

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

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

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