

2019	Tuesday 28th May	Wednesday 29th May	Thursday 30th May	Friday 31st May	Saturday 1st June	Sunday 2nd June
Sadhana 5-7.30 am		Siri Sadhana Kaur & Aloka	Ishwara Kaur	The Honor Family	Anand Kirtan & Family	GBKYF Team Sadhana
--- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----- Breakfast - 7.30 - 8.30 ----						
---- Missel Groups - 8.30 - 9.00 ---- Missel Groups - 8.30 - 9.00 ---- Missel Groups - 8.30 - 9.00 ---- Missel Groups - 8.30 - 9.00 ---- Missel Groups - 8.30 - 9.00 ----						
Great Hall 10.00 - 12.30	Health, Vitality & Radiance Haridev Kaur	True Compassion - "See the other person as you" (Women's Workshop) Simranjeet Kaur	Big Magic: Astrology of Aquarius Kiranjot (Laura Jones)	The Yoga of Awareness, The Yoga of Kindness Fateh	The Mother's Journey: Modern Sisterhood Elena O'Keeffe	Closing meditation 9.30 - 10.00
Yoga Rm 2 10.00 - 12.30	KYTA Conference Music and Naad	50 Years of Healing Livtar Singh	Is Your Practice Aligned with Your Goals? Jai (Natalia Sayers)	Connect to the EXTRAordinary in you Satwant Kaur	Lighthouses of Humanity What role will you play in the revolution? Ishwara Kaur	 <p>This year the festival celebrates 50 years of Kundalini Yoga teachings in the West as brought to us by Yogi Bhajan</p> <p>Please visit our:</p> <ul style="list-style-type: none"> • Bazaar for free yogi tea & shopping • Healing area for therapy appointments • Gudwara for sikh spiritual inspiration • Legacy room to learn about the history of Kundalini Yoga • Red Tent for women • Childrens Camp for fun & laughter • Gardens and grounds • The chapel for peace and reflection <p>The schedule is subject to change</p>
Yoga Rm 3 10.00 - 12.30	Intro to Ten bodies - Soul Purpose Roisin	Kundalini Yoga For Dementia GDRP Matinder (Gwyn)	Man-to-Man Hari Karam Singh & Tej Ravi Singh	Shakti Rising Activation Goddess Circle Zarah Kumara	Feel the Force Guru Kirat	
---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ---- Lunch - 13.00 - 14.00 ----						
Great Hall 15.00 - 17.30	Gratitudes Gift Siri Sadhana Kaur	A Deeper Magic: Power in Mantra Anand Kirtan	The Alchemy of Trust & Surrender Wioletta	One for the Heart and the GRDP: From the Individual, through the Community, to the Universal Raghurai Singh	Discover Your Soul Mate Darryl O'Keeffe	
Yoga Rm 2 15.00 - 17.30	Manifest Abundance Satya Raj Kaur (Eleanor Phelan)	Be Like a Forklift: Lift Somebody Up Prakashjot Kaur	Stepping Into Your Personal Power Juliet Russell-Roberts	Re-writing your (hi)story - illuminating the soul Angad Kaur	You Owe It to Yourself to Be Yourself Kate McKenzie	
Yoga Rm 3 15.00 - 17.30	Shabd Guru for removing blocks Mandev Kaur	Balance & Beauty Victoria Amore	Stories & Dreams Arvind Kaur Manav Simran Kaur Gobind Seetal Kaur	Creative Flow for Health and Happiness Chananjoti Kaur (Vera)	Becoming Golden Lakshmi (April Penny)	
---- All Camp Meditation - 18.00 - 18.30 ---- All Camp Meditation - 18.00 - 18.30 ----- All Camp Meditation - 18.00 - 18.30 ---- All Camp Meditation - 18.00 - 18.30 ----						
---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ---- Dinner - 18.30 - 19.30 ----						
Evening 20.00 - 22.00	Opening Ceremony & Kirtan with Siri Sadhana Kaur, Aloka, Anand Kirtan & Family, Laxmi Kaur, Devajeet Kaur & Harv Singh	Fireside Healing the Wounds of Love meditation and gathering	Shakti Dance, Meditation with Mantra and all night Gong Puja	Kirtan with Satwant Kaur, Nandh Singh & Gurmat Sangeet Academy	Sangat Stars with house band Anand Kirtan & family & Harv Singh, plus YOU the Sangat!	