forest Bathing

Have you ever felt that life moves so quickly that it feels impossible to slow down and notice the little joys all around us? Forest Bathing, or Shinrin Yoku, a meditative art form from Japan is a brilliant way of slowing right down and taking the time to connect with the natural world that envelops us, allowing ourselves to feel truly connected to the universe and offers us a chance to give thanks and align with the natural flow of inhaling and exhaling within our lives, our bodies, our minds and our hearts. Join me for a meditative experience of bathing in the forest.

Nicola Williams

Nicola Williams is a relationships coach and workshop facilitator of 19 years experience, supporting people to enjoy well-being, confidence and happiness in healthy, kind, loving relationships. She is deeply committed to living what she teaches, and to bringing her ongoing learning and life experience to her work. She has healed personal dysfunctional relationship patterns that she had, at times, believed would never change, enabling her to offer deep understanding in her role of supporting others to move toward experiencing the relationships they long for.

Realising that life is all about relationships, in her twenties, she began her career with holding assertiveness courses. She loved seeing how much it transformed people's lives when they learned how to listen to themselves and say No and Yes, as they truly felt them.

Exploring her spiritual nature and what it means for how she relates is central to Nicola's work and life. As a teenager, she had an experience early one midsummer morning of complete belonging, deep peace, and indescribable joy and beauty. She knew herself as an integral part of everything that exists and felt the complete perfection of it all, no part excluded. The question for her then became how to remember and integrate this knowing of our true nature into everyday life, with all of its struggles, suffering, confusions and paradoxes.

The personal relationship challenges she has faced and worked with in her own life led her to seek out training that would equip her to navigate them with more skill, love and kindness, and to support others to do the same. These include Jan Day's 18 month Living Tantra training, Voice Dialogue Facilitator training with Transforming Dialogue and a Year of Polyvagal with Deb Dana.

Practical Self Love

What does it actually mean to love yourself? How does this look, in action? Come and explore these questions, reflect upon what gets in your way and discover practical ways to dissolve the obstacles to self-love, so you can be free to embrace your whole self.

Many of us can struggle at times to give ourselves the essential foundations of self-love, compassion and care. Sometimes we simply don't know how, because we were never taught how. When we were young, we may even have been taught (often indirectly and unintentionally) to be against ourselves. To love and care for ourselves, we need to be on our own side.

Self-love doesn't make us an island, completely self-sufficient and not needing anyone, or anything. Human beings are interdependent: we need to feel loved and to be cared for by others and to love and care for others. However, when we become dependent on others for love and care, without having given ourselves these foundations first, we can easily find ourselves in unhealthy relationships.

Self-love is less about doing and more a way of being with ourselves. It's recognising that we are already enough as we are, that we are worthy of love and don't need to be or achieve something special, or to fix, improve or perfect ourselves, to be loveable. It's befriending ourselves and seeing ourselves through loving and compassionate eyes. Self-love is allowing ourselves to simply be, as we are, in this moment. Ultimately, it's coming home to our deepest being and recognising that in essence, love is what we are.

In this workshop, you will be supported to explore:

- What does self-love actually mean? How does it look? Defining self-love, self-compassion and self-care
- Personal reflection upon what gets in the way of self-love for you
- Practical ways of dissolving the obstacles to self-love (such as self-judgement, feelings of unworthiness) and embracing all parts of you
- Making a self-love commitment

Empowered Relationships

If you would like to experience more empowerment and harmony in your relationships, you are very welcome to come along to this workshop! We will be working with the Drama Triangle, a model that maps a very common dynamic that happens in human relationships which can have a huge impact on the way we experience life and relating. Learn about the drama triangle (or come for a refreshing reminder if you already know about it!) and how its three roles - victim, persecutor and rescuer - can, and do, play out in our world and in your own personal world, both in relationship with yourself, and with others.

We will look together at the drama triangle roles and dynamics, and you will be invited to take part in some simple experiential exercises that will help bring awareness to the drama triangle in your own experience. We will then look at ways we can empower ourselves, and support the empowerment of others, to drop the drama and step out of the triangle.

In this workshop you will be supported to:

- Understand the Drama Triangle and how it plays out in your own life
- Identify which role(s) you tend toward most and the situations and/or relationships in which you most easily step into the triangle
- Be kind and compassionate toward yourself and others as you become aware of Triangle dynamics playing out
- Learn about how you can step out of the Triangle, be more empowered, experience less conflict and create more harmony in your relationships
- Bring what you have discovered and learned in the workshop into your everyday life

Ninah Baharier

Nináh Baharier is a mother of two and a high school dropout. She is a traveller, mostly hitchhiking through over 40 countries during a period of 7 years, living in squats and a tent. Nináh has a BSc in Herbal Medicine and is currently in the process of doing an MSc in Ethnobotany. Nináh is also working on a project for creating an egalitarian eco village, committed to creating a culture that is not separate from nature, based on indigenous cosmologies, ecofeminist theory and gift economy.

Herbs Used In Mexican Midwifery

World-wide there has been an increase in pharmacological and technological interventions in otherwise healthy low-risk pregnancies, which have been associated with increased instrumental delivery, c-sections and post-traumatic stress for women and a decrease in spontaneous births. Throughout history, herbs have been used for supporting pregnancy and birth and could potentially have a role in decreasing unnecessary reliance on medico-technical interventions. In many communities, traditional midwives play a vital role in providing care for women pre, post and during delivery, yet few studies have documented their ethnobotanical knowledge. In this workshop, I will present the initial findings of my research of the ethnobotanical knowledge of midwives in Mexico and include my personal knowledge as a herbalist. The research was inspired by my birthing experience in the UK and my education as a herbalist. I hope to increase the body of knowledge about ethnobotanical midwifery knowledge, to increase the choices available for women and midwives to support pregnancy and natural birth. In the workshop we will take an eco-feminist approach to understand the complex adaptive relationships between plants and women.

Herbal Medicine Walk with Botany For Beginners

I will teach the basic botanical structures to identify some local plants and speak about their medicinal uses.

Open Wing

Gammadian and Ena are long time practitioners and facilitators of Yoga, Being Energy®, sacred sexuality, meditation and lucid dreaming and have developed a modern system synthesising these arts for inner healing, harmony and well-being.

They create a safe and vibrant environment for you to explore your potential. They have guided thousands of people on journeys of self-exploration, and believe in your infinite potential.

They offer pragmatic self-healing and empowerment that reflects their own journey to know and express themselves in an authentic way. Their online courses and workshops enhance perception and imbue attendees with a sense of purpose.

Sacred Sensuality

Nature's most powerful expression is through sexual activity. This fact has been understood and used by many ancient and modern cultures for energising their lives. In this workshop you also will harness this power and use it for transformation.

We will combine inspirational techniques of movement, breath, stillness and ritual, with the intent to transform sexual energy into readily available life force/spiritual energy.

If you feel like you need an energy boost for a new project, relationship, or simply a new point of view, this experience is for you. Suitable for both couples and singles.

Bring a blanket to lie on or cover in the relaxation part of the workshop.

Dreaming Awake

Lucid dreaming has become a buzz word to so many, yet lucid dreaming is only the entry point into the possibilities inherent in expanding perception.

Dreaming Awake is a series of techniques that are forged in lucid dreaming to engage the energy body. Our mythological stories of superheroes acting in the world are a direct expression of dreamers using their energy-body in the daily world. This is surely the most expansive dream of humankind.

Dreaming Awake is a practical workshop, where you will receive information in diverse ways, kinaesthetic, somatic and through stories and explanations, that will direct you in how to connect to the energy body and Dream Awake.

We will close with a guided dreaming journey. Bring a blanket to lie on or cover if needed.

Peter Deadman

Peter Deadman co-founded and ran Infinity Foods in Brighton before moving on to a career in Chinese medicine. He is founder-publisher of The Journal of Chinese Medicine, co-author of A Manual of Acupuncture, author of Live Well Live Long: Teachings from the Chinese Nourishment of Life Tradition, and is an international teacher of qigong and healthy lifestyle. He is currently working on a book about qigong and is passionate about how we can use it to deepen our connection with the natural world.

Connecting to Nature with Qi Gong

Dating back 2500 years, the practice of qigong is deeply rooted in the natural world. We connect to earth and sky, root and spread our branches like trees, attune to the movements and spirit of animals and birds, play with clouds and waves. Peter Deadman has practised, taught and written about traditional Chinese self-cultivation methods for fifty years. All are welcome.

Deeping Our Connection to Nature with Qi Gong

This workshop will continue the nature connection qigong we began in Workshop 1. As well as lots of practical qigong, Peter will briefly discuss the place of nature in the self-cultivation tradition and refer to the last few decades of nature and health research. Peter Deadman has practised, taught and written about traditional Chinese self-cultivation methods for fifty years. All are welcome.

Quinto Grigatti

QUINTO GRIGATTI - has always been deeply connected to the rhythms and vibrations of the cosmos, which he expresses through his sensitive music and intuitive understanding of this planet and those who walk upon it. A Shamanic Practitioner for over 30 years, Quinto was apprenticed as an Inca Shaman then initiated by the Inca as 'Pampamisayoq - Priest of The Earth'. Quietly humble, he is particularly gifted in returning balance to the mind, body and spirit with gentle and insightful reminders to us of our own innate power.

For many years Quinto and Leticia have travelled the world sharing teachings, healings and building medicine wheels to heal the land and energy lines wherever they are.

Finding Unconditional Love

LETICIA, a visionary, wise in the ways of Native American Shamanism, Astrology and Psychology, is a published author who has given workshops and talks worldwide – to re-connect us to our true essence. She has been working to help and heal humanity for over 30 years.

QUINTO is a Magician, Music Therapist and Inca Shaman (honoured with the title Pampamisayoq - Priest of The Earth). He has dedicated his life to improving the human condition through inspirational music, powerful and unique healing and wise guidance.

Leticia and Quinto embody and transmit the energy of sacred relationship. With heartfelt compassion it is their joy to support you with love and wisdom on your journey of transformation and growth. They combine their knowledge and transformational skills with the practical wisdom and experience gained from their own life journeys, deep studies of humanity and their committed, sacred approach to healing.

Together their mission is to heal the hearts and minds of humanity and mother earth herself, so that we may let go of fear and go forward as one, with trusting, open hearts. These two respected Shamans answer calls worldwide for assistance in healing ancient wounds in the DNA, activating medicine wheels, vortices and earth lines and working with individuals as needed.

A workshop for couples.

Raiwa Baitalmal

Rawia's love of sound frequency for healing started over 20 years ago. She has travelled extensively in India, living over 10 years immersed in the culture of this continent. Her love of Kirtan began in the 90's and she has been chanting ever since. After returning back to the UK she recognised a need to make this beautiful heart opening practise as well as gongs, guided meditation and shamanic journeying more available in her community, trained with the Yoga Alliance, as a qualified Kirtan leader, she is a Gong Practitioner (CoSH) , Akashic Record Facilitator, Shamanic Trained, Trauma Informed Yoga Teacher, a Reiki Practitioner and Naturopathic Nutritionist.

She offers guided journeys through meditation, gong and sound healing, Kirtan, shamanic journeying, drumming, trauma informed yoga, movement medicine, meditation and reiki , all from a safe, supported space for potential individual expansion to occur.

Earth Grounding Meditation Gong Bath

We will guide you through a beautiful meditation into the inner landscapes, encouraging you to softly tune into the eternal breath. Finding this unique connection to the lands, and the Earth's

heartbeat. As we deepen this connection and sink into a state of deep relaxation I will begin a sound journey with the gongs.

The gongs provide healing frequencies that will attune to your unique blueprint to give you the exact healing you need. Powerful in their ability to take the listeners on transcendental journeys, bringing deep healing and relaxation. A sound bath is typically a way of managing anxiety, soothing the nervous system, and blocking all the ideas and thoughts out of your consciousness as you connect with your body.

Gong baths are a type of inactive meditation, where you “bathe” in the healing vibrations of sound.

Breathwork Meditation Gong Bath

We will guide you through a beautiful meditation into the inner landscapes, encouraging you to softly tune into the eternal breath. Finding this unique connection to the lands, and the Earth's heartbeat. As we deepen this connection and sink into a state of deep relaxation I will begin a sound journey with the gongs.

The gongs provide healing frequencies that will attune to your unique blueprint to give you the exact healing you need. Powerful in their ability to take the listeners on transcendental journeys, bringing deep healing and relaxation. A sound bath is typically a way of managing anxiety, soothing the nervous system, and blocking all the ideas and thoughts out of your consciousness as you connect with your body.

Gong baths are a type of inactive meditation, where you “bathe” in the healing vibrations of sound.

Ranni Shanti Perry

Ranni Shanti Perry started his first steps in yoga while visiting Kenya in 1976. Travelling with three Americans in the North of Kenya (lake Rudolf) one of them practised yoga every morning, Ranni was fascinated, joined him and continued.

The first eight years of yoga were with the guidance of The Whole Book of Yoga by Vishnudevananda, a disciple of Shivananda. Also taking a few weekend workshops.

In 1984 travelling in India Ranni met his Guru Yogi Rajpal in Gangotri, a holy town in the Himalayas. At that time Rajpal didn't have his Ashram, he lived in a small village Bhaila in the lowlands between Delhi and Rishikesh. There being very hot in the summer Rajpal would spend the hottest months in the Himalayas, cooler and better for his Sadhana (Yoga practice)

Rajpal with the help and devotion of his family conducted a yoga camp/retreat in his village every year from the last Tuesday in January to the first Tuesday in March. 35 days of Akhand Yoga. After meeting Ranni, Rajpal invited him to come to participate in the yoga camp. Ranni was very happy and for many years used to participate.

After meeting Rajpal Ranni only practised Akhand Yoga and since 1986 has been teaching it all over the globe: India, Brasil, Israel, UK, Germany, China, Switzerland, Portugal, Spain

Rajpal later built his Ashram where he was also comfortably practised during the hot summers.

In his last years had some health issues and on 1st of May 2022 he passed away. OM ॐ

Today Ranni is living in Portugal in the countryside by a river, Palhota Entrevinhas .

A perfect place to practise Akhand Yoga.

All are welcome 🙏 ranniperry@gmail.com

Watsap +972524327778

OM ॐ

Akhand Yoga

Akhand Yoga is an ancient yoga which originated in the Himalayas and is practised as it was over a thousand years ago. Akhand means practising continuously without break.

In the universe there are two entities that are eternal, Soul and Divinity. That is actually the aim of the yoga practice, searching and being conscious of these two entities.

God gave us all our sense organs, our desires distract us from searching inside, for our Self and Divinity.

On entering this path we enter a very long path that lasts lifetimes, but the results of contentment, health, peace, happiness and the vital force are immediate.

Complete surrender to divinity is something that gradually grows on us, the more we live it and understand it we become content, happy in all conditions and accepting that everything is for the sake of good.

The workshop is suitable for practitioners as well as for beginners, all are welcome even if you feel heavy, clumsy and not flexible!

This is what yoga does for us: preparing our body for Dharma, The Path of Virtue.

Listening to our body, our capacity and practising at our own pace is the key for everyone.

If there is a will there's a way.

The workshop will be:

A. Pranayamas breathing exercises, using the last pranayama to get into a short meditation

B. Asanas, physical postures and exercises.

Important: Not to have breakfast before practising. Only drink water.

Come with a yoga mat and/or a blanket.

Recommended to take a shower before practising.

OM ॐ

Akhand Yoga

Akhand Yoga means practising continuously every day.

The pranayamas and the asanas are divided into different exercises practised in a sequence on different days.

The asanas on Sunday, Tuesday and Thursday are the same, then the asanas on Monday, Wednesday and Friday are the same. Saturday has different asanas.

Also as there are many pranayama exercises they are divided into: Saturday Sunday and Mondays one type. Tuesday, Wednesday, Thursday and Friday are another type.

Workshop two will be a continuation of Workshop one. It will not be the same and if you missed the first workshop you can still do the second.

The Workshop will be:

- A. Pranayamas, breathing exercises using the last pranayama to get into a short meditation
- B. Asanas, physical postures and exercises.

Important: Not to have breakfast before practising. Only drink water.

Come with a Yoga mat and/or a blanket.

Good/Recommended to take a shower before practising.

OM 

Raquel Torres - DJ Amada

DJ Amada is an Ecstatic Dance DJ who has been active in the conscious dance scene since 2021 playing live at various conscious dance events across the country including London, Bristol, Manchester and Swansea as well as festivals such as Buddhafield and Noisily festival.

Her sets are very eclectic and informed by her Latin American roots and could be described as deep, funky, soulful and quirky incorporating most genres from across the spectrum of World fusion and electronic music.

Her purpose is to take dancers on epic musical journeys that promote connection, positivity, balance and inner wisdom through the body.

After several years dancing 5 Rhythms, she's trained with Dance the Medicine and Heart of Ecstatic Dance to hone in her skills to facilitate safe spaces to dance. She plans to take her musical and event planning skills to birth her own event in the near future.

Ecstatic Dance - Wildness in Motion

This session is an invitation to explore our wild side through our bodies in motion. We will start with a full body scan to connect intuitively with our body parts in free-form movement. We'll then dance to a live DJ set with carefully selected music to match the theme of the dance through different music genres and tempos. Connecting to our inner wild side can mean different things and we'll explore how we can each express this side of ourselves in a safe judgement free container space. To best enjoy this session, bring an open mind, be playful and forget what your everyday persona is. Depending on what the group field is like, we may end the session with a closing circle to allow open sharing of the dance.

Ecstatic Dance - Open to Imagination

In this session we'll delve into more leftfield and experimental music to move to so that we can engage our imagination more deeply and move more freely and perhaps in more unexpected ways we're not accustomed to. We'll first connect to our bodies and its current energy so we can invite both the body and mind to offer our dance to our full imagination in motion. We're encouraged to be open to how the sound feels in our bones leaving behind pre-conceptions of what dancing is so that we are freer to experiment moving to a variety of music which evokes different emotions. Dancers will be invited to dance solo and in pairs/groups and free to vocalise along the way so we are fully immersed in sensory and bodily exploration. There will be a closing circle to end and express any feelings with others.

Rebecca Hayat

I trained first as an artist and discovered creative freedom from exploring energy, emotions with the movement and the shapes we create with the body. This led me to a fascination with the felt sense of the body moving and to the world of yoga.

I have been on the teaching path of yoga for over 24 years. I am passionate about energy and being present. I create an ambience of joy, love and security and welcome laughter, tears and hugs. I like to work with all kinds of people and animals and enjoy using touch and movement to explore and develop an innate sense of self.

Fluid Yoga - Honouring The Water Element

Everything in nature is made up of the 5 elements of earth, water, fire, air and ether. This time we're exploring the adaptable and flowing water element. The Water Element in Yoga represents fluidity, passion, creativity, emotions and sexuality. We'll work on strengthening, opening and relaxing the hips in this practice, as well as lubricating the joints. Water is also associated with the second chakra: Svadhishtana or the Sacral Chakra.

Feel The Power

The navel chakra in its natural element: fire- its Sanskrit name - "Manipura" means "lustrous gem of the city," Its associated colour is yellow, hence its links to fire and, more broadly, the sun. It is directly linked to your sense of self. This energy centre is associated with your self-esteem, sense of purpose, personal identity, individual will, digestion, and metabolism.

This workshop through a series of uplifting posture and breath work is intended to enable us to feel strength to be the greatest version of ourselves, to give us wholesome strength and rejuvenation.

Richard Buckworth

Richard has been active in the self-development field for over 20 years and blends his Systemic Family and Silent Constellation background with other modalities including Shamanic Healings, Enneagram teachings and The Journey's emotional-release therapy with real-life experiences to allow a sense of aliveness and authenticity in his workshops.

He is particularly interested in the whole "nature/nurture" debate due to being adopted and knowing its associated issues supports him to work empathetically with the intimate nature of embedded traumas which can be governing people's daily lives.

He says:

"Before embarking on my healing journey life lacked depth, direction or meaning. I was busy and manic, helping everybody else with their problems and arrogantly thinking I was fine. But the truth was very different and undergoing these healing modalities has revealed the lies, layers of beliefs and stories and made me realise that we all have issues.

I thought I was ok whereas the truth was I felt misunderstood by others (especially my fellow men), I didn't know how to be fully true to myself and was held back by invisible saboteurs. Life is now clearer, easier and more real and I use the tools I have learned regularly to help in times of crisis when I fall back into the old patterns".

Richard has also spent time living and filming with various indigenous people including the Cree (Canada), Sami (Sweden) and Aboriginal (Australia) and draws on their ancient wisdom about living in harmony with nature in our modern world and what we can bring from these teachings into our everyday lives and consciousness.

His intention is for us all to live our lives truly and fully as our authentic selves and to support this transformative and healing process wherever possible.

Family Constellations

Family Constellation Therapy is a unique technique which brings together western psychotherapy and ancestral healing practices to shed light on the ways our daily lives are inextricably linked to events that have taken place in our wider family system and how we are still being controlled by them.

It connects us to the “knowing field” where people representing our family members or a specific issue provide the opportunity to clear whatever put current unhealthy patterns in place - whether they be relating to our relationships, family, health, direction in life or wealth – so that we can move forward and express ourselves with greater clarity and direction in the world.

The work supports us in embracing all parts of ourselves and getting to know ourselves more deeply. With courage, dedication and inquisitiveness, we lovingly shine a light on our perfect beauty, patterns and strategies. When we enter with this approach we are offered the opportunity to see our lives (and others) with greater compassion.

Why should I attend?

Motivation to participate might be the feeling of seeking change in your life, addressing long standing issues or a sense of stagnancy, a draw to deeper self-enquiry, clearing your unhealthy relationships dynamics or a desire for healing on all levels of being.

What do I need to bring?

Your good self and an open, trusting heart.

Anything else I need to know?

Everything at the workshop will take place in a trusted, confidential space and as well as receiving a constellation directly there is a huge benefit in supporting other people’s process as a ‘representative’ or witnessing it in the audience.

Robyn Wilford

Robyn Wilford is a Certified Circling Facilitator with Circling Europe and NARM Informed Professional. He runs biweekly Circling workshops in London and works 1-1 with clients. NARM is an approach to working with developmental trauma (narmtraining.com).

Starting way back Robyn tried to prove the existence of God with Theoretical Physics for his Uni dissertation. He then set about saving the world as an international aid worker... and became a champion partner dancer and tennis player in his spare time. After some relationship endings a crumbling of theories and ideas of 'self' happened. A stillness opened up and space to tune into himself more deeply. After some years of therapy he found and trained in teachings that changed his path for goodauthentic relating, dance and movement, and ultimately finding the practice of Circling.

These teachings have been there for him through many dark hours, complexities and challenges. He is excited to bring these rich and potent tools to more who can benefit (and perhaps come closer to his intention of proving the existence of God and saving the world!)

Introduction to Circling

What's it like to be you, right now? Come and explore what it's like to be with others in their world while staying connected to yourself.

Circling is a fast growing authentic relating practice, active in many countries across the globe, that explores what's actually happening right here and now in connection.

It is done in a group or with another person and invites feeling into the subtleties of one's present experience in connection with others, often using words to share that experience.

Fundamentally, it's an interpersonal meditation that helps develop our awareness, widen our perspective and build various skills, including self-leadership, being with another in their world, and owning and trusting our experience.

Circling encourages slowing down and being with what is, and you may find yourself deeply appreciating the people you're with and quickly making surprisingly meaningful connections.

The workshop will give a comprehensive introduction and opportunity to experience this beautiful and powerful practice. It is ideal for those with little or no experience of Circling, and is structured in a way that those with more experience can get a lot from it.

Roger Newton Douglas aka Roger Gong

Roger has had a lifelong fascination with yoga & various ancient Eastern philosophies. He has studied widely and deeply: TCM, Shiatsu, Shamanic indigenous Native North & South American cultures as well as with some of the world's foremost names in yoga. He started a Hatha yoga practice, initially and principally self-study from books in 1972. His style of teaching is thoughtful, intelligent, insightful and often playful. In 2009 he discovered Nada Yoga (Sound - Gongs, Himalayan Singing Bowls and other traditional instruments) and soon after introduced this as an element in his yoga classes and workshops.

This sound element of his study has now somewhat taken the foreground.

Workshops are tailored to student's needs - with neither age, inexperience nor injury being a barrier. Breath & body are encouraged to work together, allowing progressive opening and release.

Roger has explored and practised many avenues of yoga and truly believes that there is only one style; 'No Style' as each and every one of us is unique. The umbrella term 'Hat-Ha Yoga' in the sense of 'Yoga of Determined Effort' is a reminder that focus and discipline are at the core of our practice as in every other walk of life and sound has no style as it has no bounds. There are no instructions in a sound meditation; other than 'listen to everything'. There is only release.

Workshops are an eclectic mix, always tailored to the group or individual situation.

Lucid Dreaming Sound Journey

Theta (Gong) waves reduce blood pressure, relieve stress and stimulate the immune system.

This Lucid Dreaming sound journey will be a sensory audio experience that is hard to describe in words. The sense of calm can be likened to many years of accumulated meditation practice - all at once entering your being - this feeling can remain with you for days into weeks in some instances. To participate could not be easier. It takes very little effort on the part of the receiver. All that is required of the participant is for them to show up and either lie down (most cases) or for some; sit in a meditation posture or even a chair.

Roger has been facilitating soundbaths and what he terms Gong Healing Magic for over 13 years. He brings his workshops various meditation and breathwork techniques from his lifelong yoga practice.

"Every stone is light slowed down; tied in a knot
- and light ... is every stone's dream. "

Sound Vibration and Gong Meditation

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"Every stone is light slowed down; tied in a knot
– and light ... is every stone's dream. "

Roma Hearsey

Roma Hearsey is an experienced birthkeeper, birth & postnatal doula, doula mentor & teacher, Spinning Babies Certified Parent Educator, Wilder Hypnobirthing teacher, Infant Feeding Coach & author of *Rewild your Birth*. She is a mother of three sons, all born at home.

She is still completely obsessed by and passionate about her work, thirteen years in & exists in a parallel universe, where births are generally straightforward, intervention free & the best experience of her clients' lives.

Rewild Your Birth

What are your wildest dreams for your pregnancy & birth? Do you dream of having a natural, physiological birth? Of letting the soft, warm animal of your body do what it yearns to do? Of scooping your baby up in your arms and saying "I did it"? Of having an experience that elates you, that takes your relationship with your partner to another level? That allows for your baby's gentle, unhurried entrance into the world, with all your hormones doing just what they are meant to do to facilitate bonding and feeding, and with the optimal colonisation of your baby's microbiome?

In this workshop, experienced doula, Roma Hearsey, helps parents-to-be to know their options in their birth journey and prepare well to avoid the potholes in the road.

We need to move away from our cultural view of birth as something dangerous and dramatic which is to be feared, and towards something enjoyable, possibly even ecstatic.

Biomechanics For Birthkeepers

A workshop for parents-to-be, birth partners, midwives and doulas, looking at the physiology of birth, why station (of the baby in the pelvis) is infinitely more important than dilation (of the cervix) & different moves for labour that open the pelvis where the baby waits.

This is permaculture for birth; common sense and solutions based thinking.

Babies move into the space that is available to them in the uterus. Muscles, ligaments & fascia shape the space. We can add balance, to help babies get into an optimal position. Doing this in pregnancy is very helpful preparation for having a straightforward birth.

Roma has been teaching all her doula clients the Spinning Babies Parent Class over the last four years and has not had to support a birth longer than 24 hours, with most of them much shorter than this. There have also been very few interventions. Comparatively, locally the c section rate is around 50% & while some of those are chosen & some are necessary, others are avoidable 'unnecessaries'.

Samjhana Moon

Samjhana Moon helps women see themselves through a new lens and embody their true radiance to live an ecstatic life. She guides women to develop a nourishing relationship with the phases of the menstrual cycle, Sun and Moon to live their true path woven into the fabric of nature.

Samjhana is a soul essence photographer, mandala earth artist and cyclical living coach. In 2009 she pioneered a unique style of portrait photography that has guided 100's of women to awaken to their magnificence on an insightful journey in nature.

Samjhana offers insight into the interconnectedness of nature outside and inside of ourselves. She shows us how working with the phases of the menstrual, solar and lunar cycles empowers us to live more joyfully and authentically as we connect with our body's natural rhythm. This awareness supports our mental, physical and emotional wellbeing in miraculous ways as we embody our true nature and journey towards a new world.

She is co-creator of the World's first menstruation and moon clock and Director of Inner Seasons which provides a range of beautiful tools to support living cyclically. Samjhana is founder of Sacred Feminine Photography and was voted People's Choice Speaker for TEDx Totnes in 2015.

Menstrual Cycle Secrets

Do you want to love your body, discover a new sense of confidence and create a wildly ecstatic life? Living in flow with the 4 phases of your menstrual cycle helps you tap into your unique source of creativity and remember your true nature as the sovereign Queen of your own life.

Join me to explore the gifts and meet the challenges of each season of your menstrual cycle. You'll learn how your hormones influence your body, mind and spirit and how you can use this as a positive influence in your life.

I'll share my simple framework linking the solar, lunar and menstrual natural cycles and how you can live and work with each of them to experience more joy, connection and abundance everyday.

Join us to empower yourself by embracing all aspects of living in a woman's body. Let's supercharge your creativity with nature as your ally to create the wildly ecstatic life you deserve!

Men are most welcome to join.

Mandala Earth Art Ritual

Creating mandalas from seasonal foliage is a mindfulness practice that ignites our conversation with the land and the wisdom of the cycles. Join me for this interactive workshop to create your own earth art mandala as a sacred offering for this beautiful land.

I'll share a mindful process to help you connect with and receive inspiration from the earth so your mandala becomes a co-creation. I'll reveal my mandala prayer process of reflection, gratitude and vision that will support your soul's evolution. Gifting you with a practice that will continue to nourish you through the seasons of your life.

Bring a pair of scissors or a knife, basket or bag is useful for collecting foliage. A sit mat or picnic mat, something to place under your knees for comfort if you need.

Santosh Pawar (Antardeep)

I am Santosh Pawar (Antardeep), working currently as an Healthcare assistant at Royal Surrey County Hospital, Guildford. I love dancing, cooking, and learning new hobbies.

Bollywood Dance

Bollywood dancing is a colourful, dynamic and highly theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, belly-dance while also incorporating more contemporary western forms such as hip hop, jazz and funk.

Sarah Charlton

Sarah Charlton is an experienced Parent Coach and therapeutic mentor with children and teens. She teaches trauma informed listening and connection tools for healing, building relationships, and celebrating what's going well! Sarah lives locally and offers her work both in person and online to individuals, families and communities. She is a strong believer that deep listening has the power to transform our world!

The Heart of Listening

The Heart of Listening for Parents.

Learn the Art of deep listening to help build and deepen connection and cooperation with your children and teens. This workshop is part talk and part experiential. Come with something comfortable to sit on and be able to drop into a supported space where you can focus on both listening and being listened to. This workshop is suitable for adults and babies in arms are welcome.

Listening for Lovers

Learn the Art of deep listening to help build and deepen connection, understanding and harmony in our intimate relationships. This workshop is part talk and part experiential. Come with something

comfortable to sit on and be able to drop into a supported space where you can focus on both listening and being listened to. This workshop is suitable for adults only.

Sarah Hutchinson

Creative facilitator, therapist and performance maker. Sarah holds a safe, supportive space where you can be free to lose inhibitions and play authentically, described as "deep fun". She is a qualified practitioner of Neuro Dramatic Play which brings together a range of creative therapies and is trained in Somatic Experiencing.

Assistant: Cliff Walker is a master carpenter, breath worker and healer. He has been running wind chime, jewellery and other mindful making sessions at festivals for over a decade. He brings a down to earth approach to creating mindfully and intuitively.

Somatic Creative Expression

Opportunity to land in your body, this moment and find your creative flow.

You will be gently guided through moments of deep body listening out into wild expression and back down to your core. Playing with vocal sound, movement and free art...

"the deeper I went in the more I went out in creative expression"

"for the first time I felt I had permission to use my voice"

Wild Crafting

Mindful making with natural and found materials. You will be guided to work intuitively and find your flow in crafting a piece to keep, it could be a dream catcher, wind chime, mobile or decoration of any kind. You may wish to sew an intention into it and create something that represents that to you as a reminder to keep in your space. Relaxed space to connect with others, chat and create.

Shankar

Shankar has been living in the Alps for 20+ years, and has been teaching yoga for even longer. A true wilderness ascetic, his intimacy with the earth is present in his being and his teaching. He specialises in working with physical and emotional blockages. Come connect the mat, the mountain, and modern life.

The Art of Old Skool Yoga

Teasing out the fundamentals of yoga from the framework of postures used in Ashtanga & Iyengar Yoga therapy, this we will focus on accessible movements but find new physical and emotional depth to them. Although founded in a deep mystical understanding this workshop will remain grounded in practical experience. Old Skool.

Finding 'Aum' Within You

If the syllable "Aum" is the vibration of the universe, what is the point of chanting it?? In this workshop we will explore the practice of pronouncing and "receptively offering" the syllable, its true meaning and implications for our sense of self, and how it embodies within us. Cushions, mats and blankets advised.

Simon Carey-Morgan

Simon was born, did some stuff and will die anytime.

Qi Gong - Liberation Through Effortlessness

Liberation through effortlessness

Sonja Maria Devi

Sonja Maria Devi is an Australian born healer, teacher & ritualist, founder of the Wild Sacred Feminine Wisdom School and the women's healing movement.

She is passionate about the power of ritual for both personal and collective healing and has been facilitating potent transformational retreats, intimacy workshops & healing rituals internationally for over 10 years. She is known for holding powerful, safe, beautiful spaces for deep healing and radical embodied empowerment.

www.wildsacredfeminine.com

Healing Intimacy

A guided journey of playful & profound exploration of embodiment & authentic connection for couples and singles

Be lovingly guided through simple but potent practices that are non-goal orientated, tender and transformative; guiding you to gently move beyond your blocks to intimacy at your own level of comfort, awaken your life force and open up to relating on a whole new level.

Womb Healing Ritual for Women

Let go of pain and tension and connect to the wild power & wisdom held in your womb. A deep dive healing journey with taoist sexual vitality practices and earth based energy wisdom for personal and collective healing and renewal, guided with love by Sonja Maria Devi.

Sophia Efthimiou

Sophia has been facilitating inspiring workshops for 16 years and is passionate about supporting people to experience the healing power of the voice.

“We are all born singers. We are vibration. We are resonant beings. Singing is our birth right and gives us an embodied experience of ourselves, allowing us to be fully present. When we sing together we feel the truth of ourselves as vibrational beings, and our interconnectedness to all of life.”

Sophia holds a nurturing and magical space, weaving her love of music, people and the land with a lightness of spirit that invites us to welcome ourselves as we are. She has collected songs from many traditions, and teaches them in an easy way, enabling anyone of any experience to feel the bliss of singing in harmony together.

"Singing together is a re-remembering experience. It's ancient and vital and brings us into a deeper connection to the power and potency of our being. We sing our joy and our sorrow. We sing to pray, to heal, to give thanks and honour this gift of life!"

Singing Ourselves Home

Experience the deep bliss we create when we sing together in harmony. Learn beautiful songs, in a range of styles from around the world – songs that nurture our sense of unity, connection and belonging. Uplift your heart and feed your soul. Everyone is welcome! "If you can talk you can sing, if you can walk you can dance". Zimbabwean proverb

Skye - Dr Laura Von Nordheim

Skye (Dr. Laura von Nordheim) is a passionate dancer, cuddler and qualified psychologist. Skye loves bringing people together to help them connect to themselves, to one another, to music, to space and spirit. Skye has a background in Fusion, Contact Improvisation, Swing, Tango, Embodied Consent and Boundary Work, Visualisation and Relaxation Techniques, and all things silly and wholesome.

Fusion Dance - Freestyle

Fusion Dance is freestyle solo-, partner- and group-dance that draws on the principles of traditional partner dances like Blues, Tango or Zouk to help even those new to partner dancing have a beautiful and ballroom-y experience. Fusion Dance endorses a switch culture, which means there are no set gender roles and everybody can dance with everybody and everyone can learn to lead/follow/switch. Fusion Dance uses different holds from very open to very close, which makes Fusion Dance an incredible modality to practice physical and emotional boundaries, desires, consent and intimacy.

Fusion Dance - Exploring Freestyle fusion Dance in 3's

Fusion Dance is freestyle solo-, partner- and group-dance that draws on the principles of traditional partner dances like Blues, Tango or Zouk to help even those new to partner dancing have a beautiful and ballroom-y experience. Fusion Dance endorses a switch culture, which means there are no set gender roles and everybody can dance with everybody and everyone can learn to lead/follow/switch. Fusion Dance uses different holds from very open to very close, which makes Fusion Dance an incredible modality to practice physical and emotional boundaries, desires, consent and intimacy. The focus of this workshop is on developing a beautiful dynamic when dancing in 3s.

Stella Billerey

Stella Billerey is a multi-disciplined therapist inspired by the rhythms and patterns of nature. She has been holding therapeutic space for many years and enjoys co-creating ceremonies and rituals for personal transformation and connection with the Earth.

Stella has taught yoga since 2016, is a mental health Occupational Therapist within the NHS and has a private practice for queer ADHDer's.

We Are The Trees - Embodied Roots

The rhythms and expressions of our bodies are intimately connected with the Earth. We will sense this through embodied movement, visualisation and breathwork, cultivating awareness from our torsos as trunks, and grounding down to our feet as roots and beyond into the clay of the land. From here, we invite connection with and nourishment from the Earth, each other and our ancestry. We will then integrate our practice by painting an image of our roots using forest found materials and natural inks, crafting a visual tapestry of our interconnected forest.

Please bring a mat or blanket to lay on.

We Are The Trees - Embodied Shoots

The rhythms and expressions of our bodies are intimately connected with the Earth. We will sense this through embodied movement, visualisation and breathwork. We will feel the sap rising from our feet as roots, extending up through the heart and shooting out through our arms as branches. We

will then integrate our practice by painting an image of our shoots using forest found materials and natural inks, crafting a visual tapestry of our interconnected forest.

Tashi Pritchard

Tashi is a fully accredited and licenced with the School of Natural Shamanism and Insured by the International Practitioners of Holistic Medicine to combine Shamanic Drum Journeys, Soul Retrievals, Negative Energetic Cord Cuts, Ancestral Inheritance, Energy Healing, Auric Tear Repairs, Intrusion Extractions, Soul Evolutionary Upgrades, Ceremonial Healings and Blessings, Space Clearing Services, Land Blessings and Intuitive Massage for powerful, inner transformation.

She works with cutting edge tools and techniques of Natural Shamanism and Sacred Healing sound to help clients clear the way to become completely free from conditioning, limiting beliefs, stress and trauma in whatever way they manifest.

Tashi has over ten years experience in a wide range of bodywork. Her massage work includes intuitive, bespoke and traditional massage techniques to encourage sources of vitality from deep within the physical and energetic layers of the body. All of my massage services are deeply rooted in Ayurvedic wisdom aimed at restoring equilibrium to the mind and body whilst nourishing the soul.

She works with extensive expertise and understanding of the mind, body and soul to create unique sessions tailored to YOU.

There is nothing more human than diving into the depths of the shadow, and turning on the light.

Shamanic Drum Journey - Soul Retrieval

At any given moment of shock, stress or difficult experiences our nervous system can move into Fight, Flight, Freeze or Fawn. This can cause dissociation and If we are unable to process this level of stress then our emotions can become trapped. We will be working with the creative imagination to retrieve a soul part that is ready to be re-integrated.

Shamanic Drum Journey to Meet Your Spirit Guide

Join us as we take you on a journey to meet your Soul Guide. This is a guide that you were assigned at birth. A guide that has your Absolute Highest and Best interests at heart. They have been a constant presence throughout your life since the moment you were born, whether you were aware of it or not. They are a completely stable guidance point within.

Your guides are quite perfectly a part of YOU.

They are energies that manifest as the highest, purest and most beautiful parts of you that you already ARE. There is no separation. These beings are a part of the very fibres within your body and being. They offer a way to access your Truest nature.

We will be cultivating a relationship with this energy in whatever sense it comes for you and we will be discerning if it is indeed for the Highest, the Purest and the Best.

Thor Ewing

Thor Ewing is a poet, artist, storyteller and musician, inspired by our ancient landscapes to draw a strand from our deep past into the future, taking themes from old myths and stories, and making them new again.

His creative engagement with ancestral culture is supported by academic interest. Ewing has written several books based in historical and traditional cultures, some creative, some academic, and others somewhere in between. These include a popular retelling of the Viking myths, and his most recent, a verse translation of the medieval poems of Robin Hood.

His poetry is published in Poetry Scotland and Lallans magazines, and his translations from Old Norse into modern English poetry won second place in the BCLA Translation Competition 1995. In 2004, he was commissioned to translate medieval Welsh and Irish poetry for the book, *The Wisdom of the Celts*.

Why Are Viking Myths So Metal?

What makes Viking myths so different from other mythologies? Why do they break the pattern of other Indo-European cultures? How did Scandinavia become the one place outside the Abrahamic world where the myths foretold apocalypse? Are these ideas spiritually enlightening today?

Starting with an informal retelling of key Viking myths, we go on to take a look at the Indo-European culture which gave rise to the mythologies of the Viking, Greek, Roman, Celtic, Iranian and Ancient

Indian worlds. Uniquely among these, the Viking myths reflect a dark, stoic heroism which many find very appealing. But where did it come from?

In this talk, Thor Ewing looks at the historical context of the Viking Age, and at the accounts of a mixed religion as practiced in Viking Britain and Ireland. Whereas previous scholars have lamented the lack of evidence for what that mixed religion might have been, Ewing suggests that it is this 'mixed' mythology which we know today as the Viking myths.

This was an era when Christian Europe lived in terror of imminent Divine destruction, predicted to come about within a few decades. For Christians, this meant humble acceptance of Jesus as their saviour and redeemer. But the Vikings had other ideas.

Ancestral Spirituality For Modern Times

For many people today, there is a crisis in spirituality which seems to conflict with a rational understanding of reality. Do we just make up our own meaning for our lives? Is it possible to find genuine spiritual meaning through ancestral spirituality? How can we square it with modern science? And if we do take this approach, how do we avoid merely pretending to practice a lost religion as if we were living in the past?

Thor Ewing's personal practice draws on roots from across the globe. Rather than committing to any taught belief, he sees this as a journey to discover what it is he truly believes. It's a journey which is open to all of us. In this workshop, he invites questions on how this works, and why for him, it is empowering and meaningful to embrace a connection with ancestral spiritualities. Along the way, he shares translations of hymns from Bronze Age India and Iron Age Greece, along with rituals to help us concentrate on our place within the totality of the real, and some of his own poems which seek to bridge gaps between visions of reality.

A led discussion looking at the question of how modern Westerners rediscover their connection with native spiritualities without reenacting a particular historical scenario.

Timaeon

Timaeon has been offering guided meditations at Into the Wild from the beginning and his unique way has proved helpful to many in their discovery of the Self. He is also available for individual sessions throughout the festival.

Morning Sitting with Timaeon

Starting at 8:30am lasting an hour is a guided meditation experience for all ages.

Toby Chown

Toby Chown is a dramatherapist, songwriter, poet, storyteller, writer, researcher, clinical supervisor and imaginal ecologist. Sometimes all on the same day.

Toby has a Masters in Dramatherapy and 10 years experience working with individuals and groups as Dramatherapist in Brighton and Hove, including outdoor therapy and supervision. He recently completed a second masters in clinical research at Brighton University, specialising in looking at the meaning of archetypal patterns in individual's stories about their life.

Toby is the author of the poetry book "Haunted Evaporations" and has had essays and poems published in Unpsychology magazine. He is on the editorial board of the Climate Psychology Alliance specialising in the poetry section. He has written book chapters in two published books on mythic imagination within therapy, and released an album of distorted acoustica called "A Paradise of Shadows."

Toby is a graduate of the School of Myths "WildLand Dreaming" programme. He has written extensively about Imaginal Ecology on his website tobychown.com, an approach to nature which seeks to re-integrates the creative process into our perception of nature.

Toby has run workshops for Extinction Rebellion on Imaginal Ecology and has co-created and run a workshop called "Taste the Wild Red Rose: Soul Retrieval through Storytelling" inspired by Martin Shaw's "Courting the Wild Twin", as well as workshops and talks for Nottingham University, Kent University.

Toby has told traditional or fairy stories to adults in groups in the woods near Brighton and at the Rose Hill Arts Centre in Brighton, as well as to groups of children going out into nearby nature for a number of years.

The Secret Kinesis of Stories - Storytelling and Enactment as a Bridge Into Mythic Ecology and Knowledge of Self

We live in uncertain times. Ecological loss haunts the modern world. The damage inflicted on nature not only scars the land but our own inner wildness.

One of the modern world's tricks has been to act as if the world has only just really begun and has no roots. This approach cuts us off from our connection to our own indigenous psyche, which has been shaped and formed over thousands of years of close connection to the dreaming wild.

Our life is a living story that can only be finally told by other people, after death. Yet our own little story has a deeper background in myth. Ancient stories shaped over years on the tongues of poets tell archetypal scenarios that still resonate and guide. They can help ground us in a deeper appreciation of the place and know yourself better.

The wild within us is found through art. In this workshop we will journey across a little bridge made of stories into the living psyche. A doorway into the imaginal constructed from an ancient fairy tale with simple tools - threshold, gesture, sound. Something of great value may be found within the story world, an opportunity to return with great treasure.

The workshop offers a chance to strengthen creative practice, find inspiration and self understanding. It will allow participants to explore poetic imagination as a little bridge into a map of the self, and beyond, a glimpse into the dreaming capacity the creative act shares with nature.

Bring a notebook and pen.

The Secret Kinesis of Breath and Voice - Depth, Creativity and Resonance

Some things are so close to us that we take them for granted. Breath and voice are like this - breath is our companion throughout life, voice is the tool we use to connect to others.

Both have a tremendous capacity to nourish us and release creative power.

Breathing fuller and deeper allows us to go deeper into the body, the felt sense and to feel energised. The connection with an energised felt sense allows more access to creativity. One's voice becomes more expressive, more supple, deeper and more resonant. More able to command, to inquire, to question, to evoke or to state. More grounded in the body.

The workshop will involve four rounds of deep breathwork exercises to activate the inner felt sense and energise the body and voice.

Following this we will explore vocal exercises both individually and in groups to find resonant, powerful and expressive voices. These exercises are drawn from the Paratheatre work of Jerzy Grotowski, the great Polish dramaturgist who created some of the most powerful works of art of the last 50 years and created a dynamic yet accessible approach to voice and movement work.

These psycho-physical vocal exercises help release creativity and experiment with the creative voice in a non-judgmental atmosphere.

We will finish with the practice of a chant, poem or song participants can connect with and an opportunity to integrate what has been learned with your fellow participants.

Bring a mat to lie down, blanket/headrest if needed.

Tollantekuhtli

Tollantekuhtli is native to Mexico City, a leader of the Nacion Mexica and holds the first word in the Kalpuli Koatlucue in Zacahuitzco the foothills of Mexico City previously known as Tenochtitlan. He has spent many years involved in the movement to decolonise Mexican culture and revive indigenous pre-hispanic practices working as an organiser and leader in the Nacion Mexica and in the return of the Koatlucue-Toci, the emblem of the divine feminine that was revered prior to the imposition of the Virgin de Guadalupe by the Catholic church. His movement is involved in organising and holding ceremonies and traditional dances in the area known as Zacahuitzco in Mexico City.

Mexica/Azteca Drumming Songs

Come to learn traditional Mexica/Azteca indigenous drumming songs with Tollantekuhtli from Mexico City. In this workshop you will learn to sing and play original medicine songs from Mexico. Bring your singing heart, rattle and drum if you have one.

Vic Hyland

Vic Hyland is a musician, NLP master practitioner, podcaster teacher, and examiner. He also runs a nonprofit, encouraging young children to write and play music.

His other interest involves the study of magical traditions, being raised by a mother who was a Christian spiritualist and trained as a medium. He spent much time doing the circuit of spiritualist churches in his late teens and early 20s.

Magic and psychological ideas have always been inherent in his creative process for songwriting, coming up with ideas, and teaching other people to be creative.

Magical Songwriting

Based on over 45 years as a professional musician and NLP practitioner, I will show you techniques, such as cut-up and magical thinking to create songs. You will be actively involved in creating pieces of music, using the tricks of the trade used by people such as David Bowie and John Lennon to create a well-formed song.

If you have a guitar, bring it; indeed, bring a notebook and a pencil and join in the ride. It's a beautiful experience creating music with others. When you leave the workshop you will have a lot of ideas that make the creative process so much easier.

I'm finishing a book called Music, Magic and NLP which uses the techniques and will hopefully be available.

Look forward to seeing you there.

House Protection Magic

People have always protected their homes, and folklore is full of magical techniques and devices.

Although these have passed out of favour in the modern world, these ideas are reflected in our language. Such as a spring clean and cleaning the house from top to bottom and front to back.

So if you've problems with your house or feel lacklustre or unlucky, this could be a workshop for you. It's a fascinating subject. It will teach you a lot about how your ancestors dealt with this and the other world even as little as a century ago.

We will look at ancestor altars, talismans, sigils and placing of items in the house for protection with lots of historical references.

This is a highly practical participatory workshop which is enjoyable and informative.

Virginia Farman

Virginia Farman has been dancing the rhythms since 1996 and was one of the last cohort of students to be trained by Gabrielle Roth before her death. Virginia has been holding a weekly class in Brighton for 12 years (Wednesdays 7.30-9.30pm) and regularly delivers workshops in the

community. She is also a freelance choreographer of site-specific dance performances and a senior lecturer in dance, choreography and dance research at the University of Chichester.

5 Rhythms Dance Workshop

This workshop will follow the five stages of Gabrielle Roth's dynamic movement map called the 5 rhythms. As we dance through flow, staccato, chaos, lyrical to stillness, dancers are immersed in a moving meditation that aims to deliver an increased sense of oneness with self, that is an expanded sense of being both a body, on earth and a spirit incarnate.

There are no steps to follow, no choreography to learn, no way to do it right or wrong! The only requirement is a body that is breathing, a heart that is beating, and a willingness to dance and be danced.

The workshop is accessible to all body types and levels of experience; if you have any specific issues, catch me at the start of the session. In the workshop I request that workshop participants refrain from chatting ,and that children joining the group are encouraged to dance.

5 Rhythms Authentic Dance

This workshop will focus on how the 5 rhythms map might be used to find stillness and an authentic sense of self. It will begin by following the five stages of Gabrielle Roth's dynamic movement map called the 5 rhythms that dances through flow, staccato, chaos, lyrical to stillness, and will employ witnessing and authentic movement practices to enhance a sense of being held and 'seen' in dancers.

There are no steps to follow, no choreography to learn, no way to do it right or wrong! The only requirement is a body that is breathing, a heart that is beating, and a willingness to open to dancing, and working with partners .

The workshop is accessible to all body types and levels of experience but over 12 years only; if you have any specific issues, catch me at the start of the session. In the workshop I request that workshop participants refrain from chatting.

Ziba Bayley

Ziba Bayley spent 4 years travelling India and Nepal with her family.

Having spent many years running pop up yoga and music venues she wanted to explore the entanglements of ancient practices, lineages and traditions.

On her return to the Welsh border-lands and the currency of words seemingly corrupted by digital regurgitation she returned to nature and listened.

The Missing Link

When we realise nature 'does' being in us; that we are entangled with its symphonic composite networks and rhizomes - we know longer have to be doing in nature. Nature becomes us and our recognition is the missing link between the subtle and the gross. When we can sense these borderlands we awaken to our integral intuitive intelligence. Please bring something to sit on.

Zoe Scanlan

Zoë Scanlan (SDS Hom) has been working as a Homeopath, since 2010. She is fully licenced and registered with Alliance of Registered Homeopaths (ARH), and treats everyone, as well as families :
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She first discovered Homeopathy when her oldest (now 17 yrs) was 10 weeks old!

"Three tiny Homeopathic pillules cured his patch of nasty looking impetigo in 24 hours, and I have been hooked ever since! I believe all mothers (and fathers) would benefit from knowing how to use homeopathy and understanding what it can offer them, and their families. I wonder now how I would have managed without having my homeopathic remedies by my side!"

Having raised her boys naturally, using just homeopathy and natural remedies, she now enjoys supporting other parents to do the same. She does this through consultations, courses and her well loved book: 'Homeopathy & Natural Remedies for Children', which aims to make Homeopathy more accessible for parents (but it is suitable as a beginner guide for everyone).

Zoe now lives and works in Brighton UK (back after a few years stint in India). She sees clients online, in her home/clinic and from the Tree of Life clinic in Hove.

For more information visit: www.zoescanlan.com or follow her on facebook and instagram.

Homeopathy For Living

Homeopathy is a complementary, and natural form of medicine, suitable for all ages, and stages of life. Raising my teenage children naturally, and working with Homeopathy for over 17 years, I'm

aware how much Homeopathy and Natural Remedies can offer us in everyday health. I want to share some of this with you, and inspire you to learn more - for yourself and our children!

People use Homeopathy to treat physical as well as emotional ailments. Here are a few I have treated in recent months - coughs, colds, hay fever, morning sickness, school phobia, angry/violent children, anxiety, nervous ticks, worms, chronic fatigue (and more!). There is also so much you can do yourself, at home with just a few remedies, a guide book and a bit of knowledge!

Plus, times are changing, NHS resources are depleting, and new NHS guidelines have now limited your doctor prescribing for symptoms such as acute sore throats, Conjunctivitis, Coughs, colds, Headaches, Indigestion and heartburn, Infant colic, Insect bites and stings, Minor burns and scalds, Mouth ulcers, Nappy rash, Sprains, Teething or mild toothache, Travel sickness, Warts. Homeopathy can help with all of these! So, doesn't it feel like a good time to learn something new, to help you care for the health of yourself, as well as that of your children?

A colleague and I have set up a new project called "Homeopathy for Living" (co.uk). We are running regular courses to help and encourage more people to use Homeopathy. So join me. I hope to inform and inspire you :)

Homeopathy and Stress

Life can be stressful, and it is helpful to be aware that we are all somewhere on the mental health spectrum, moving one way or the other depending what is happening in life, how well we are taking care of ourselves, and some element of luck (i.e. we have no say in our pre-dispositions).

Self care is key, and I have found Homeopathy to be a very helpful addition in my own journey of learning to take care for myself. In fact, it was a clincher for me wanting to study it, when I understood how important the emotional state is considered to be, within a Homeopathic consultation, even for a physical complaint! This made total sense to me, as someone who has full awareness of how emotions can have a direct effect on physical wellbeing. I also now know that almost any IBS case will be predominantly emotionally focused, and Homeopathy does this so well.

This workshop will look at how stress affects us and how Homeopathy can play a part in easing this.