



BACK TO THE roots

THE CROFT FARM ESCAPE

friday

Day Ticket: Adult £44 | Child £17
(includes Cacao Ceremony + Dinner)

-  16:00 Land Honouring & Cacao Ceremony
-  17:30 Cheetah Ram
-  18:30 Nadia
-  19:00 Antarma
-  20:30 Fireside Dinner
-  21:00 Spoken Word & Poetry Jam
-  22:00 Sound Healing w/ Tia Sunlight

Full Weekend Tickets:

includes Cacao Ceremony, Dinner & Breakfast

tickets
 Adult: £88
 Child (6-18): £37
 Under 5s: FREE



saturday

Day Ticket: Adult £55 | Child £27
(includes Breakfast)

-  **Holistic Therapies All Day**
-  **Craft Workshops for children & adults All Day**
-  08:00 Hudu Yoga Flow w/ Nahdeannah
-  09:00 Breakfast
-  10:00 Kids & Family Yoga w/ Kelly
-  10:00 Sound Healing w/ Arachai, Tony & Joe
-  12:00 Ice Bath Experience w/ Darren & Marcus (£20pp)
-  12:00 Natural Dye Drop In w/ Gira Callaghan
-  13:00 Slacklining w/ Paul
-  14:00 Voice Activation Workshop w/ Liquid Light
-  15:00 Mitakuye Oyasin
-  17:00 Gardening Workshop w/ Amy
-  17:00 Various Workshops w/ Guroots
-  18:00 Drama Workshop w/ Guroots
-  19:00 Freedom Dance
- 23:00 Late Sessions

sunday

Day Ticket: Adult £33 | Child £11

-  **Holistic Therapies All Day**
-  **Craft Workshops for children & adults All Day**
-  08:00 Yoga & Meditation w/ David
-  09:00 Kids & Family Yoga w/ Kelly
-  10:00 Silent Revolution Meditation w/ Rachael
-  10:45 Movement is Medicine w/ Emma The Alchemist
-  11:45 Gong Meditation w/ Alix
-  12:00 Slacklining w/ Paul
-  12:00 Guroots DJ sets
-  14:00 Closing Song & Kirtan Circle w/ Ahisha Desi

+ PLUS more workshops announced throughout the weekend!

All info, including tickets, FAQs and site map on the website: www.consciousbuddycommunity.com/back-to-the-roots



programme subject to change