



# The Celtic Woodland Yoga Festival Day 1

## Friday July 19



Program is Subject to Change, Make Sure You Have the Latest Version

	The White Hall	Dining Hall	Withdrawing Room	Reflection Room	Shining Room Talks and Seminars	Rose Room Body Works	Outdoor Events	Check In Times
4 p.m.		Drinks and Snacks On-Going				Bodywork Reception Open Bookings Available from 4.00 p.m.		Check in 3.00-5.00
5 p.m.	<b>OPENING CEREMONY &amp; MEDITATION</b> 5-6.30 Led by Cathy and Jai Music by Jack Harrison							
6 p.m.			<b>Alignment of the Inner Body</b> 6.00-7.30 <i>Iyengar Style</i> Teresa Lewis	<b>The Yoga of Intimacy</b> 6.00-7.30 <i>You are the One You've Been Waiting For: A Heart of Yoga Practice</i> Emma Warmington				
7 p.m.	<b>We Are One Kindred Spirit: Embodied Intention</b> 6.30-7.15 <i>Hatha Flow</i> Kanta Barrios	Dinner 7.15						
8 p.m.								Check in 8.00-9.00
9 p.m.	Entertainment 8.30						<b>Woodland Reggae Music</b> with Reggae Reeta 8.30 Fireside Outdoors, Weather Permitting	
10 p.m.	<b>Music and Meditation for Dreamtime</b> 10.00-10.30 Jack Harrison and Benita Wolfe							



# The Celtic Woodland Yoga Festival Day 2

## Morning Classes Saturday July 20



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	The White Hall	Dining Hall	Withdrawing Room	Reflection Room	Shining Room Talks and Seminars	Rose Room Body Works	Outdoor Events	Check In Times
5 a.m.								
6 a.m.								
7 a.m.				<b>Morning Meditation</b> 6.30-7.00 Michael Ryan				<b>Gates Open 7 am for Day Ticket Holders</b>
8 a.m.		<b>Drinks and Light Snacks Available</b>		<b>Movement, Stillness and the Unfolding Self</b> 7.00-8.30 <i>Gentle Practice</i> Michael Ryan		<b>Massage and Body Work Sessions</b> <i>Throughout the Day</i> Schedule Yours Early!		<b>First Classes Open to Day Ticket Holders</b>
9 a.m.	<b>Vinyasa Slow</b> 8.00-9.30 <i>Advanced Awareness of the Energy Body</i> Cathy Pearson		<b>Understanding Pranayama</b> 8.30-10.00 Teresa Lewis					
10 a.m.		<b>Breakfast</b> 9.30-11.30			<b>Presentaion of the Body Workers</b> 9.00-9.45 <i>Come, Meet and Talk to the Healers. Schedule a Session</i>		<b>Kundalini Yoga for Openness and Radiance</b> 9.30-10.30 Jai Kartar Kaur	
11 a.m.	<b>Womens' Tantra</b> 10.00-11.30 <i>Shiva and Shakti, Uniting the Masculine and Feminine: Gentle Vinyasa</i> Lorraine Taylor			<b>Right Effort</b> 10.00-11.30 <i>Hatha Yoga</i> Anto Kearney				
12 p.m.			<b>Breath Medicine</b> 11.00-12.30 <i>The Magic of Breath, Sound and Movement</i> Daisy Kaye		<b>Thai Vedic Yoga</b> 11.00-12.00 <i>5 Elements and the Language of Union</i> Sebastian Bruno			
	<b>Cultivating A Resilient Core</b> 12.00-1.30 <i>Free Your Backbends</i> Kanta Barrios				<b>Transforming Cellular Memory</b> 12.30-2.00 <i>Interactive Healing Process</i> Cathy Pearson			



# The Celtic Woodland Yoga Festival Day 2

## Afternoon Classes Saturday July 20



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	The White Hall	Dining Hall	Withdrawing Room	Reflection Room	Shining Room Talks and Seminars	Rose Room Body Works	Outdoor Events	Check In Times
1 p.m.						<b>Body Work Sessions</b> <i>All Day</i> Schedule Yours and Feel Great!		
2 p.m.	<b>Celtic School of Yoga: Yoga from the Hazelwood</b> 2.00-3.30 <i>A Musical Journey of Folklore from the Land of Legends : Music, Myth and Movement</i> Jack Harrison & Benita Wolfe		<b>The Awakened Voice</b> 1.30-3.00 <i>Get Profound with Play and Sound</i> Emma Warmington	<b>Thai Vedic Body Work</b> 2.00-3.30 <i>A Journey Through Movement and Touch</i> Sebastian Bruno			<b>Somatic Education</b> 2.00-3.30 <i>The Living Anatomy of Breath</i> Vanessa Peare <i>(Meet in Shining Room if weather is poor)</i>	
3 p.m.								
4 p.m.	<b>Reggae Yoga</b> 4.00-5.30 <i>Good Vibes Vinyasa</i> Randall O'Leary & DJ Reggae Reeta			<b>The Magic of Yin</b> 4.00-5.30 <i>Through the Eyes of Hatha Yoga</i> Amy Kokoszka				
5 p.m.					<b>Yoga of Awareness: Kundalini Yoga</b> 5.00-6.30 <i>An Interactive Exploration of the Philosophy and Practice</i> Jai Kartar Kaur			
6 p.m.		<b>Dinner</b> <i>Food, Delicious Food</i> 6.15-8.00		<b>Good Craic on the Mat</b> 6.00-7.15 <i>Power Yoga</i> Dan Ward				
7 p.m.								
8 p.m.				<b>5 Element Dance</b> 9.15-10.15 <i>Shake it</i> Daisy Kaye	<b>Yoga Talks Panel</b> 8.00 <i>Stages of Practice and Self Realization</i> Cathy, Lorraine, Benita, Jack, Dan		<b>Celtic Tales and Legends Around the Fire</b> <i>Sunset Tea</i> 9.00	



# The Celtic Woodland Yoga Festival Day 3



## Morning Classes Sunday July 21

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	The White Hall	Dining Hall	Withdrawing Room	Reflection Room	Shining Room Lectures and Seminars	Rose Room Body Works	Outdoor Events	Check In Times
5 a.m.								
6 a.m.			<b>Energize Your System</b> 5.30-7.00 <i>Kundalini Yoga, Gong and Meditation</i> Jai Kartar Kaur					
7 a.m.				<b>Morning Meditation</b> 6.30-7.00 Emma Warmington				<b>Gates Open 7 am for Day Ticket Holders</b>
8 a.m.		<b>Drinks and Light Snacks Available</b> 7.00		<b>Krama: The Heart of Yoga</b> 7.00-8.30 <i>Vinyasa Krama</i> Emma Warmington		<b>Body Work Sessions</b> <i>All Day</i> Schedule Yours and Feel Great!		<b>First Classes Open to Day Ticket Holders</b>
9 a.m.	<b>Rivers: Vinyasa Flow Meets Pranayama</b> 8.00-9.30 <i>Swara Yoga</i> Randall O'Leary							<b>Guest Check In</b> 8.30-10.00
10 a.m.		<b>Brunch</b> 9.30-11.30 <i>Yum</i>	<b>Harmonizing Your Inner Landscape: Healing Sound Meditation</b> 9.30-10.30 <i>Thai Vedic</i> Sebastian Bruno	<b>Dynamic and Vibrant</b> 9.00-10.30 <i>Iyengar Yoga</i> Orla Punch	<b>The Yoga of Wandering</b> 9.00-10.30 <i>Yoga and the Celtic World</i> Jack Harrison			
11 a.m.	<b>JOY</b> 10.00-11.30 <i>Grounded in the Earth, Opening to Full Potential</i> Mari Kennedy			<b>Yoga Nidra</b> 11.00-12.00 <i>With Celtic Harp Accompaniment</i> Cathy Pearson & Sinead	<b>Yoga Question &amp; Answer</b> 11.00-12.00 <i>Come with Your Questions</i> Kanta Barrios & Friends			
12 p.m.	<b>Conjuring the 5 Elements</b> 12.00-1.30 <i>Supergong Bath Soak &amp; Kundalini Yoga</i> Jai Kartar Kaur						<b>Mindfulness Walk</b> 12.00-1.00 <i>Silent Walking Meditation</i> Kanta Barrios	



# The Celtic Woodland Yoga Festival Day 3

## Afternoon Classes Sunday July 21



Program is Subject to Change, Make Sure You Have the Latest Version

	The White Hall	Dining Hall	Withdrawing Room	Reflection Room	Shining Room Lectures and Seminars	Rose Room Body Works	Outdoor Events	Check In Times
1 p.m.			<b>Getting Prana from Nature</b> 1.00-2.00 <i>Pranayama by the Riverside</i> Randall O'Leary	<b>Therapeutics</b> 1.00-2.30 <i>The Nervous System and the Forgotten Self</i> Michael Ryan	<b>Shiva and Shakti</b> 1.00-2.30 <i>Intimate Embrace</i> Lorraine Taylor	<b>Body Work Sessions</b> All Day Schedule Yours and Feel Great!		
2 p.m.	<b>Breath Medicine</b> 2.00-3.30 <i>Awaken Vitality, Clarity and Peace</i> Daisy Kaye		<b>Kirtan</b> 2.15-3.15 <i>Songs of Creation</i> Jack Harrison & Friends					
3 p.m.				<b>Somatic Education</b> 3.00-4.30 <i>Deep and Relaxing Inquiry into the Movement of the Hips</i> Vanessa Peare (Bring a Blanket!)	<b>The Celtic Wheel</b> 2.45-4.00 <i>An Ancient Map for the Times We Live In</i> Mari Kennedy			
4 p.m.	<b>In the Land of Power and Flow</b> 4.00-5.30 <i>Power Yoga</i> Dan Ward		<b>Take Flight with Hands on the Ground</b> 4.00-5.15 <i>Arm Balancing</i> Fiona McNamara		<b>Tree, Woods, Naure and Folklore</b> v4.30-5.30 Richard Nairn <i>Senior Environmental Scientist</i>		<b>Grooving on the Grass</b> 3.00-4.30 <i>Reggae &amp; Soul DJ Set</i> Reggae Reeta	
5 p.m.			<b>Hips and Forward Bends</b> 5.30-6.30 <i>Iyengar Yoga</i> Orla Punch				<b>In Nature, As Nature</b> 5.00-6.00 <i>Walking Meditation</i> Emma Warmington	
6 p.m.		<b>Dinner!</b> 6.15-8.00 <i>Yum</i>		<b>Enchanted by the Music of the Sea</b> 6.00-7.00 <i>Restorative Yoga</i> Benita Wolfe & Jack Harrison	<b>Sadhus, Yogis, Mystics and Cheats</b> 5.30-6.30 <i>Diverse Traditions of Indian Spirituality</i> Randall O'Leary			
7 p.m.								
8 p.m.	<b>Concert with Jack Harrison &amp; Friends</b> 8.45				<b>The Future Evolution of Yoga</b> 7.30-8.30 <i>A Panel Conversation</i> Randall, Orla, Jai, Kanta, Emma			



# The Celtic Woodland Yoga Festival Day 4

## Morning Classes Monday July 22



Program is Subject to Change, Make Sure You Have the Latest Version

	The White Hall	Dining Hall	Withdrawing Room	Reflection Room	Shining Room Lectures and Seminars	Rose Room Body Works	Outdoor Class	Check In Times
5 a.m.								
6 a.m.								
7 a.m.				<b>Rise and Shine Meditation</b> 6.30-7.00 Kanta Barrios				
8 a.m.	<b>Purify and Energize</b> 7.00-8.00 <i>Pranayama &amp; Kriya</i> Randall O'Leary	Drinks and Light Snacks Available		<b>Get Up and Go</b> 7.00-8.00 <i>Hatha Flow</i> Kanta Barrios				
9 a.m.				<b>Bringing It All Home</b> 8.15-9.45 <i>Celtic School of Yoga</i> Jack Harrison & Benita Wolfe		<b>Body Work Sessions</b> 8.00-11.00 <i>Last Chance to Get Amazing Body Work!</i>		
10 a.m.		<b>Brunch</b> 8.00-10.30					<b>Qi Gong Under the Trees</b> 9.00-9.40 <i>Taoist Energetic Practice</i> Daisy Kaye	
11 a.m.							<b>Closing Meditation &amp; Tree Planting</b> 10.30-11.00 Everyone Meet in Lobby	
12 p.m.								<b>Check Out</b> 12.00 <i>Namaste! Thanks for coming. See you next year!</i>