

# ONE LAND

## Schedule Sep 2024

	Friday	Saturday	Sunday
7:15-8:30	Dynamic breath flow Rich	Kundalini -Elements Kary	Breath out Free flow Sunrise Meditation walk and dynamic breath flow Rich
8:30-9:15	Breakfast & Morning circle	Breakfast & Morning circle	Brunch & Morning circle
9:30-10:00	Morning circle	Bird boxes	Breath out Free Flow
10:00-11:00	Free		
11:00-12:00		Singing circle and Tantra Anna Colette	
12:00-13:00		Lunch	Lunch
13:00-14:15	Welcome/arrivals	Free	Snax
14:30-15:00	Heart hub/Bird boxes	Walk in the woods & story telling and meditation gong and harp Emmy, Mica & Kary	Breath out Free flow and Comedy games Jono
15:00-16:00	Jam & contact improv Tom	Movement Carolina de Oliveira	Closing ceremony
16:00-17:00	Dinner & Evening circle	Dinner & Evening circle	Dinner & Evening circle
17:00-18:00	Kids Time	Kids Time	Kids Time
18:30-20:15	Opening ceremony storytelling, music and Magic	M4U Live Music acts and DJ dance funk train Anna Carlyle and Clare Marks	Fire side recording session
20:00			
Evening			