

Funky Raw Festival 2006 - Provisional Timetable

|                  | Wednesday                                                     |                                               |                                                                                                |                                                                                                                                                        | Thursday                                                                                                  |                                               |                 |                                                                                                                                                        |                                   |                                                                                                           |                                                                            |
|------------------|---------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
|                  | Main Marquee                                                  | Hempathy Space                                | Scented Tent                                                                                   | Live Lab                                                                                                                                               | Main Marquee                                                                                              | Hempathy Space                                | Scented Tent    | Live Lab                                                                                                                                               | Other                             |                                                                                                           |                                                                            |
| 8:30 - 9:30 am   | Kundalini Yoga<br><i>Nirankar</i>                             | Qi Gong<br><i>Rainbow Claire</i>              |                                                                                                | <b>Teachings &amp; Tools for Liberation</b><br><br>*Music<br>*Raw Foods<br>* Internal Cleansing<br>*Meditation<br>*Yoga<br>*Pranayama<br>*Dreamweaving | <i>Kundalini Yoga Nirankar</i>                                                                            | Qi Gong<br><i>Rainbow Claire</i>              |                 | <b>Teachings &amp; Tools for Liberation</b><br><br>*Music<br>*Raw Foods<br>* Internal Cleansing<br>*Meditation<br>*Yoga<br>*Pranayama<br>*Dreamweaving |                                   |                                                                                                           |                                                                            |
| 9:30 - 10:30 am  | <b>Breakfast</b>                                              |                                               |                                                                                                |                                                                                                                                                        | <b>Breakfast</b>                                                                                          |                                               |                 |                                                                                                                                                        |                                   |                                                                                                           |                                                                            |
| 10:30 - 12:30 pm | Acrobalance (outside if weather good)<br><i>Mists of Time</i> | Ragas, Heaven and Earth Songs<br><i>Linda</i> | Inscense making                                                                                |                                                                                                                                                        | Acrobalance (outside if weather good)<br><i>Mists of Time</i>                                             | Ragas, Heaven and Earth Songs<br><i>Linda</i> | Inscense making |                                                                                                                                                        |                                   | Veggie Powered car demo (meet at kitchen)<br><i>Chris</i>                                                 |                                                                            |
| 12:30 - 2:30 pm  | <b>Lunch</b>                                                  |                                               |                                                                                                |                                                                                                                                                        | <b>Lunch</b>                                                                                              |                                               |                 |                                                                                                                                                        |                                   |                                                                                                           |                                                                            |
| 2:30 - 4:30 pm   | Sivananda style Hatha Yoga<br><i>Debbie</i>                   | Shiatsu Massage (donations)<br><i>Janet</i>   | Making natural skincare products. See board outside scented tent for details or speak to Star. |                                                                                                                                                        | Full programme of daily yoga and meditation followed by music and channel singing.<br><i>Amy and crew</i> | Sivananda style Hatha Yoga<br><i>Debbie</i>   |                 |                                                                                                                                                        | Making natural skincare products. | Full programme of daily yoga and meditation followed by music and channel singing.<br><i>Amy and crew</i> | Raw Food Preparation demo (Inside or outside barn)<br><i>Nancy (Holly)</i> |
| 4:30 - 5:00 pm   |                                                               | Chanting<br><i>Anita</i>                      |                                                                                                |                                                                                                                                                        |                                                                                                           | Chanting<br><i>Anita</i>                      |                 |                                                                                                                                                        |                                   |                                                                                                           |                                                                            |
| 5:00 - 8:00 pm   | <b>Dinner</b>                                                 |                                               |                                                                                                |                                                                                                                                                        | <b>Dinner</b>                                                                                             |                                               |                 |                                                                                                                                                        |                                   |                                                                                                           |                                                                            |
| 8:00pm till late | Ayhuasca (£20 cost for ingredients)<br><i>Nancy (Holly)</i>   |                                               |                                                                                                |                                                                                                                                                        | Open mic - music, poetry, performance<br>Bring instruments, etc                                           |                                               |                 |                                                                                                                                                        |                                   |                                                                                                           |                                                                            |

Funky Raw Festival 2006 - Provisional Timetable

|                  | Friday                                                         |                                                                  |                                   |                                                                                                                                                        |                                                                 | Saturday                                                                                                                                                                               |                                                                      |                                   |                                                                                                                                                        |                                                                            |
|------------------|----------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
|                  | Main Marquee                                                   | Hempathy Space                                                   | Scented Tent                      | Live Lab                                                                                                                                               | Other                                                           | Main Marquee                                                                                                                                                                           | Hempathy Space                                                       | Scented Tent                      | Live Lab                                                                                                                                               | Other                                                                      |
| 8:30 - 9:30 am   | Kundalini Yoga<br><i>Nirankar</i>                              | Qi Gong<br><i>Rainbow Claire</i>                                 |                                   | <b>Teachings &amp; Tools for Liberation</b><br><br>*Music<br>*Raw Foods<br>* Internal Cleansing<br>*Meditation<br>*Yoga<br>*Pranayama<br>*Dreamweaving |                                                                 | Kundalini Yoga<br><i>Nirankar</i>                                                                                                                                                      | Qi Gong<br><i>Rainbow Claire</i>                                     |                                   | <b>Teachings &amp; Tools for Liberation</b><br><br>*Music<br>*Raw Foods<br>* Internal Cleansing<br>*Meditation<br>*Yoga<br>*Pranayama<br>*Dreamweaving |                                                                            |
| 9:30 - 10:30 am  | <b>Breakfast</b>                                               |                                                                  |                                   |                                                                                                                                                        |                                                                 | <b>Breakfast</b>                                                                                                                                                                       |                                                                      |                                   |                                                                                                                                                        |                                                                            |
| 10:30 - 12:30 pm | Acrobalance (outside if weather good)<br><i>Mists of Time</i>  | Ragas, Heavan and Earth Songs<br><i>Linda</i>                    | Inscense making                   |                                                                                                                                                        | Raw Chocolate Demo(Inside or outside barn)<br><i>Jess + Tom</i> | Acrobalance (outside if weather good)<br><i>Mists of Time</i>                                                                                                                          | Ragas, Heavan and Earth Songs<br><i>Linda</i>                        | Inscense making                   |                                                                                                                                                        | Raw Food Preparation demo (Inside or outside barn)<br><i>Nancy (Holly)</i> |
| 12:30 - 2:30 pm  | <b>Lunch</b>                                                   |                                                                  |                                   |                                                                                                                                                        | <b>Lunch</b>                                                    |                                                                                                                                                                                        |                                                                      |                                   |                                                                                                                                                        |                                                                            |
| 2:30 - 4:30 pm   | Sivananda style Hatha Yoga<br><i>Debbie</i>                    | Massage (donations)<br><i>Tom</i>                                | Making natural skincare products. | Full programme of daily yoga and meditation followed by music and channel singing.<br><i>Amy and crew</i>                                              | Wild Food Walk<br><i>Rob</i>                                    | Sivananda style Hatha Yoga<br><i>Debbie</i>                                                                                                                                            | Chief Seattle Cycle - Native American based ceromony<br><i>Linda</i> | Making natural skincare products. | Full programme of daily yoga and meditation followed by music and channel singing.<br><i>Amy and crew</i>                                              | Raw Food Preparation demo (Inside or outside barn)<br><i>Jess + Tom</i>    |
| 4:30 - 5:00 pm   |                                                                | Chanting<br><i>Anita</i>                                         |                                   |                                                                                                                                                        | Enema workshop<br><i>Kate</i>                                   |                                                                                                                                                                                        | Chanting<br><i>Anita</i>                                             |                                   |                                                                                                                                                        |                                                                            |
| 5:00 - 8:00 pm   | <b>Dinner</b>                                                  |                                                                  |                                   |                                                                                                                                                        |                                                                 | <b>Dinner</b>                                                                                                                                                                          |                                                                      |                                   |                                                                                                                                                        |                                                                            |
| 8:00pm till late | <b>Music:</b><br>Cathie<br>August<br>Maka Ting<br>DJ Superfrog | Ayahuasca (£20 cost for ingredients)<br><br><i>Nancy (Holly)</i> |                                   |                                                                                                                                                        |                                                                 | DJs from 9:30:<br><br>• DJ Crusty (dub reggae)<br>• Polyrhythms<br>• Emma Turtle (deep eclectic groove with tribal rifs)<br>• Knowledge is Power (Hip Hop)<br>• DJ Adam Natural Living |                                                                      |                                   |                                                                                                                                                        |                                                                            |

Funky Raw Festival 2006 - Provisional Timetable

| Sunday           |                                             |                                                                                      |                                   |                                                                                                                                                                                                                                                                         |                                                               |
|------------------|---------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
|                  | Main Marquee                                | Hempathy Space                                                                       | Scented Tent                      | Live Lab                                                                                                                                                                                                                                                                | Other                                                         |
| 8:30 - 9:30 am   | Kundalini Yoga<br><i>Nirankar</i>           | Qi Gong<br><i>Rainbow Claire</i>                                                     |                                   | <b>Teachings &amp; Tools for Liberation</b><br><br>*Music<br>*Raw Foods<br>* Internal Cleansing<br>*Meditation<br>*Yoga<br>*Pranayama<br>*Dreamweaving<br><br>Full programme of daily yoga and meditation followed by music and channel singing.<br><i>Amy and crew</i> |                                                               |
| 9:30 - 10:30 am  | <b>Breakfast</b>                            |                                                                                      |                                   |                                                                                                                                                                                                                                                                         |                                                               |
| 10:30 - 12:30 pm | Sivananda style Hatha Yoga<br><i>Debbie</i> | Ragas, Heaven and Earth Songs<br><i>Linda</i>                                        | Making natural skincare products. |                                                                                                                                                                                                                                                                         | Raw Sweets prep demo (inside or outside barn)<br><i>Terri</i> |
| 12:30 - 2:30 pm  | <b>Lunch</b>                                |                                                                                      |                                   |                                                                                                                                                                                                                                                                         |                                                               |
| 2:30 - 4:30 pm   | Chanting (2:30-3:00)<br><i>Anita</i>        | Massage (donations)<br><i>Tom</i><br><br>Shiatsu Massage (donations)<br><i>Janet</i> |                                   |                                                                                                                                                                                                                                                                         |                                                               |
| 4:30 - 5:00 pm   |                                             |                                                                                      |                                   |                                                                                                                                                                                                                                                                         |                                                               |
| 5:00 - 8:00 pm   | <b>Dinner</b>                               |                                                                                      |                                   |                                                                                                                                                                                                                                                                         |                                                               |