



the BIG^o
retreat
Wales

THE FEEL
GOOD
FESTIVAL

2019 FESTIVAL GUIDE

FRIDAY

12:00

HITT [30m]

FITNESS STUDIO 1

12:30

GENTLE YOGA STRETCH [60m]

SHIVA YOGA TENT

13:00

LIFE KITCHEN WITH RYAN RILEY [60m]

COOKERY TENT

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

TALK TENT

KETTLE BELL WORKOUT [60m]

FITNESS STUDIO 1

13:30

HATHA YOGA FOR BEGINNERS WITH CATHERINE [60m]

SHAKTI YOGA TENT

14:00

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

TALK TENT

ZUMBA WITH TRACEY KEANE [60m]

FITNESS STUDIO 2

MINDFUL DREAMSCAPES PAINTING WITH LOUISE BURDETT [120m]

MAIN TENT

THE PERFECT INSTAGRAM PIC WORKSHOP WITH CELEBRITY PHOTOGRAPHER DAN KENNEDY [60m] **MEET AT INFORMATION POINT**

14:15

THE FOODIE ROOMS WITH ADAM [60m]

COOKERY TENT

14:30

STRETCH AND FLY WITH CILLA [90m]

SHIVA YOGA TENT

SPOON CARVING WITH BUZZARD CHRIS BUSHCRAFT [16+YRS] [120m]

CAMPSITE WOODS

15:00

PELVIC FLOOR TRAINING WITH ALYSON BURNELL [45m]

FITNESS STUDIO 1

OUTDOOR BOOTCAMP WITH BFIT [60m]

FITNESS FIELD

THE HERBAL WAY TO TREAT EVERYDAY AILMENTS WITH VICTORIA CHOWN & KIM WALKER (WALK & TALK) [60m]

TALK TENT

YOGA SOUND MEDITATION WITH RISHI [90m]

SHAKTI YOGA TENT

FORAGING WITH JADE MELLOR [120m]

MEET AT INFORMATION POINT

15:30

BODY COMBAT WITH LINZI AND JENNY [60m]

FITNESS STUDIO 2

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

COOKERY TENT

16:00

SHOW GIRLS WITH NICOLA FULIN [60m]

FITNESS STUDIO

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

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT [16+YRS] [120m]

MAIN TENT

FRIDAY

16:30

ACRO YOGA WITH SAM AND STEVE [90m]

SHIVA YOGA TENT 1

16:45

BOXERCISE WITH HANNAH [60m]

FITNESS STUDIO 2

17:00

BREATH AND MOVEMENT WITH PETER KAY [60m]

SHAKTI YOGA TENT

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

COOKERY TENT

17:30

BUSHCRAFT INSIGHTS FOR ALL AGES [60m]

CAMPSTAGE WOOD

STRENGTHEN AND STRETCH WITH KATHERINE D BRACE [60m]

FITNESS STUDIO 1

18:00

OPENING CEREMONY

MAIN STAGE

18:30

DYNAMIC FLOW WITH JOEGA JOY FITNESS [60m]

SHIVA YOGA TENT

BHAKTI YOGA WITH DEEPIKA AND ALICE [60m]

SHAKTI YOGA TENT

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

TALK TENT

19:15

POUND ROCK MASTERCLASS WITH CLAIRE KITE

FITNESS STUDIO 1

19:30

PILATES WITH THE PRACTICAL PILATES TEAM [60m]

FITNESS STUDIO 2

INTRODUCTION TO AYURVEDA WITH YOGA ELDER MENI FARKASH [60m]

TALK TENT

20:00

MEDITATION WITH JOEGA JOY FITNESS [60m]

SHIVA YOGA TENT

21:00

CLUBBERCISE WITH NICOLA FULIN [60m]

FITNESS STUDIO 1

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

TALK TENT

CHOIR PRACTICE [ALL WEEKEND]

LOVE TO SING? WHY NOT JOIN IN OUR CHOIR PRACTICE

CHOIR PRACTICE IS DAILY FROM 2PM IN LAWRENNY CHURCH.

SATURDAY

6:30

PRANIC AWAKENING WITH MENI FARKASH [60m]

SHIVA YOGA TENT

FINDING YOUR BALANCE WITH CATHERINE [60m]

SHAKTI YOGA TENT

7:00

VERA FLOW WITH CLAIRE KITE [40m]

FITNESS STUDIO 1

5KM RUN [60m]

MEET AT INFORMATION POINT

8:00

WALK WITH PEMBROKESHIRE PARK RANGERS

MEET AT INFORMATION POINT

ALL ABOUT THE FLOW WITH MICHELLE DOWNES [60m]

SHAKTI YOGA TENT

YOGA FOR THE DIGESTIVE SYSTEM WITH CILLA [90m]

SHIVA YOGA TENT

8:15

YOGA SHRED WITH EMMA LOUISE REES [60m]

FITNESS STUDIO 1

8:30

MORNING DANCE PARTY [60m]

FITNESS STUDIO 2

9:00

OUTDOOR CIRCUITS WITH BFIT [60m]

FITNESS FIELD

JUICING WITH JUSTIN [60m]

COOKERY TENT

MINDFUL DREAMSCAPES CHARCOAL WITH LOUISE BURDETT [90m]

MAIN TENT

9:15

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

TALK TENT

9:30

BUTTS & GUTTS WITH SUSIE HOPKINS [60m]

FITNESS STUDIO 1

DYNAMIC VINYASA WITH THE NORDIC SISTERS [60m]

SHIVA YOGA TENT

HATHENAS - LUNG CLEANSING WITH YOGACHARINI DEEPIKA [60m]

SHAKTI YOGA TENT

10:00

PINK BELT KICK BOXING WITH MARK [60m]

FITNESS STUDIO 2

MAKING MONEY WITH CAKE WITH ALANA SPENCER [60m]

COOKERY TENT

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

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT [16+YRS]

MAIN TENT

LINO PRINTING WITH DIANA BROOK [180m]

MAIN TENT

SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180m]

MAIN TENT

SATURDAY

10:30

DOWSING WITH TOM LAWLESS [90m]

MEET AT INFORMATION POINT

10:45

BURLESQUE FIT WITH SUSIE HOPKINS [60m]

FITNESS STUDIO 1

11:00

WARRIOR FLOW POWER YOGA WITH MENI FARKASH [90m]

SHIVA YOGA TENT

YOGA SOUND MEDITATION WITH RISHI [90m]

SHAKTI YOGA TENT

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

COOKERY TENT

CHANGING HABITS FOR GOOD WORKSHOP WITH SHAHROO IZADI

TALK TENT

SPATULA CARVING WITH NEIL HOPKINS [16+YRS] [120m]

MAIN TENT

11:15

PILATES WITH THE PRACTICAL PILATES TEAM [60m]

FITNESS STUDIO 2

11:30

FORAGING WALK WITH JADE MELLOR [120m]

MEET AT INFORMATION POINT

12:00

POUND ROCK WORKOUT WITH CLAIRE KITE [45m]

FITNESS STUDIO 1

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60m]

CAMPSITE WOODS

12:15

LIVING KITCHEN WITH RYAN RILEY [60m]

COOKERY TENT

12:30

HOOPERCISE WITH ALYSON MOULES [45m]

FITNESS STUDIO 2

STRONG MAN/WOMAN TRAINING WITH BFIT [60m]

FITNESS FIELD

13:00

MINDFUL DREAMSCAPES PAINTING WITH LOUISE BURDETT [120m]

MAIN TENT

HATHA/ VINYASA WITH AMBER [60m]

SHIVA YOGA TENT

YOGA NIDRA WITH NATHALIE MEROUR [45m]

SHAKTI YOGA TENT

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

TALK TENT

13:15

PINK BELT BOXING WITH MARK [60m]

FITNESS STUDIO 1

13:30

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

COOKERY TENT

13:45

RITASHAKE WITH CHARLOTTE NEILL [30m]

FITNESS STUDIO 2

SATURDAY

14:00

LINO PRINTING WITH DIANA BROOK [180m]	MAIN TENT
SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180m]	MAIN TENT
YOUR PERFECT INSTAGRAM PIC WORKSHOP WITH CELEBRITY PHOTOGRAPHER DAN KENNEDY [60m]	MEET AT INFORMATION POINT
MY LIFE AS AN ADVENTURER WITH BEX BAND [60m]	TALK TENT
SPOON CARVING WITH THE COPPICE PLOT [16+YRS] [120m]	MAIN TENT

14:30

FITSTEPS WITH KIM BROCKHURST	FITNESS STUDIO 1
MOVING WITH MEANING - ANA CHIDZOY	SHAKTI YOGA TENT
MEN'S YOGA WITH MAHESH HAYWARD	SHIVA YOGA TENT
SPOON CARVING WITH BUZZARD CHRIS BUSHCRAFT [16+YRS]	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 [60]	TALK TENT
INTRODUCTION TO HOMEOPATHY WITH AMANDA CLIFFORD	MAIN TENT

15:45

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

16:00

BREATH WORK WITH RICHIE BOSTOCK	SHAKTI YOGA TENT
THE ART OF MINDFUL TEA DRINKING WITH CARO B [60m]	TALK TENT
STRENGTH TRAINING BFIT [60m]	FITNESS FIELD

16:15

BOLLYX WITH CORDULA NECKERMANN [60m]	FITNESS STUDIO 2
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16:30

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

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

SATURDAY

17:30

STRICTLY DANCE FIT WITH ELIZA ALLEN [60m]

FITNESS STUDIO 2

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60m]

CAMPSITE WOODS

18:00

CAN WE GET HIGH ON LIFE?

TALK TENT

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

18:30

SHOWGIRLS WITH NICOLA FULIN [60m]

FITNESS STUDIO 1

ACRO YOGA WITH ROSE AND ROBYN [90m]

SHIVA YOGA TENT

TRI DEVI KIRTAN WITH LOUISE THORNDYCRAFT [90m]

SHAKTI YOGA TENT

19:00

FUN FIESTA WITH ALYSON MOULES [90m]

FITNESS STUDIO 2

20:00

YOGASHRED WITH EMMA LOUISE REES [60m]

FITNESS STUDIO 1

20:30

MEDITATION WITH HOPE BASTINE [60m]

SHIVA YOGA TENT

21:00

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

TALK TENT

80'S DISCO

FITNESS STUDIO 2

FEEL GOOD RECEPTION TIPI

BREATHWORK CLASSES

WILD SWIMMING MEETING
POINT

GONG BATHS

DIDGERIDOO

SINGING BOWL SOUND
MASSAGE

WING CHUN KING FU

LAUGHTER WORKSHOPS

SOLO TRAVELLER MEETING
POINT

BOOKING POINT FOR MASSAGE
AND OTHER THERAPIES

ACOUSTIC MUSIC AND CHILL
OUT

HANDLE BAR BARISTA

CHECK
RECEPTION
FOR TIMES

SUNDAY

6:30

HATHA WITH YOGACHARIYA JNANDEV [60m]

SHIVA YOGA TENT

HATHA YOGA WITH AMBER SMITH [60m]

SHAKTI YOGA TENT

7:00

PINK BELT KICKBOXING WITH MARK [45m]

FITNESS STUDIO 1

5KM RUN [60m]

MEET AT INFORMATION POINT

7:30

WOMEN'S WELLBEING WITH AMBER [45m]

FITNESS STUDIO 2

8:00

SHOWGIRLS WITH NICOLA FULIN [60m]

FITNESS STUDIO 1

MEN'S YOGA WITH MAHESH HAYWARD [60m]

SHIVA YOGA TENT

BREATHWORK WITH RICHIE BOSTOCK [60m]

SHAKTI YOGA TENT

MORNING WALK, MOVEMENT, STRENGTH
& MEDITATION WITH KIM INGLEBY [60m]

MEET AT INFORMATION POINT

8:45

PILATES WITH THE PRACTICAL PILATES TEAM [60m]

FITNESS STUDIO 2

9:00

KID'S COOKERY WITH THE FOODIE ROOMS AND ADAM [60m]

COOKERY TENT

WALK WITH PEMBROKESHIRE PARK RANGERS

MEET AT INFORMATION POINT

PARENT & BABY YOGA

TEEN TENT

9:15

HEART-OPENING MEDIATION - THE NORDIC SISTERS [60m]

TALK TENT

9:30

DANCESING - NATALIE GARRY [60m]

FITNESS STUDIO 1

MINDFUL MOMENTS FOR PARENTS WITH AMELIA STONE [60m]

SHAKTI YOGA TENT

YIN AND YOGA NIDRA WITH JOEGA JOY FITNESS [90m]

SHIVA YOGA TENT

10:00

PINK BELT KICKBOXING WITH MARK [60m]

FITNESS STUDIO 2

OUTDOOR BOOTCAMP WITH BFIT [90m]

FITNESS FIELD

CAKE AND MONEY WITH ALANA SPENCER [60m]

COOKERY TENT

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

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT [16+YRS] [120m]

MAIN TENT

LINO PRINTING WITH DIANA BROOK [180m]

MAIN TENT

SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180m]

MAIN TENT

MINDFUL DREAMSCAPES CHARCOAL WITH LOUISE BURDETT [90m]

MAIN TENT

SUNDAY

10:30

CHAKRA & AURA WORKSHOP WITH TOM LAWLESS [90m]

MAIN TENT

11:00

QIGONG WITH CLARE SKELTON [60m]

FITNESS STUDIO 1

THE LUNCHBOX DOCTOR WITH JENNY TSCHIESCHE [60m]

COOKERY TENT

SPATULA CARVING WITH NEIL HOPKINS [16+YRS] [120m]

MAIN TENT

RESTORATIVE YOGA WITH LINDA PREMANADHI [90m]

SHAKTI YOGA TENT

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

TALK TENT

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

MEET AT INFORMATION POINT

11:30

MOVEMENT FOR LIFE WITH ROSE FISHER [60m]

SHIVA YOGA TENT

FITSTEPS WITH KIM BROCKHURST [60m]

FITNESS TENT 2

12:00

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60m]

CAMPSITE WOODS

STRENGTH AND CONDITIONING WITH BFIT [60m]

FITNESS FIELD

12:15

RITASHAKE WITH CHARLOTTE NEILL [30m]

FITNESS STUDIO 1

LIVING KITCHEN WITH RYAN RILEY [60m]

COOKERY TENT

12:45

POUND ROCK WORKHOUT MASTER CLASS WITH CLARE KITE

FITNESS STUDIO 2

HEALTHY HIPS YOGA WITH ROBYN SMYTH TERRY [60m]

SHIVA YOGA TENT

13:00

RITASHAKE WITH CHARLOTTE NEILL [30m]

FITNESS STUDIO 1

EXPLORING THE PAUSE WITH PETER KAY [60m]

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 [60m]

COOKERY TENT

14:00

PRIMAL MOVEMENT WITH RYAN NAISH [60m]

FITNESS STUDIO 1

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

TALK TENT

HAND STAND WORKSHOP WITH KERRY CURSON [90m]

SHIVA YOGA TENT

SPOON CARVING WITH THE COPPICE PLOT [16+YRS] [120m]

MAIN TENT

LINO PRINTING WITH DIANA BROOK [180m]

MAIN TENT

SKETCH BOOK DRAWING WITH LEE JOHN PHILLIPS [180m]

MAIN TENT

SUNDAY

14:30

BOXERCISE WITH HANNAH LLOYD [60m]

FITNESS STUDIO 2

HEART BASED HATHA WITH LOUISE THRONDYCRAFT [90m]

SHAKTI YOGA TENT

SPOON CARVING WITH BUZZARD CHRIS BUSHCRAFT [16+YRS] [120m]

CAMPSITE WOODS

14:45

NATURAL KITCHEN ADVENTURES WITH CERI JONES [60m]

COOKERY TENT

15:00

HITT WITH LAURA JENKINS [60m]

FITNESS FIELD

15:15

FITNESS BOOST WITH EMERALD [60m]

FITNESS STUDIO 1

15:45

FISHING & FORAGING/COOKING WITH MATT POWELL [60m]

COOKERY TENT

VERAFLOW WITH CLAIRE KITE [45m]

FITNESS STUDIO 2

16:00

ALL ABOUT THE FLOW WITH MICHELLE DOWNES [60m]

SHIVA YOGA TENT

SELF CARE FOR THE REAL WORLD WITH THE SHELF HELP CLUB [60m]

TALK TENT

16:30

STRICTLY DANCE FIT WITH ELIZA ALLEN [60m]

FITNESS STUDIO 1

BALANCING THE WATER ELEMENTS WITH CAT [90m]

SHAKTI YOGA TENT

17:00

BOOT CAMP CIRCUIT WITH LAURA JENKINS [60m]

FITNESS FIELD

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

COOKERY TENT

HOW BREATHWORK CAN HELP BEAT STRESS WITH THE BREATH GUY WITH RICHIE BOSTOCK [60m]

TALK TENT

ZUMBA WITH CLAIRE KITE [45m]

FITNESS STUDIO 2

17:30

THE WAY OF YOU WITH THE NORDIC SISTERS [60m]

SHIVA YOGA TENT

BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS BUSHCRAFT [60m]

CAMPSITE WOODS

18:00

BOLLYX WITH CORDULA NECKERMANN

FITNESS STUDIO 1

WHAT ARE WE DOING HERE ANYWAY?
WITH HOPE BASTINE, MATT JOHNSON, NORDICS, TOM LAWLESS AND TONI JONES [60m]

TALK TENT

18:30

BODY COMBAT [60m]

FITNESS STUDIO 2

KIRTAN WITH LINDA PREMANADHI [60m]

SHAKTI YOGA TENT

SUNDAY

19:00

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

SHIVA YOGA TENT

19:30

YOGASHRED WITH EMMA LOUSIE REES [60m]

FITNESS STUDIO 1

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

TALK TENT

20:00

CLUBBERCISE [60m]

FITNESS STUDIO 2

21:00

MUSINGS OF A MENOPAUSAL WOMAN PART 2 JENNIFER KENNEDY AKA THE GALLOPING CATASTROPHE [18+YRS] [60m]

TALK TENT

TRADE ZONE [10:00 - 18:00]

BARROW OF LOVE	RAW MIXTURE
GINFUSIONS	BOOKS, POETRY & PRINTS
SOYA CANDLES	BILLYGOATS & RAINCOATS
THE POTTING SHED	DOGS TRUST
SERAF SOULS	PEMBROKESHIRE COAST NATIONAL PARK
FOREVER WITH LOVE	ISEASURFWEAR BY KIDS ZONE
PEMBROKESHIRE BEACH TREE	DOTERRA
FRESHWEST SILVER	BUTTER BELLE
PINEAPPLE ISLAND	DANTROPIC SKINCARE
SYRIAN SNACKS	HEDDFAN FROM NARBERTH

FOOD ZONE [7:00 - LATE]

THE MINI PEPPERCORN	MAJICAL YOUTH PIZZA	COW POTS
CWLBOX	RIDICULOUSLY RICH BY ALANA	THE BEAN COFFEE
THE RAW FOOD DUDE	VEGAN SNACKS - MARGARET CROOK	HANDLE BAR BARISTA
MR CROQUEWICH	ICE GREEN	IN THE WELSH WIND GIN & FIZZ BAR
RENEGADE CAFE		THE LAWRENNY ARMS BAR

MONDAY

6:30

HATHA YOGA [60m]

SHIVA YOGA TENT

GENTLE WAKE UP WITH NICKY LOCKHART [60m]

SHAKTI YOGA TENT

7:00

RUN 5KM [60m]

MEET AT INFORMATION POINT

7:30

DANCESING WITH NATALIE GARRY [60m]

FITNESS STUDIO 2

8:00

YIN AND YANG WITH KERRY CURSON [60m]

SHIVA YOGA TENT

PRANAYAMA & MEDITATION WITH NATHALIE MERMOUR [60m]

SHAKTI YOGA TENT

8:30

BOOST DANCE WORKOUT WITH EMERALD [60m]

FITNESS STUDIO 1

HIIT [60m]

FITNESS FIELD

9:00

FITSTEPS WITH KIM BROCKHURST [60m]

FITNESS STUDIO 2

9:15

GOOD MORNING MEDITATION WITH HOPE BASTINE [60m]

TALK TENT

9:30

YOGA FOR ALL [16+YRS] [60m]

SHIVA YOGA TENT

GENTLE STRECH YOGA [60m]

SHAKTI YOGA TENT

SPATULA CARVING WITH NEIL HOPKINS [16+YRS] [120m]

MAIN TENT

10:00

BOLLYX WITH CORDULA NECKERMANN

FITNESS STUDIO 1

THE BIG GIN SALE [90m]

COOKERY TENT

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

TALK TENT

SPOON CARVING WITH THE COPPICE PLOT [16+YRS] [120m]

MAIN TENT

10:30

PILATES WITH THE PRACTICAL PILATES TEAM [60m]

FITNESS STUDIO 2

OUTDOOR CIRCUITS WITH LAURA JENKINS [60m]

FITNESS FIELD

DOWSING WITH TOM LAWLESS [90m]

MEET AT INFORMATION POINT

11:00

THE DIRTY VEGAN WITH MATT JOHNSON [60m]

MAIN STAGE

FOR THE LITTLE RETREATERS

EVERY DAY

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

CRECHE, SWINGBOATS, 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

FRIDAY 24th MAY

- 13:00 BUSH CRAFT KNIFE SKILLS [8-15YRS] [60m]
- 15:00 FORAGING WITH JADE MELLOR [120m]
- 16:00 PANTHEON PLAYHOUSE WITH THE YOUTH THEATRE [120m]
- 18:00 KIDS DISCO [90m]

- CAMPSITE WOODS
- MEET AT INFORMATION POINT
- TEEN TENT
- KIDS TENT

SATURDAY 25th MAY

- 8:00 WALK WITH PEMBROKESHIRE PARK RANGERS [90m]
- 8:30 MORNING DANCE PARTY [60m]
- 9:00 INAMOJO TM WITH LUCY BRAZIER [5-9YRS] [45m]
- 10:00 FAMILY MINDFULNESS WITH AMELIA [45m]
- KNIFE SKILLS WITH BUZZARD CHRIS [8-15YRS] [60m]
- 11:00 PANTHEON PLAYHOUSE WITH YOUTH THEATRE [120m]
- 11:30 FORAGING WITH JADE MELLOR [120m]
- 13:00 ART CLUB WITH RACHEL - DROP IN SESSIONS [180m]
- 13:30 WHY WE SHOULD ALL BE EATING INSECTS WITH BUG FARM FOODS [60m]
- 14:00 BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS [60m]
- DECORATE A CUP CAKE WITH CHEF ADAM
- 15:45 THE PUMPKIN PATCH WITH LISA FEARN [60m]
- 16:30 CHEERLEADING WITH GEORGIA [60m]
- 18:00 KIDS DISCO [90m]
- 19:30 BEDTIME STORIES [30m]

- MEET AT INFORMATION POINT
- FITNESS STUDIO 2
- LITTLE RETREATERS TENT
- LITTLE RETREATERS TENT
- CAMPSITE WOODS
- TEEN TENT
- MEET AT INFORMATION POINT
- LITTLE RETREATERS TENT
- COOKERY TENT
- CAMPSITE WOODS
- LITTLE RETREATERS TENT
- COOKERY TENT
- LITTLE RETREATERS TENT
- LITTLE RETREATERS TENT
- LITTLE RETREATERS TENT

SUNDAY 26th MAY

- 9:00 INAMOJO TM WITH LUCY BRAZIER [5-9YRS] [60m]
- KIDS COOKERY WITH THE FOODIE ROOMS AND ADAM [60m]
- WALK WITH PEMBROKESHIRE PARK RANGERS [90m]
- PARENT AND BABY YOGA [60m]
- 10:00 FAMILY YOGA WITH NICOLA [60m]
- BUSHCRAFT SKILLS WITH BUZZARD CHRIS [8-15YRS] [60m]
- 11:00 PANTHEON PLAYHOUSE WITH YOUTH THEATRE [120m]
- 12:00 ART CLUB WITH RACHEL - DROP IN SESSIONS [180m]
- 13:30 WHY WE SHOULD ALL BE EATING INSECTS WITH BUG FARM FOODS [60m]
- 17:30 BUSHCRAFT INSIGHTS WITH BUZZARD CHRIS [60m]
- FUN AND DANCE WITH GEORGIA [60m]
- 18:30 KIDS DISCO [90m]
- 20:00 BEDTIME STORIES [30m]

- LITTLE RETREATERS TENT
- COOKERY TENT
- MEET AT INFORMATION POINT
- TEEN TENT
- TEEN TENT
- CAMPSITE WOODS
- TEEN TENT
- LITTLE RETREATERS TENT
- THE COOKERY TENT
- CAMPSITE WOODS
- LITTLE RETREATERS TENT
- KIDS TENT
- LITTLE RETREATERS TENT

MONDAY 27th MAY

- 9:30 FAMILY YOGA [60m]

- LITTLE RETREATERS TENT