

Weekend camping ticket holders can stay until Monday 11am

BACK TO THE ROOTS STAGE

7.30am - 8.30am Hudu Yoga with Nahdeannah

8.30am - 10.30am Soma Breathwork Awakening Experience with Matt Brown

10.45am - 12.15 Shakti Ecstatic Dance with Dirish Shaktidas

12.30pm - 2pm Arachai

2.30pm - 3.30pm Funky Reggae Beats with Matt

4pm - 5.45pm Ravi Freeman

Overtone Workshop & Performance

6pm-7pm FreedOM Somatic Dance with Luisa Bradshaw

7.30pm - 8.30pm Kan Beng

9pm - Kaya Project DJ Set with Seb

FOREST SCHOOL

(A SPACE FOR LITTLE AND BIG KIDS)

10am - 4pm Space Pony Van with Amy

10am - 11am Children's Story Yoga with Maria Oliver

11am - 12pm Forest School with Tracy

4pm - 5pm Meditation for teens & families with Nasreen Pritchard

6pm - 7pm Animal Quest musical jam with Dana

SILENT REVOLUTION (SPACE OPEN ALL DAY)

7am - 8am Silent Revolution with Raye (Cafe Kailash)

TREE OF LIFE STAGE

Panel Talks hosted by Jennifer McKenzie

9-10am The law of attraction and communication with animals with Vicki

10.45-11.45am Sing Yourself home with Lyndz Liquid Light

12-12.30pm Sustainable Fashion with Isla Restore & Repair

12.45pm-1.45pm Words Matter, Roots Matter with Abbi Jinks

2pm-2.45pm Theatre Workshop with James Crawford

3pm-3.45pm Happy, Healthy, Sober with Janey Lee Grace

4pm -4.45pm History & Power of Music with Azyre Blue

5pm - 6pm Growing Nai

6.15pm - 7.15pm Guroots Jam

11pm - 1am Freedom Dance Silent Disco with Jon E Kay & Dani

MALOKA

9am-10am Sisters of Sound

11am - 1pm Tea Ceremony & Mandala Drawing with Dela Abraham

2.30 - 3.30pm a journey into layers of consciousness with Rose Polpette

4pm - 6pm Sacred Sexuality: A partnered Practice With Taila Rose & Jonny Gonzales

9pm - 10pm Sound bath with Alix & paula

THE SAUNA DECK

2PM - 4PM Ice Baths with A Human Movement

PRE-PAID WORKSHOP

FIRE/MULTI SENSORY GARDEN

5-6pm Permaculture walk & talk with the Planting Guys

6.30 - 7.30pm Shamanic Drum Circle with Hannah

CACAO TEMPLE

(open 12noon-11pm)

12 noon - Cacao Ceremony with Lilly

6pm - Cacao Ceremony with Lilly

SACRED GLADE

The Tipi

The Bleeding Space

The Womb Cave (Open to all Genders)

9.30 am - 11am - Mens Circle

with Darren, Arachai & Joe with Taila Rose

9.30 am - 11am - Conscious Communication

Reconnecting The Sisterhood

- Arabella Kasler

2pm - 4pm - Womb Wisdom

- Anouska Cox

9pm - 11pm - Didgeridoo Journey

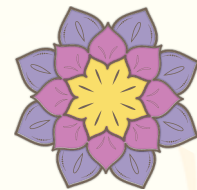
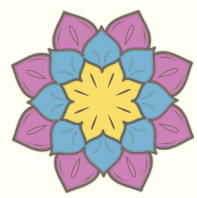
11TH-13TH AUGUST 2023
CROFT FARM ESCAPE
HEMEL HEMPSTEAD

WWW.CONSCIOUSBUDDYCOMMUNITY.COM



CONSCIOUS BUDDY

BUDDIED WITH
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BACK TO THE ROOTS STAGE

8.-9.am Rise & Shine Yoga with
Empowered Peacock
10am - 12pm Ecstatic Kirtan with
Ahisha & Friends
12.30pm - 2pm Afro Trance Dance with
Azyre Blue & Self Evolution Coach
2.30pm - 4pm African Drumming with
Abdul Conteh
4.15pm -5.00pm Lulila
5.15pm- 6.30pm ISAYAKA
7pm - 8pm SHE
8.30pm - 10pm Gratitude to the Roots
Gong Bath with Sound & Space

FOREST SCHOOL

(A SPACE FOR LITTLE AND BIG KIDS)

10am-4pm Space Pony with Amy
10.30am -11.30pm Forest School
with Tracy
12pm - 1pm Annas Funky Art
(Rag Rugs)
1.30pm -2.30pm Clever knots & Tarp
Tactics with Andrea Rancini

SILENT REVOLUTION (SPACE OPEN ALL DAY)

7am - 8am Silent Revolution with Raye (Cafe Kailash)

TREE OF LIFE STAGE

Panel Talks hosted by James O'Connell

9-10.45am Yoga Nidra (Talk & Practice) with

Nikki Evans & Estella Star

11am - 11.30am The 4 Agreements of

Conscious Business & Marketing

with Sophie Kolar Daniels

11.30pm - 12.pm Conscious Co-Living

with Dr Penny Clark

12-1.30pm The challenge to bring awareness
into our everyday lives

with guests Darren (Croft Farm Owner)

& Marcus (Croft Manager)

1.45pm - 3.15pm Spoken Word

(Open Mic Hosted by Abbi Jinks)

3.45pm - 4.45pm Spirit Animal exploration
with Sal

5pm - 7pm Freedom Dance

with Estella & John

MALOKA

10am-12 rebirthing Shamanic breathwork
with Shani & Josh

12.30pm - 1.30pm Inversions

with Lenka Powell

2pm-3pm The Metamorphosis

with Laura Phelan

3.30pm-4 .30pm Cycle your heart out

with Sarah Bayaidah

4.45-6pm Making Room For Love

Kundalini Yoga with Maya

FIRE/MULTI SENSORY GARDEN

10am - 12pm - Ancestral Herbalism:

Native Plant Connection & Foraging
Walk with The Wandering Witch

3pm - 3.45pm - Brew Kombucha

with Alex Andra (meet in garden,
workshop in Alex's van)

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12 noon - Cacao Ceremony
with Lilly

6pm - Cacao Ceremony with Lilly

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The Womb Cave (Open to all Genders)

8.45am - 10am - Earth Body: A Somatic Sensual
Homecoming with Taila Rose

8.45am - 1.30pm - Inipi Purification Ceremony
with Joe Christlow

2pm - 3.30pm - Ancestral crafting
with Ellie Sunshine

4pm - 5.30pm - Mugwort Tea Blend
Ceremony & Sound Bath
with Blousey & Diane Haorang

GUROOTS DEN

10PM-12AM - COLLECTIVE REFLECTIONS
Recline, unwind & intergrate through
the sights + sounds of our time together



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FRIDAY



ARRIVAL FROM 12

BACK TO THE
roots
2023

BACK TO THE ROOTS STAGE

4PM OPENING CEREMONY

5-5.45PM ELIZABETH FREEBORN

6PM - 7PM OME YOLIA

7.15PM - 9.15PM ANTARMA

9.30PM - 10.50PM MINOA



TREE OF LIFE STAGE

2.30PM - 4.30PM FESTIVAL FLOWER CROWNS WITH AMY KIRKBRIDE

11PM - 12AM LATE NIGHT SOUNDSCAPE WITH LYNDZ LIQUID LIGHT

FOREST SCHOOL

2.30PM - 3.30PM WIDE GAMES WITH CHOTA YOGA

MALOKA

2.30PM - 3.30PM RETURN TO LOVE WITH BODHINI

SACRED FIRE/ MULTI-SENSORY GARDEN

5.45PM CACAO HONOURING & OPENING (CACAO TEMPLE)

