

Into the Wild
Samhain Festival
Online Programme
November 7 - 8 2020



Saturday

Sunday

9 - 10

Festival Opening
Sacred music from Madhup Mudgal from the
City of Djinns (Delhi)

9.30

Surrender meditation
Relaxation and awareness and self enquiry
with Shivam O Brien from Spirit Horse

<https://www.spirithorse.co.uk>

The roots of yoga - with Jed Fox
**Our connection to the ancestors and the
elements .. our deepest ancestral roots ! .**
A cocktail of pranayama ,asana ,
mantra and mudra

This body is a house for stars!
Letting go as the ultimate path.
Relaxing into the vast expanse
with Deja Hu

Qigong Flow with live Sacred Sounds
Candida will lead you in a beautiful,
nourishing moment practice focusing on really
clearing stagnation and developing alignment
to chi flow using the 18 Shibashi as group of
movement meditations based on Tai Chi.
Michael will follow the practice with some
beautiful healing sounds using Tibetan Bowls,
harps and gongs.

Saturday

Sunday

10 - 11

Nei Gung movement and Natural medicine essentials in the time of Corona.

Simon Carey-Morgan.

Poetry 4 Kids with Anita Kate Garai
Performance poetry and workshop for the whole family - full of heart, humour and a big dollop of honesty.

Sounds of Silence- Shamanic Sound Bath with Gigi and Ania Anais Gaia.

From PyramidYogaCenter in Koh Pha-ngan in Thailand.

Let's call upon Our Ancestors to sit with Us around the Sacred Fire and pray for Peace and Freedom. Join us to connect with Sound and the Silence in Between.

An hour with Timaeon "

Guided meditation and pointing at what is!.

Increasing Health and Vitality By Connecting With The Plants And Earth with Juliette Bryant

How to work with our local plant medicines for better health and vitality- or foods to support our immune system

Shakti Dance (Dancing yourself free) with Debbie Reynolds

Saturday

Sunday

11 - 12

Wild's sing-along -
Songs for all the family ~ tales of brave squirrels, bold unicorns & other woodland friends

Dark Fruits; the way of the Dark Feminine.

Join Kimbers Rogers and Deborah Antionette for a deeply delicious taste of the wisdom of the Dark Feminine. This ancient archetype of woman's power & sensual freedom appears in many forms in stories around the world - and her fullness (or wholeness) can guide us now.

This workshop introduces the mythology and philosophy of this divine feminine archetype through a short talk, a guided visualisation, and a relaxed and inclusive womxns sharing circle.

The knowledge of the Dark Feminine gifts us with both an alternative concept of 'woman' and signposts us towards the importance of shadow integration. She calls to each womxn from within to embrace and accept the

Wildlife walk
Spotting otter tracks, deer and more from the isle of Mull with Daniel Brooks

Marv Radio Live,
The Elevator Meditation and Sound Bath

Saturday

Sunday

11 - 12

**Marv Radio Live,
Learn To Beatbox!**

**The Yew, the Veil & the Shamanic Journey
With `Sally Smiles**

Come and connect to the wisdom of the Yew Tree and explore the relationship between the medicine of this ancient being and the veil, as the physical gateway to the otherworld, embodying the natural cycles of our very being as we embody the natural world around us. Journey with the shamanic drum to discover or deepen your connection to what this relationship and medicine holds for you at this time...In the nothingness, there is everything....

**Singing Ourselves Home
with Sophia Zoe Efthimiou
Amazing wild choir, sing your heart out with the maestro Sophia!**

**Changing the Narrative:
co-creating a new positive future!
with Lynne Franks'
The power of 7 Leadership Tools for the
Wisdom Keepers**

Saturday

12 -1

Food as medicine

GUT Health 101 from ferments to fats - Emma Goodwin of Timeless Cookery talks Gut Health - the inside info - Germ Theory and what is a virus? As a GAPS coach Emma works with those who experience chronic ailments and disease. The #1 way to become resilient in these toxic times is to culture and cultivate the garden of your micro biome. Here's how. Gut And Physiology Syndrome. Which also, incidentally, helps dispell anxiety and depression AND regenerates the land. It's a win, win, win thing.
www.timelesscookery.com

Seven Tantrik Techniques to Transform Your Yoga. -

Master yoga teacher and founder of his own school of Vajrasati yoga, this is a rare treat. A class that will explore yoga in several forms posture, breath, visualisation and mantra

Jim Tarran

Sunday

Wild Winter Woman – a journey into the gifts of Winter from deep in the Earth with Jewels Wingfield

This workshop is offered to those who identify as a woman and have a physical womb, either currently or historically. As we approach winter it is easy to feel despondent and want to just hope it passes fast. But there are treasure and gifts to be found during this time of death and rebirth.

Lucid Dreaming Lucid Death with Gammadian and Ena

Samhain is associated with death, and sleep is often described as “the little death”. When we are lucid in sleep then we enter into the possibility of a total renewal of our psyche and a revitalisation when we awake in the morning.

In this online workshop you will learn and practice ancient and modern techniques for lucidity alongside energy movements and breaths with a direct intent to become conscious and engender lucid dreaming. Discover natural herbs and tonics to improve vividness and dream recall. Receive tips as to the best nutrition and sleep routine to increase your ability to have more lucid dreams.

Saturday

Sunday

1 -2

'Wild'
Kedar Brown, US ceremonialist, vision guide

The Wheel Of Souls Return.'
With Caroline Carey

Caroline's offering takes us through the journey from what she describes as 'Innocence to Sovereignty.' It is defined by the model of work that she created called 'The Wheel Of Souls Return.' This model is an exploration of our story and our experience of life, which then embarks on identifying our own creativity and what is ours to truly bring into the world.

As we follow the guidance that this model and the wheel gives to us, we begin to awaken to our true nature. This informs us of the work we need to do as an individual to find fulfillment, happiness and success. This session with Caroline will be interactive, informative and insightful. You are welcome to join.

Longing, intimacy and the song of the heart'

Ben Bushill

A freefall dive into the wilds of being here and the wave of life. Travelling the roads of our hearts towards intimacy with life, longing and the strange and wonderful ordinary miracle of existence. A kind of guided poetry type journey thingy arising from the moment and the circle that comes together in uniqueness and magic. All welcome.

Boost Immunity through your hands
with Tracy Turnell -

A self care workshop to support immunity through the hands

Saturday

2 - 3

Meeting the Ancient Guardians with Laragh Spearman

An introduction to the gifts of Ancestral Healing, a Setting of Intentions, a short Clearing of Energy Field before we fully begin, then: a drum journey to meet the Wise Guardian at the Hearth of the Ancestors...

Reclaiming Our Sexual Energy Workshop with Gammadian and Ena

In this online workshop you will practice sacred movements, breaths and techniques to reclaim your energy from your interactions with the world.

This process usually starts with our sexual relationships, as they are often highly charged and affect us deeply.

By recognising the underlying energies and patterns that have dictated our choice of partners, we can clear that energy and attract partners that truly resonate with us. This process is called recapitulation and can be applied to every facet of our lives, bringing numerous benefits, including clarity, grounding and detachment.

Sunday

How to live in love- **"How to be joyful in Relationships"** Cate Mackenzie

Many relationships can feel unsafe, uncomfortable or even dangerous. If they do it can be important to exit and take care. But is there a way of transforming some relationships that might be worth saving? Can understanding how escalation and cycles in yourself and another help you track the drama before it happens. What can neuro-science add to the understanding of love? How can becoming more regulated make us more loving? Does love exist and can we bring it to our connections?

Cate Mackenzie is a Sex Therapist and Couples Counsellor we dating Coach on Channel 4's "The Undateables" and Therapist on Channel 4's "Kinky Britain". She is passionate about attachment theory and how it can help us unde

Healing both sides of the Veil

A sound healing journey with Nick Tischler - Many people are mourning at the moment: for dead loved ones, living relatives that they cannot see and and also for their old lives before COVID.

I would like to offer a sound healing for the Samhain festival to bridge that gap and share compassion for those on both sides of the veil.

Saturday

Sunday

3 - 4

Stone Age Times with Will Lord.

Come and enter wills magical cave for an hour.

During the hour you will see and learn some of the ancient skills of mankind while hearing a story of how we once journeyed across earth fitting snugly into the rhythm of life in ancient times

Rhythms for abundance and emptiness!

With Master Drummer Alexandre Yemaoua Dayo from Burkino Faso

Soul Intimacy a workshop for couple's Soul Intimacy a workshop for couple's with Jewels Wingfield

You are invited into a beautiful intimate exploration together on how to create soul intimacy through the gateway of Longing. Not only to alchemise your relationship but also to transform our world – all couples welcome no matter how you identify – you need to be in the same physical space (sorry no entry without this)

Sacred Songs

With Ben Ben Ji

And friends from Wider Horizons

Saturday

4 - 5

Spirit Horse The creation of wild land. With Shivam O Brien

How the Forest of Dreams , 200 acres of wild land, was manifested by the spirit horse community. A place in space for nature and natural culture to evolve side by side.

This Sahmain seasonal ritual shows us where we need to release in order to fully embrace a new cycle. In this deep and relaxing Yin Restorative Yoga workshop we honour our internal landscape and the embodied journey of our ancestors. Through breath and the longer held positions, we ground in the here and now, gently navigating into fascia and ligaments, our somatic memory web, ushering held patterns to soften and let go a little.

Prepping for the more hibernating months we find the inner resources to stay open, resilient and grateful!

With Sasha Sundari

Sunday

Michael Ormiston & Candida Valentino Samsara, The Wheel of Life Concert

All sounds are born in a moment of creation and then repeatedly transmitted through an instant of death and rebirth. Michael & Candida are the UK's most experienced Mongolian Khöömii Overtone & Undertone Singers, Multi-Instrumentalist and Therapeutic Sound Practitioners. They have released many Cds on their Amina imprint that can be found at www.soundtransformations.co.uk

Soul Writing.

Write Yourself Whole with Dr Sarah.

Writing from your intuition is a healing and liberating experience. Sarah will gently guide you on a meditation into your inner world and express your soul voice on the page. She developed the Soul Writing method when she had a brain injury and could no longer write. It took her on a healing journey.

Bring pen & paper.

DrSarahWalton.com

	<u>Saturday</u>	<u>Sunday</u>
5 - 6	<p style="text-align: center;"><u>Wild</u> An evening show with Wild's spiritual songs of love, soul-healing and belonging drawn from the Woods, featured on their album Fire in the Wild wildsings.bandcamp.com</p> <p style="text-align: center;"><u>5.15 - 6</u> <u>Sole bound -</u> Beautiful live music from the wilds of Sussex</p>	<p style="text-align: center;">“Ecstatic Dance - Honouring The Ancestors and Claiming Our Power” with Will Softmore</p> <p style="text-align: center;">https://williamssoftmore.com</p>

Saturday

Sunday

6 - 7

6 - 6.30

**Belle & The Woodland Sounds,
Harp, Birdsong & More enchantments!
Welcome to our woodland yurt in the woods
where i will be performing with the owl
chorus and playing my Elysian harp around
the bonfire**

<https://www.facebook.com/Belle-The-Woodland-Sounds-127259484023507/>

6.30 - 7

A Russian fairytale. Finish the Falcon.

Told by Shivam from Spirit Horse

A master Irish Storyteller

India Blue

**Enchanting Celtic harp and folk music with
straight from the summer isles to whisk you
away to the land of the Siddhe and everlasting
youth!**

Saturday

Sunday

7 - 8

Lloyd Williams

Wonderful music.

Rock n Roll baby!

The wild cat of the marina,

Live from his boat in Brighton!

Danny Emerson

Sublime folk from Ireland and beyond

8 - 9

Xerephine Musica

Live from Colorado

Theo Bard

Live music from London Town.

	<u>Saturday</u>	<u>Sunday</u>
9 - 10		<u>Sam Lee</u> Mercury Prize nominated folk singer, conservationist, song collector, award winning promoter, broadcaster and activist

Saturday

Sunday