



the BIG^o
retreat
Wales

THE FEEL
GOOD
FESTIVAL

2019 FESTIVAL GUIDE

FRIDAY

12:00

HITT [30]

FITNESS STUDIO 1

12:30

GENTLE YOGA STRETCH [60]

SHIVA YOGA TENT

13:00

LIFE KITCHEN WITH RYAN RILEY [60]

COOKERY TENT

THE SCIENCE OF KINDNESS & HAPPINESS WITH KERRY MORGAN [60]

TALK TENT

KETTLE BELL WORKOUT [60]

FITNESS STUDIO 1

13:30

HATHA YOGA FOR BEGINNERS WITH CATHERINE [60]

SHAKTI YOGA TENT

14:00

TEA & TAROT WITH MOBILE MYSTIC JULIE AND CARO B [60]

TALK TENT

ZUMBA [60]

FITNESS STUDIO 2

MINDFUL DREAMSCAPES PAINTING WITH LOUISE BURDETT [120]

MAIN TENT

14:15

THE FOODIE ROOMS WITH ADAM [60]

COOKERY TENT

14:30

STRETCH AND FLY WITH CILLA [90]

SHIVA YOGA TENT

SPOON CARVING WITH BUZZARD CHRIS BUSHCRAFT 16+ [120]

CAMPSITE WOODS

15:00

PELVIC FLOOR TRAINING WITH ALYSON BURNELL [45]

FITNESS STUDIO 1

OUTDOOR BOOTCAMP WITH BFIT [60]

FITNESS FIELD

THE HERBAL WAY WITH EVERDAY AILMENTS
WITH VICTORIA CHOWN & KIM WALKER (WALK & TALK) [60]

TALK TENT

YOGA SOUND MEDITATION WITH RISHI [90]

SHAKTI YOGA TENT

FORAGING WITH JADE MELLOR [120]

MEET AT INFORMATION POINT

15:30

BODY COMBAT WITH LINZI AND JENNY [60]

FITNESS STUDIO 2

YO HO HO! IS RUM THE NEW GIN? [60] [18+]

COOKERY TENT

16:00

SHOW GIRLS WITH NICOLA FULIN [60]

FITNESS STUDIO

WHY BREXIT MIGHT NOT BE A HUMAN CREATION
INTRODUCTION TO GLOBAL CHAKRAS WITH TOM LAWLESS [60]

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT 16+ [120]

MAIN TENT

16:30

ACRO YOGA WITH SAM AND STEVE [90]

SHIVA YOGA TENT 1

FRIDAY

16:45

BOXERCISE WITH HANNAH [60]

FITNESS STUDIO 2

17:00

BREATH AND MOVEMENT WITH PETER KAY [60]

SHAKTI YOGA TENT

AH! THE PERFECT GIN & TONIC [18+] [60]

COOKERY TENT

17:15

STRICTLY DANCE FIT WITH ELIZA ALLEN [60]

FITNESS STUDIO 1

17:30

BUSHCRAFT INSIGHTS FOR ALL AGES [60]

CAMPSITE WOOD

18:00

OPENING CEREMONY

MAIN STAGE

18:30

DYNAMIC FLOW WITH JO DAVIDSON [60]

SHIVA YOGA TENT

BHAKTI YOGA WITH DEEPIKA AND ALICE [60]

SHAKTI YOGA TENT

WHY THE SINGLE USE PLASTIC PROBLEM ISN'T GOING AWAY
WITH ANNA & JAZ STRZELECKI, SURFERS AGAINST SEWAGE [60]

TALK TENT

19:15

POUND ROCK MASTERCLASS WITH CLAIRE KITE [60]

FITNESS STUDIO 1

19:30

PILATES WITH THE PRACTICAL PILATES TEAM [60]

FITNESS STUDIO 2

INTRODUCTION TO AYURVEDA WITH YOGA ELDER MENI FARKASH [60]

TALK TENT

20:00

MEDITATION WITH JO DAVIDSON [60]

SHIVA YOGA TENT

21:00

CLUBBERCISE WITH NICOLA FULIN [60]

FITNESS STUDIO 1

MUSINGS OF A MENOPAUSAL WOMAN -
AKA THE GALLOPING CATASTROPHE [18+] [60]

TALK TENT

SATURDAY

6:30

PRANIC AWAKENING WITH MENI FARKASH [60]

SHIVA YOGA TENT

FINDING YOUR BALANCE WITH CATHERINE [60]

SHAKTI YOGA TENT

7:00

VERA FLOW WITH CLAIRE KITE [40]

FITNESS STUDIO 1

5KM RUN [60]

MEET AT INFORMATION POINT

8:00

WALK WITH PEMBROKESHIRE PARK RANGERS

MEET AT INFORMATION POINT

MORNING WALK, MOVEMENT, STRENGTH
WITH MEDITATION KIM [60]

MEET AT INFORMATION POINT

ALL ABOUT THE FLOW WITH MICHELLE DOWNES [60]

SHAKTI YOGA TENT

YOGA FOR THE DIGESTIVE SYSTEM WITH CILLA [90]

SHIVA YOGA TENT

8:15

YOGA SHRED WITH EMMA LOUISE REES [60]

FITNESS STUDIO 1

8:30

MORNING DANCE PARTY [60]

FITNESS STUDIO 2

9:00

OUTDOOR CIRCUITS WITH BFIT [60]

FITNESS FIELD

JUICING WITH JUSTIN [60]

COOKERY TENT

MINDFUL DREAMSCAPES CHARCOAL WITH LOUISE BURDETT [90]

MAIN TENT

9:15

TEMPLE OF SILENCE: MORNING MEDITATION
WITH DANIELLE MARCHANT [60]

TALK TENT

9:30

BUTTS & GUTTS WITH SUSIE HOPKINS [60]

FITNESS STUDIO 1

DYNAMIC YINYASA WITH THE NORDIC SISTERS [60]

SHIVA YOGA TENT

HATHENAS - LUNG CLEANSING WITH YOGACHARINI DEEPIKA [60]

SHAKTI YOGA TENT

10:00

PINK BELT KICK BOXING WITH MARK [60]

FITNESS STUDIO 2

MAKING MONEY WITH CAKE WITH ALANA SPENCER [60]

COOKERY TENT

BUSTING THE MYTHS AROUND LIFE COACHING
IN CONVERSATION WITH DANIELLE MARCHANT & TONI JONES [60]

TALK TENT

SPOON CARVING 16+ WITH THE COPPICE PLOT

MAIN TENT

LINO PRINTING WITH DIANA BROOK [180]

MAIN TENT

SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180]

MAIN TENT

SATURDAY

10:30

DOWSING WITH TOM LAWLESS [90]

MEET AT INFORMATION POINT

10:45

BURLESQUE FIT WITH SUSIE HOPKINS [60]

FITNESS STUDIO 1

11:00

RUN TECHNIQUE, STRENGTH & STRETCH FOR SOUL CONNECTION & SPEED WITH KIM INGLEBLY [60]

MEET AT INFORMATION POINT

WARRIOR FLOW POWER YOGA WITH MENI FARKASH [90]

SHIVA YOGA TENT

YOGA SOUND MEDITATION WITH RISHI [90]

SHAKTI YOGA TENT

GUT HEALTH WITH JENNY TSCHIESCHE AKA THE LUNCHBOX DOCTOR [60]

COOKERY TENT

CHANGING HABITS FOR GOOD WORKSHOP WITH THE KINDNESS METHOD SHAHROO IZADI [90]

TALK TENT

SPATULA CARVING WITH NEIL HOPKINS 16+ [120]

MAIN TENT

11:15

PILATES WITH THE PRACTICAL PILATES TEAM [60]

FITNESS STUDIO 2

11:30

FORAGING WALK WITH JADE MELLOR [120]

MEET AT INFORMATION POINT

12:00

POUND ROCK WORKOUT WITH CLAIRE KITE [45]

FITNESS STUDIO 1

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60]

CAMPSITE WOODS

12:15

LIVING KITCHEN WITH RYAN RILEY [60]

COOKERY TENT

12:30

HOOPERCISE WITH ALYSON MOULES [45]

FITNESS STUDIO 2

STRONG MAN/WOMAN TRAINING WITH BFIT [60]

FITNESS FIELD

13:00

MINDFUL DREAMSCAPES PAINTING WITH LOUISE BURDETT [120]

MAIN TENT

HATHA/ VINYASA WITH AMBER [60]

SHIVA YOGA TENT

YOGA NIDRA WITH NATHALIE MEROUR [45]

SHAKTI YOGA TENT

EASY AS CBD WITH SHIONA REDMOND OF GRACES LONDON [60]

TALK TENT

13:15

PINK BELT BOXING WITH MARK [60]

FITNESS STUDIO 1

13:30

WHY WE SHOULD ALL BE EATING INSECTS WITH BUG FARM FOODS [60]

COOKERY TENT

13:45

RITASHAKE WITH CHARLOTTE NEILL [30]

FITNESS STUDIO 2

SATURDAY

14:00

LINO PRINTING WITH DIANA BROOK [180]	MAIN TENT
SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180]	MAIN TENT
BEGINNERS TRI TRAINING WITH GB COACH JANETTE CARDY [150]	MEET AT INFORMATION POINT
HOW TO BE MORE ADVENTUROUS WITH BEX BAND [60]	TALK TENT
SPOON CARVING WITH THE COPPICE PLOT 16+ [120]	MAIN TENT

14:30

FITSTEPS WITH KIM BROCKHURST	FITNESS STUDIO 1
MOVING WITH MEANING - ANA CHIDZOY	SHAKTI YOGA TENT
MENS YOGA WITH MAHESH HAYWARD	SHIVA YOGA TENT
SPOON CARVING WITH BUZZARD CHRIS BUSHCRAFT 16+	CAMPSITE WOODS
FORAGING WALK WITH JADE MELLOR	MEET AT INFORMATION POINT

14:45

NATURAL KITCHEN ADVENTURES WITH CERI JONES	COOKERY TENT
RITASHAKE WITH CHARLOTTE NEILL	FITNESS STUDIO 2

15:00

NEVER DIET AGAIN WITH EAT HAPPY IN CONVERSATION WITH REBECCA STORCH & TONI JONES [60]	TALK TENT
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15:45

ZUMBA WITH TRACY KEANE [60]	FITNESS STUDIO 1
THE PUMPKIN PATCH WITH LISA FEARN [60]	COOKERY TENT

16:00

THE ART OF MINDFUL TEA DRINKING WITH CARO B [60]	TALK TENT
STRENGTH TRAINING BFIT [60]	FITNESS FIELD

16:15

BOLLYX WITH MEREDITH [60]	FITNESS STUDIO 2
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16:30

BALANCING THE EARTH ELEMENT WITH CAT [90]	SHIVA YOGA TENT
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17:00

DANCESING WITH NATALIE GARRY [60]	FITNESS STUDIO 1
MINDFUL FLOW WITH ALICE GARDINER [60]	SHAKTI YOGA TENT
CRAFT GIN - ALL YOU NEED TO KNOW! [18+] [90]	SHIVA YOGA TENT
MENTAL HEALTH AND MEN A CONVERSATION WITH BEN BIDWELL [60]	TALK TENT

SATURDAY

17:30

STRENGTHEN AND STRETCH WITH KATHERINE D BRACE [60]

FITNESS STUDIO 2

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60]

CAMPSITE WOODS

18:00

CAN WE GET HIGH ON LIFE?

TALK TENT

WITH BEN BIDWELL, RICHIE BOSTOCK, KIM INGLEBY, SHIONA CBD & TONI JONES [60]

18:30

SHOWGIRLS WITH NICOLA FULIN [60]

FITNESS STUDIO 1

ACRO YOGA WITH ROSE AND ROBYN [90]

SHIVA YOGA TENT

TRI DEVI KIRTAN WITH LOUISE THORNDYCRAFT [90]

SHAKTI YOGA TENT

19:00

FUN FIESTA WITH ALYSON MOULES [90]

FITNESS STUDIO 2

20:00

YOGASHRED WITH EMMA LOUISE REES [60]

FITNESS STUDIO 1

20:30

MEDITATION WITH HOPE BASTINE [60]

SHIVA YOGA TENT

21:00

WHAT THE HEALTH? STRAIGHT TALK
WITH GP DR AHMED [18+] [60]

SHIVA YOGA TENT

80'S DISCO

FITNESS STUDIO 2

FEEL GOOD RECEPTION TIPI

BREATHWORK CLASSES

LAUGHTER WORKSHOPS

WILD SWIMMING MEETING
POINT

SOLO TRAVELLER MEETING
POINT

GONG BATHS

BOOKING POINT FOR MASSAGE
AND OTHER THERAPIES

DIDGERIDOO

ACOUSTIC MUSIC AND CHILL
OUT

SINGING BOWL SOUND MAS-
SAGE

HANDLE BAR BARISTA

WING CHUN KING FU

CHECK
RECEPTION
FOR TIMES

SUNDAY

6:30

HATHA WITH YOGACHARIYA JNANDEV [60]

SHIVA YOGA TENT

HATHA YOGA WITH LUKE JONES [60]

SHAKTI YOGA TENT

7:00

PINK BELT KICKBOXING WITH MARK [45]

FITNESS STUDIO 1

5KM RUN [60]

MEET AT INFORMATION POINT

7:30

WOMENS WELLBEING WITH AMBER [45]

FITNESS STUDIO 2

8:00

SHOWGIRLS WITH NICOLA FULIN [60]

FITNESS STUDIO 1

MENS YOGA WITH MAHESH HAYWARD [60]

SHIVA YOGA TENT

BREATHWORK WITH RICHIE BOSTOCK [60]

SHAKTI YOGA TENT

8:45

PILATES WITH THE PRACTICAL PILATES TEAM [60]

FITNESS STUDIO 2

9:00

KIDS COOKERY WITH THE FOODIE ROOMS AND ADAM [60]

COOKERY TENT

WALK WITH PEMBROKESHIRE PARK RANGERS

MEET AT INFORMATION POINT

PARENT & BABY YOGA

TEEN TENT

9:15

HEART-OPENING MEDITATION - THE NORDIC SISTERS [60]

TALK TENT

9:30

DANCESING - NATALIE GARRY [60]

FITNESS STUDIO 1

HATHA WITH AMELIA STONE [60]

SHAKTI YOGA TENT

YIN AND YOGA NIDRA WITH JO DAVIDSON [90]

SHIVA YOGA TENT

10:00

PINK BELT KICKBOXING WITH MARK [60]

FITNESS STUDIO 2

OUTDOOR BOOTCAMP WITH BFIT [90]

FITNESS FIELD

LORD SUGARS BUSINESS PARTNER WITH ALANA SPENCER [60]

COOKERY TENT

THE IMPORTANCE OF DOING NOTHING WITH THE NORDIC SISTERS [60]

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT 16+ [120]

MAIN TENT

LINO PRINTING WITH DIANA BROOK [180]

MAIN TENT

SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180]

MAIN TENT

MINDFUL DREAMSCAPES CHARCOAL WITH LOUISE BURDETT [90]

MAIN TENT

10:30

CHAKRA & AURA WORKSHOP WITH TOM LAWLESS [90]

MAIN TENT

SUNDAY

11:00

QIGONG WITH CLARE SKELTON [60]

FITNESS STUDIO 1

THE LUNCHBOX DOCTOR WITH JENNY TSCHIESCHE [60]

COOKERY TENT

SPATULA CARVING WITH NEIL HOPKINS 16+ [120]

MAIN TENT

RESTORATIVE YOGA WITH LINDA PREMANADHI [90]

SHAKTI YOGA TENT

HOW TO HACK YOUR HAPPY HORMONES - COR COLLECTIVE [90]

TALK TENT

11:30

MOVEMENT FOR LIFE WITH ROSE FISHER [60]

SHIVA YOGA TENT

FITSTEPS WITH KIM BROCKHURST [60]

FITNESS TENT 2

12:00

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60]

CAMPSITE WOODS

STENGTH AND CONDITIONING WITH BFIT [60]

FITNESS FIELD

12:15

RITASHAKE WITH CHARLOTTE NEILL [30]

FITNESS STUDIO 1

LIVING KITCHEN WITH RYAN RILEY [60]

COOKERY TENT

12:45

POUND ROCK WORKHOUT MASTER CLASS WITH CLARE KITE [60]

FITNESS STUDIO 2

HEALTHY HIPS YOGA WITH ROBYN SMYTH TERRY [60]

SHIVA YOGA TENT

13:00

RITASHAKE WITH CHARLOTTE NEILL [30]

FITNESS STUDIO 1

EXPLORING THE PAUSE WITH PETER KAY [60]

SHAKTI YOGA TENT

HOW TO BEAT EATING ANXIETY - NOT PLANT BASED

TALK TENT

13:30

WHY WE SHOULD ALL BE EATING INSECTS WITH BUG FARM FOODS [60]

COOKERY TENT

14:00

PILATES WITH THE PRACTICAL PILATES TEAM [60]

FITNESS STUDIO 1

WHY I BECAME A NAKED PROFESSOR WITH
BEN BIDWELL AKA THE NAKED PROFESSOR [60]

TALK TENT

HAND STAND WORKSHOP WITH KERRY CURSON [90]

SHIVA YOGA TENT

SPOON CARVING WITH THE COPPICE PLOT 16+ [120]

MAIN TENT

LINO PRINTING WITH DIANA BROOK [180]

MAIN TENT

SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180]

MAIN TENT

14:30

BOXERCISE WITH HANNAH LLOYD [60]

FITNESS STUDIO 2

HEART BASED HATHA WITH LOUISE THRONDYCRAFT [90]

SHAKTI YOGA TENT

SPOON CARVING WITH BUZZARD CHRIS BUSHCRAFT 16+ [120]

CAMPSITE WOODS

SUNDAY

14:45

NATURAL KITCHEN ADVENTURES WITH CERI JONES [60]

COOKERY TENT

15:00

KETTLE BELL WORKOUT [60]

FITNESS FIELD

15:15

FITNESS BOOST WITH EMERALD [60]

FITNESS STUDIO 1

15:45

FISHING & FORAGING/COOKING WITH MATT POWELL [60]

COOKERY TENT

VERAFLOW WITH CLAIRE KITE [45]

FITNESS STUDIO 2

16:00

ALL ABOUT THE FLOW WITH MICHELLE DOWNES [60]

SHIVA YOGA TENT

50 PLANTS YOU CAN'T KILL WITH JAMIE BUTTERWORTH [60]

TALK TENT

16:30

STRICTLY DANCE FIT WITH ELIZA ALLEN [60]

FITNESS STUDIO 1

BALANCING THE WATER ELEMENTS WITH CAT [90]

SHAKTI YOGA TENT

17:00

CIRCUITS [60]

FITNESS FIELD

ON THE SPICE TRAIL GIN TASTING [18+] [60]

COOKERY TENT

BREATHWORK TO BEAT STRESS WITH RICHIE BOSTOK [60]

TALK TENT

ZUMBA WITH CLAIRE KITE [45]

FITNESS STUDIO 2

17:30

THE WAY OF YOU WITH THE NORDIC SISTERS [60]

SHIVA YOGA TENT

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60]

CAMPSITE WOODS

18:00

BOLLYX WITH MEREDITH [90]

FITNESS STUDIO 1

WHAT ARE WE DOING HERE ANYWAY?

TALK TENT

WITH HOPE BASTINE, MATT JOHNSON, NORDICS, TOM LAWLESS AND TONI JONES [60]

18:30

BODY COMBAT [60]

FITNESS STUDIO 2

KIRTAN WITH LINDA PREMANADHI [60]

SHAKTI YOGA TENT

19:00

THERAPEUTIC THAI MASSAGE USING ACRO
WITH SAM AND STEVE [60]

SHIVA YOGA TENT

SUNDAY

19:30

YOGASHRED WITH EMMA LOUSIE REES [60]

FITNESS STUDIO 1

HOW KARMA WORKS: THE SPIRIT WORLD EXPLAINED
WITH TOM LAWLESS [90]

TALK TENT

20:00

CLUBBERCISE [60]

FITNESS STUDIO 2

21:00

MUSINGS OF A MENOPAUSAL WOMAN PART 2

TALK TENT

JENNIFER KENNEDY AKA THE GALLOPING CATASTROPHE [18+] [60]

CHOIR PRACTICE [ALL WEEKEND]

LOVE TO SING? WHY NOT JOIN IN OUR CHOIR PRACTICE

CHOIR PRACTICE IS DAILY FROM 2PM IN LAWRENNY CHURCH.

TRADE ZONE [10:00 - 18:00]

BARROW OF LOVE

GINFUSIONS

SOYA CANDLES

THE POTTING SHED

SERAF SOULS

FOREVER WITH LOVE

PEMBROKESHIRE
BEACH TREE

FRESHWEST SILVER

PINEAPPLE ISLAND

SYRIAN SNACKS

RAW MIXTURE - BOOKS,
POETRY & PRINTS
BILLYGOATS &
RAINCOATS

BUG FARM FOODS

DOGS TRUST

PEMBROKESHIRE
COAST NATIONAL PARK

ISEASURFWEAR (ANNA)
BY KIDS ZONE....

THE MINI PEPPERCORN

CWLBOX

THE RAW FOOD DUDE

MR CROQUEWICH

RENEGADE CAFE

MAJICAL YOUTH
PANCAKES

MAJICAL YOUTH PIZZA

RIDICULOUSLY RICH
BY ALANA

VEGAN SNACKS -
MARGARET CROOK

ICE GREEN

COW POTS

THE BEAN COFFEE

HANDLE BAR BARISTA

IN THE WELSH WIND
GIN BAR

THE LAWRENNY
ARMS BAR

MONDAY

6:30

HATHA YOGA WITH LUKE JONES [60]

SHIVA YOGA TENT

GENTLE WAKE UP WITH NICKY LOCKHART [60]

SHAKTI YOGA TENT

7:00

RUN 5KM [60]

MEET AT INFORMATION POINT

7:30

DANCESING WITH NATALIE GARRY [60]

FITNESS STUDIO 2

8:00

YIN AND YANG WITH KERRY CURSON [60]

SHIVA YOGA TENT

PRANAYAMA & MEDITATION WITH NATHALIE MERMOUR [60]

SHAKTI YOGA TENT

8:30

BOOST DANCE WORKOUT WITH EMERALD [60]

FITNESS STUDIO 1

HIIT [60]

FITNESS FIELD

9:00

FITSTEPS WITH KIM BROCKHURST [60]

FITNESS STUDIO 2

9:15

GOOD MORNING MEDITATION WITH HOPE BASTINE [60]

TALK TENT

9:30

YOGA FOR ALL 16+ [60]

SHIVA YOGA TENT

GENTLE STRECH YOGA [60]

SHAKTI YOGA TENT

SPATULA CARVING WITH NEIL HOPKINS 16+ [120]

MAIN TENT

10:00

BOLLYX WITH MEREDITH [90]

FITNESS STUDIO 1

THE BIG GIN SALE [90]

COOKERY TENT

HOW TO SLEEP WELL (TO LIVE WELL) WITH HOPE BASTINE [90]

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT 16+ [120]

MAIN TENT

10:30

PILATES WITH THE PRACTICAL PILATES TEAM [60]

FITNESS STUDIO 2

OUTDOOR CIRCUITS [60]

FITNESS FIELD

DOWSING WITH TOM LAWLESS [90]

MEET AT INFORMATION POINT

11:00

THE DIRTY VEGAN WITH MATT JOHNSON [60]

MAIN STAGE

FOR THE LITTLE RETREATERS

FRIDAY 24th MAY

13:00	BUSH CRAFT KNIFE SKILLS [8-15] [60]	CAMPSITE WOODS
15:00	FORAGING WITH JADE MELLOR [120]	MEET AT INFORMATION POINT
16:00	PANTHEON PLAYHOUSE WITH THE YOUTH THEATRE [120]	TEEN TENT
17:00	FUN AND DANCE WITH GEORGIA [45]	KIDS TENT
18:00	KIDS DISCO [90]	KIDS TENT

SATURDAY 25th MAY

8:00	WALK WITH PEMBROKESHIRE PARK RANGERS [90]	MEET AT INFORMATION POINT
8:30	MORNING DANCE PARTY [60]	FITNESS STUDIO 2
9:00	IMAJOJO [45]	LITTLE RETREATERS TENT
10:00	FAMILY MINDFULNESS WITH AMELIA [45]	
	KNIFE SKILLS WITH BUZZARD CHRIS BUSHCRAFT [8-15] [60]	CAMPSITE WOODS
11:00	PANTHEON PLAYHOUSE WITH YOUTH THEATRE [120]	TEEN TENT
11:30	FORAGING WITH JADE MELLOR [120]	MEET AT INFORMATION POINT
13:00	ART CLUB WITH RACHEL - DROP IN SESSIONS [180]	LITTLE RETREATER TENT
13:30	WHY WE SHOULD ALL BE EATING INSECTS WITH BUG FARM FOODS [60]	COOKERY TENT
14:00	BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60]	CAMPSITE WOODS
15:45	THE PUMPKIN PATCH WITH LISA FEARN [60]	COOKERY TENT
16:30	CHEERLEADING WITH GEORGIA [60]	LITTLE RETREATERS TENT
18:00	KIDS DISCO [90]	LITTLE RETREATERS TENT
19:30	BEDTIME STORIES [30]	LITTLE RETREATER TENT

SUNDAY 26th MAY

9:00	IMAJOJO [60]	LITTLE RETREATERS TENT
	KIDS COOKERY WITH THE FOODIE ROOMS AND ADAM [60]	COOKERY TENT
	WALK WITH PEMBROKESHIRE PARK RANGERS [90]	MEET AT INFORMATION POINT
	PARENT AND BABY YOGA [60]	TEEN TENT
10:00	FAMILY YOGA WITH NICOLA [60]	TEEN TENT
	BUSHCRAFT SKILLS WITH BUZZARD CHRIS BUSHCRAFT [8-15][60]	CAMPSITE WOODS
11:00	PANTHEON PLAYHOUSE WITH YOUTH THEATRE [120]	TEEN TENT
12:00	ART CLUB WITH RACHEL - DROP IN SESSIONS [180]	LITTLE RETREATERS TENT
13:30	WHY WE SHOULD ALL BE EATING INSECTS WITH BUG FARM FOODS [60]	THE COOKERY TENT
17:30	BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60]	CAMPSITE WOODS
	FUN AND DANCE WITH GEORGIA [60]	LITTLE RETREATERS TENT
18:30	KIDS DISCO [90]	KIDS TENT
20:00	BEDTIME STORIES [30]	LITTLE RETREATER TENT

MONDAY 27th MAY

9:30	FAMILY YOGA [60]	LITTLE RETREATERS TENT
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EVERY DAY

MAJICAL YOUTH WILL BE AT THE FESTIVAL EVERY DAY BRINGING YOU:

SWINGBOAT,S TRAMPOLINES, MUD KITCHEN, SANDPIT PLAY, CLIMBING FRAMES, CIRCUS SKILLS, THE BIG RETREAT TALENT SHOW, TREASURE HUNT, YOGA AND CO-OPERATIVE GAMES

FROM
12:00
FRIDAY