

# PROGRAMME DAY 1



## Sadhana 05:00-07:30 CEST

**H** Aquarian Sadhana : Japji & Yoga - Tiaga Priti Kaur, Meditation - Siri Akal Kaur

## Gurdwara Programme 07:30-08:30 CEST

**W** Full Gurdwara program led by members of our Sangat in UK

## Breakfast Time 08:30-09:30 CEST

**H** Opening Ceremony 09:30-10:00 CEST

## Morning Workshops 10:00-12:00 CEST

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|---|--|---|
| <b>R</b> Red Tent Foundation workshop<br>Stephanie Loison                       | <b>G</b> Awakening the Inner Healer<br>Lakshmi Chand     | <b>V</b> Divine Human - Servitude or Seva<br>Shanti Kaur & Gurupreet Kaur |
| <b>O</b> TRUE LOVE : Ajai Alai Awakening<br>opening the 4 chambers of the heart | <b>I</b> Manifesting your divine nature<br>Amarjit Singh | <b>Pu</b> Cultivating the virtue of humility<br>Hari Krishan Singh        |
| <b>Y</b> Shakti Dance®: "Embodying Being"<br>Sara Avtar                         |  |   |

## Lunch Time 12:00-13:30 CEST

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| <b>I</b> VIRTUAL BAZAAR | <b>V</b> YOGI TEA LOUNGE |
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## Afternoon Workshops 13:30-15:30 CEST

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| <b>R</b> Smile Care in the Red Tent<br>Sukh Sahej  | <b>G</b> The Humility of the Woman<br>Ishwara Kaur | <b>V</b> Age of Aquarius<br>Kiranjot  |
| <b>O</b> Celestial Communication to Soothe<br>Your Heart - Adarsh Kaur                       | <b>B</b> Inner Chakra Healing ®<br>Mahan Kirn      | <b>Pu</b> No Complaints! Live in the Stress<br>Free Zone - Dr Haridass Kaur     |
| <b>Y</b> Kundalini Yoga Meets Compassionate<br>Inquiry for Healing Trauma<br>Sat Dharam Kaur | <b>I</b> Stay at home!<br>Pavanjeet Kaur           | <b>Pi</b> MANTRA CHOIR One voice,<br>One world, One heart.<br>Siri Sadhana Kaur |

**H** Break Time 15:30-15:45 CEST

## Afternoon Yoga 15:45-17.00 CEST

**H** Fateh Singh with healing meditation Anand Kirtan and family

## All Camp Meditation 17:00-17:20 CEST

**H** Anand Kirtan and family

## Dinner Time 17:30-19:00 CEST

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|---|--------------------------|--|
| <b>R</b> Open Sharing Session<br>Red Tent (women)       | <b>I</b> VIRTUAL BAZAAR  | <b>W</b> Gurdwara Programme<br>Unwinding with stories of<br>Guru Nanak's time<br>Sukhdev Kaur and Guvinder Singh |
| <b>Y</b> Circle Processing Space (2hr)<br>Just Outcomes | <b>V</b> YOGI TEA LOUNGE |  |

## Evening concert 19:00-20:30 CEST

**H** Siri Sadhana Kaur · Amrit Sadhana Singh

## Zoom Rooms

