Musicians

Kîla

Kila celebrated their 35th anniversary in 2022 and continue to sound incredibly fresh and exciting. Formed at school in Dublin in the late 1980's, they are heralded as one of Ireland's most innovative and exciting bands Their unique sound has continued to evolve. Rooted in tradition, yet inspired by a myriad of influences and ideas

from across the world. Kíla fuse Irish (Gaeilge) lyrics, folk instruments; Uilleann pipes, Bodhrán, Bones and Woodwinds with Djembe,

Congas, Drums, Mandolin, Brass, acoustic and electric guitars. The result is a fresh blend of freewheeling instrumentals, furious jigs, and primal rhythms that transcend the boundaries of traditional Irish music. Bristling with passion and energy

The band continue to bring their 'energetic, creative and wildly exuberant music' (France's Trad Mag), to festivals across Europe.

The band are riding high on the success of their 2016 album 'Suas Síos', the writing of the remarkable music for Cartoon Saloon's Oscar nominated films; The Secret of Kells and Song of the Sea, and the Emmy nominated documentary Ireland's Wild River – The Secret Life Of The Shannon. The band have produced 10 critically acclaimed studio albums and on St Patrick's Day 2017 the long awaited Live album 'Alive', was released. Featuring fun and vibrant performances of favourite tracks from the vast Kila back catalogue.

" Somehow you get the feeling they lit the fuse for the big bang." Bono

"There is something truly transcendent about the music of Kíla." BBC World Review

Instagram and facebook: Kila Official.

Back To The Roots Stage Saturday 9.00pm - 10.30pm

Antarma

Growing up in London, Antarma's influences and collaborations are truly multicultural - from Ancient Sanskrit Mantras of the Sanatan Dharma Indian Tradition as well as the Amazonian, Sufi and African Brazilian Sacred Traditions. He integrated these teachings into his music skills as a rapper and percussionist, then made his name busking on the streets of London, immersing hundreds with a single drum and vocal. Antarma took this same vibrancy into powerful events that fuse meditation, chanting, song and dance into a fully interactive journey, bringing audiences into deep connection and ecstatic joy - an experience to celebrate life's ups and downs together. Whether playing solo at festivals or intimate groups at retreats / events, he takes people through transformational, life affirming experiences with music, joyful celebration, poetry and mantra sadhana (practice). His upbeat Djembe Drumming can make any crowd go wild and come together. Often you will find him dancing amongst them getting everyone involved. His unique spectrum of Deeply Relaxing Mantras Slokas (verses), guided meditations and specially adapted English mantra translations, with blessing of his Guru Mata Vijnanamba Paramahamsa Parivrajika, make the meaning of ancient Slokas of Sanatan Dharma feel relevant

"Antarma music provided a beautifully held and unique space which led me on a journey into a place of ecstatic bliss, emotional release and deep tranquillity all in one set."

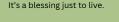
Description- Antarma Shares Deep Relaxation and Ecstatic Celebration, invoking Peace and Unity through Sanskrit Mantra, Delicate Guitar, Empowering Affirmations, Poetry and Energetic Djembe Drumming, at Events, Retreats and Festivals.

All the music mantras and practices Antarma shares are intended to bring the highest,

deepest Peace, Joy, Celebration and Love for all hearts, for nature and for all beings.

Honouring and giving Gratitude to the Sacred Traditions and for life Herself!

to the minds and hearts of today



Socials-IG: @antarmamusic FB: https://www.facebook.com/AntarmaG





Cheetan Ram Cheetah Ram are a devotional duo in love and music; advocates for expression, creativity and connection.

They share medicine music, heart songs, reggae, poetry, icaro's and chants. With influences from Nature, Reggae, Sanskrit mantra, Celtic lineage, Aboriginal dreamtime, the plant kingdom and other frequencies - Cheetah Ram are a melting pot of genres and cultures. Their work is being shared far and wide and can be experienced through workshops, sacred ceremonies, etreats, gigs and festivals.

Back To The Roots Stage - Saturday 5:30pm - 6:30pm Tree Of Life Stage - Sunday 8:30am - 10am



Nadia in DrumSong

B2TRS & Guroots Cafe - Sunday 9pm

Instagram- @cheetahram.music

Nadia communes in Song Rhythm and Dance of Africa, Middle East, Celtic Europe and the Americas. Drawing on the inspiration of her heritage and travels, she weaves music in an immersive performance and calls on the transformational power of the individual toward the collective. Nadia s singer and drummer of former group Kan Beng and has co-created with Youseff Joe Legwabe of Master drummers of Africa, Antarma music, Aquashi Music, Montague and Armstrong, drum dancer Miriam Dubois and others. She performs and co-creates in Community, Well being and callings of life

Nadia meets you in an immersive rhythm dance and song-- the call of the cosmic sounds of earth's indigenous lines of Africa, the Middle East, Celtic Europe and Americas; through inspired heritage and travels.She invites us to sing, shake, dance our way home... Instagram- @Nadi7484, @drumsong144



"am a wandering poet from the rugged lands of Britain. For many a moon I have wandered the ancient sites scattered across the globe. Seeking the wisdom and magic hidden within our long ost pagan cultures. But it wasn't until I returned to the misty isles that I was truly able to stand in my purpose. For it was here that I remembered that nothing is ever truly lost and with dedication, belief and presence all that has been forgotten remains. I have heard the songs whispered in the whirling winds.

I have bathed in the healing waters of the icy mountain springs. I have danced in the underworld with the medicine of this land. And with your time and presence even if only for a moment I invite you to dance on this journey of remembering with me."

Description-I blend a variety of genres and instruments to create a unique sound. Starting with spoken word and finishing with tribal trance. With some acoustic storytelling to go along with it.

Spotify and instagram- The Northern Poet, @northernpoet Back To The Roots Stage - Sunday 7:30pm - 9pm

Tree Of Life Stage - Sunday 12:00pm - 1:00pm

Arachai

Arachai weaves together the instruments of Handpan, Voice and Didgeridoo to take you on a journey of sound and vibration. Inspired by his travels around the world, Arachai loops live sounds to create a frequency that will not only get you thinking and feeling, but also moving. Music for the people! In this set Arachai will be joined by his sister Blousy! Live looping performance.

Back To The Roots Stage - Saturday 7:00pm - 8:30pm

LuluOm/ Luisa Bradshaw FreedOm Ecstatic Dance.

A wave of music, earthy, shamanic, heart opening, tribal, euphoric and high vibe... getting out of our heads and into our bodies. Where we allow our bodies to move in

whatever way they want. This is not 'dance', it is a free expression of self. "I am Luisa Bradshaw, a Breathwork practitioner and conscious DJ. I trained as a rebirther over 20 years ago and have been on a journey with breath and music ever since I have a huge passion for creating waves of music for Breathwork and Somatic Dance that take people on a journey, to their truth. I believe using a combination of breath, sound and movement we can release trauma from our body in a powerful and quite often euphoric way. I love to help people connect back to their bodies and in doing so heal themselves. To empower people to live their fullest expression of themselves. Their highest timeline. Their greatest truth."

Instagram- @ freedom_luluom

Back To The Roots Stage - Saturday 12pm - 1pm Roots Rising - Sunday 6:30pm - 8pm

Annida Tattva



Living close to nature and surrounded by her tribe and community has influenced Annida's offerings in the world. She is an artist and an earth woman who loves creating ceremonial spaces of love, healing and freedom through music, movement and medicine across the world. Offering ecstatic dances and holding spaces for creative expression, opening the heart space and reconnecting with the body.

Ecstatic Dance - Creating heart opening ceremonies for exploration of freedom and the inner child through movement and expression. Annida creates spaces of movement and music to free the body and mind. Annida is an ecstatic dance Dj playing tribal electronic music with a selection of sounds from across the world.

Instagram-@annidatattva Back To The Roots Stage - Sunday 2:30pm



The Loving Collaborative



gentle paradigm.

We write our songs together, and perform them as a family. We welcome all types of collaboration and artistic self expression

Instagram-@thelovingcollaborative Tree Of Life Stage - Saturday 6:30pm - 8pm





Ellie Grace writes songs and poetry about life. Capturing both its light and darkness and alchemising the



Matt Hall Dj Mattsplatt has been Djing for over 30 years which started out at free parties on Junktion14 sound system most summers in the UK in the early to late 90's. Then, throughout the years played many different events from Big sexy festy party in London to Parties in Goa, Exodus Festival, Boomtown and more.

Back To The Roots Stage - Sunday 4pm - 5pm

Having played a few different genres in this time from Chill out, Psytrance, House, jungle &

These days expect Reggae & Jungle to get your dancing feet moving to the beat!

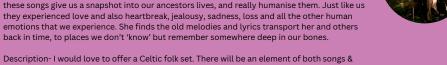
Facebook- Matt Splatt B2TRS & Guroots Cafe - Saturday 3 - 4pm

Hannah Lunar Rose

Hannah Rose is an English song gather and story teller with no fixed abode. She loves to collect songs and stories from times long past and help to keep them alive. In particular Hannah loves songs from Ireland and Scotland, especially in Gaelic. When first starting to sing in Gaelic it felt like a remembrance to her, a coming home. One of Hannah's favourite things about sharing these ancient folk songs and stories is how potent they are at helping us to connect with our ancestors, in a unique way that she feels just isn't possible in any other form. Hannah believes these songs give us a snapshot into our ancestors lives, and really humanise them. Just like us they experienced love and also heartbreak, jealousy, sadness, loss and all the other human emotions that we experience. She finds the old melodies and lyrics transport her and others







Description- I would love to offer a Celtic folk set. There will be an element of both songs & stories, mostly in Gaelic and all with a story behind them

Instagram-@hannahlunarrose B2TRS & Guroots Cafe - Saturday 10:30pm



Emily Cobie & Friends - Oh Shala Kirtan Band Emily Cobie is a student of Bhakti Yoga, the practice of devotional yoga. Her mission is to share the power of Mantra and chanting, mainly through Kirtan, as a way to connect to divinity and collective consciousness.

She began learning Mantra 8 years ago with her Teacher Ajay Kumar through Vedic Chanting in his Shala, Shtalam 8 -Ashtanga & Vedanta Centre. Since then, Emily has been inspired and honoured to be a student of Sheela Bringi, a devotional Indian and Raga singer. She has also learnt from Kirtan leaders such as Sivani Mata and Ahisha Dasi. After spending time with Radhika Das and Friends in the holy place, Vrindavan, Emily has spent the last year sharing Kirtan in Buckinghamshire and numerous festivals and events in the UK. Emily holds a monthly Kirtan in Marlow as part of the Oh Shala Festival.

My core values lie in a practice of love, kindness, compassion and service in community. Through the medium of Kirtan we can call on divinity to open our hearts as we chant and sing together,

from the Bhakti Yoga Tradition. Allow yourself to be uplifted and energised, no singing or

weaving magic and collective healing. Description-Join Emily and the Oh Shala Kirtan Band for a deep dive into the heart through sacred sound and devotional song. We will sing together, co creating a healing space through sound by learning traditional mantras combined with meditation and silence. We will explore connection to our own voice through collective singing in a kirtan style, call and response practice



Ellie Grace words into a heartfelt performance with a voice that ings so sincerely. Description- Guitar based Singer, Songwriter and Poet.

Instagram-@elliegracesingssongs

FlowMadic & LYRAN FlowMadic is a conscious hip hop artist, bringing high energy flows and thought patterns, alongside the powerful voice and style of LYRAN, a cosmic singer songwriter bound to make Description-A variety of music played over a backing system with live vocals, with some acoustic guitar tracks.

Anna Carlyle Powerful, Ethereal and Heart Centred,

Instagram-@arachaihaorang

Spiritual folk artist Anna Carlyle expresses experimental soaring vocals over beautiful melodies that demand attention, playing in the realms of sound she wishes to create from an authentic space using lyrics relatable to the struggle and pain of transformation with an uplifting and catchy message

Description-A set mix of acoustic guitar and vocals to tribal instrumental dance tracks, all original

Socials-https://linktr.ee/AnnaCarlyleMusic, IG; @annacarlylemusic, Youtube



Michael De Souza Step into the realm of the conscious and spiritual with the enigmatic wordsmith known as Michael De Souza. In the sonic tapestry of Grime and hip-hop.

Back To The Roots Stage - Saturday 1pm - 1:45pm

Michael De Souza is not just a rapper; they are an oracle of the metaphysical, a guide through the cosmic corridors of consciousness. Each lyric is a brushstroke on the canvas of the soul, painting vivid landscapes of higher wisdom and transcendental experiences. The verses, like ancient mantras, vibrate with the energy of mindfulness, inviting listeners to delve into the depths of their own spirituality. Drawing from ancient wisdom and modern philosophy, Michael De Souza fuses the teachings of sages with the beats of the street. The conscious rapper's rhymes serve as a bridge between the esoteric and the everyday, inviting a harmonious coexistence of spiritual truths in the hustle and bustle of urban life.

The beats accompanying Michael De Souza's verses are not merely rhythms; they are frequencies set to the vibrations of 432hz. From ethereal melodies to grounding basslines, the music serves as a vessel for the transmission of spiritual energy. The collaboration between words and beats is an alchemical fusion, invoking a trance-like state that elevates the listener beyond the mundane. All of Michael's music is truly organic, he produces all his beats/instrumentals, and records/mixes independently.

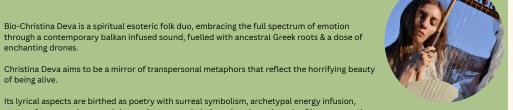
Social-https://linktr.ee/MichaelDeSouzaMusic Tree Of Life Stage - Friday 9:30pm - 10:30pm

Christina Deva

of being alive.

Bio-Christina Deva is a spiritual esoteric folk duo, embracing the full spectrum of emotion through a contemporary balkan infused sound, fuelled with ancestral Greek roots $\&\ a\ dose\ of$ enchanting drones.

Its lyrical aspects are birthed as poetry with surreal symbolism, archetypal energy infusion,



states of transcendence and descendants, an animistic realm where threads of interconnection between all, the dead living and the living dead are one.

The delivery of songs honours raw emotion and unfiltered expression, embracing mournful catharsis, embracing darkness & light, beauty & pain.

Tribal & lamentful vocals of Istina Deva (Christina Deva), soaring as in sorrow so in ecstasy, sometimes accompanying herself by the Ancient Greek lyre or a drone, alongside the accompaniment of Antoni Tashev's entrancing string playing, guitars, bouzouki, and sometimes accompanying on the pow drum.

Instagram- @christina_deva Back To The Roots Stage - Sunday 5:30pm - 7pm



Isayaka Isayaka is a medicine womban, prayer & song carrier ~ sharing the medicine of the songs gifted through her service and walking through this life as an ever-unfolding ceremony. Description-Sharing my heart songs - 90 minute set. Opening prayers, acapella singing, acoustic guitar & vocals with percussive support + sharing some songs to sing together as a tri Instagram- @WildMedicina Tree Of Life Stage - Sunday 3:30pm - 5pm

BoThai

BoThai, a multifaceted artist, is making waves as an aspiring musician, pianist, and singer Her love for music blossomed at a young age, and she's since dedicated herself to perfecting her craft. With her soulful voice and mastery of the piano, BoThai's performances resonate with deep emotion and captivating melodies Through her music, she connects on a profound level, evoking a spectrum of emotions that leave listeners entranced. Join BoThai on this harmonious voyage, as her melodies are sure to leave an indelible imprint on your heart. A sound bath/journey with voice, piano/keyboard and other light instruments. To include ancestral channelled songs, original songs, and song covers.

B2TRS & Guroots Cafe - Sunday 3pm - 4pm

Ben Jansz

himself

Ben Jansz is a captivating one-man band from the Byron Bay region of Australia. Armed with a formidable array of instruments, including didgeridoo (yidaki), guitar, foot percussion, vocals, and various FX, Jansz blends together Folk, Rock, Aussie Roots & Blues, to create his signature sound. Inspired by nature's symphonies and the likes of John Butler, Ben Howard, and Matt Corby, Jansz brings his own unique vocals and skillful use of instruments to the mix to create something truly magical. Returning from performing in South Korea, coming 4th in the "Gwangju World Busking Competition October 2022" that gathered over 600 teams from around the world, Ben Jansz has just finished an 8-month tour around the entire coast of Australia in 2023, travelling over 40,000 km, performing over 100 shows, reaching thousands of people around the country. During this touring he promoted and released two albums "Love & War" and "Memoirs of Travelling Mind" which he wrote, performed, produced, and mixed



Ben Jansz has notably supported/shared festival stages with artists such as; Kim Churchill, Josh Pyke, Thirsty Merc, Tash Sultana, Tones & I, Mitch King, Tijuana Cartel, Winston Surf Shirt, Shmoné, & Josh Cashman, to name a few And performed at festivals such as;

Dragon Dreaming, Bohemian Beatfreaks, Rabbits Eat Lettuce, RootBound Festival, Wallaby Creek Festival, Byron Bay Busking Comp, Jungle Love, and many more...

With these accomplishments and experiences under his belt, $\ensuremath{\mathsf{Ben}}$ brings a wealth of experience and professionalism to every performance. Past audiences have praised the energy and authenticity that define his shows.

B2TRs stage - Friday - 9pm

experience needed!!! Instagram-@Emily.cobie @ohshalafest Back To The Roots Stage - Sunday 10am - 11am



winds of the west Beyond the western edge, the west wind blows. Let it guide you to an interactive storytelling journey with harp and song. Winds of the West takes a traditional story which could be a folk take, a myth or a wonder tale and transform it into a storytelling experience. Join Mica Sinclair and Emmy the Harp as they interweave a tapestry for you with original songs, improvised spontaneous lyrics, humour, depth, breathing, co-creation, singing together and anything else that might come $In stagram \ and \ web- \ @micasinclair \ @emmytheharp \ \underline{https://sites.google.com/view/windsofthewest}$

Tree Of Life Stage - Friday 5:15 - 6:15pm

Elizabeth Freeborn

Capturing the magic of nature through healing sounds. A mix of ambient sound journey and folk/singer songwriter. Instagram- @elizabeth_freeborn_

Back To The Roots Stage - Friday 5.15pm - 6pm Elizabeth Freeborn - 45mins

Genevieve Joy Genevieve Joy is a singer-songwriter from the North. Her folk style acoustic

compositions draw inspiration from her love of nature, the elements and her journey of self-discovery. Genevieve began writing songs at just 15 years old, as a pure form of communication and self expression. Each word carries deep emotion and is designed for soothing, healing and joy.

A music performance (30 mins -1 hour) including just my voice and an acoustic guitar for set up. I will perform all of my own original songs that relate to my journey of selfdiscovery, taking inspiration from nature, plant medicine circles, the elements etc.

 $In stagram-@genevievejoy_music, @maiacommunity. Spotify-Genevieve Joy$

B2TRS & Guroots Cafe - Saturday 9pm

Manteio- Magic Tree Collective

Manteio is a new branch of the Magic Tree Collective comprising of four artists who unite their experience of musical improvisation in the form of the sonic weaving of sound journeys."Manteio", derived from Greek, signifies Oracle or Temple of the Oracle. In antiquity, seekers turned to the Manteio for counsel, seeking guidance on personal and collective matters. Embracing this tradition, Manteio curates deeply immersive journeys where the musicians enter a state of deep listening, attuning to the vibrations destined to be called forth in sound, and bringing them forth, allowing the voices of the otherworld into our reality

Drawing inspiration from ancestral rituals and devotional music with ancient Greek, Celtic, Baltic, Sephardic, and Chinese roots, the music of Manteio traverses lands and realms far and wide, of time and timelessness, using sound as a vessel for transmutation and transcendence.

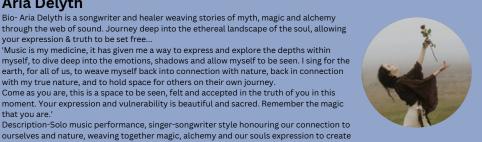
Socials- @christina_deva @garwynlinnell @david.edwood Back To The Roots - Sunday 5:30pm - 7pm



Aria Delyth

that you are.'

Bio- Aria Delyth is a songwriter and healer weaving stories of myth, magic and alchemy through the web of sound. Journey deep into the ethereal landscape of the soul, allowing your expression & truth to be set free. ¹Music is my medicine, it has given me a way to express and explore the depths within myself, to dive deep into the emotions, shadows and allow myself to be seen. I sing for the earth, for all of us, to weave myself back into connection with nature, back in con with my true nature, and to hold space for others on their own journey. Come as you are, this is a space to be seen, felt and accepted in the truth of you in this moment. Your expression and vulnerability is beautiful and sacred. Remember the magic



Socials- spiritofdelyth

a safe space to be vulnerable and felt by others in deep love.

BRTRS & GUROOTS CAFE - Friday 7pm

West African Kora player // **Mallick Kouyate**



Tree Of Life Stage - Sunday 8pm - 9pm

Workshops + Performances



Sridama Dada - Yoga Total connection through yoga, chanting and meditation.

Description- Chanting and meditation followed by yogic physical asanas, finishing with some pranayama. Instagram & web- @ the_karma_gardener , www.payhip.com/karmagardening. Roots Rising - Saturday 7am - 8am

Akoma HEART - Hudu Yoga With Nahdeannah Nahdeannah is the founder of AkomaHEART. She is passionate about Yoga and it has been a core part of her life for 16 years.

She trained and qualified with the British Wheel of Yoga. Sharing this ancient

practice with both children and adults. Akoma HEART facilitates spiritual

Back To Your Cosmic Roots - Starseed Akasha Blue Ray Starseed & Light Code Keeper. Multidimensional Quantum Sound Healer & Light Language

Description- Back to your cosmic roots, connecting with the lineage of your soul • Activating the natural DMT with the codes in my voice to facilitate a deep state of meditation & connection to our higher dimensional consciousness • Anuhazi Light Language with soul song & sound bowls.

Tree Of Life Stage - Saturday 8:30 - 9:30am

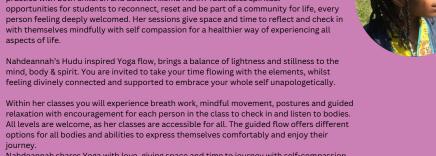
Instagram- @starseed_akasha

Speaker, Self confessed Ascension seeker



Wandering Witch Wildcrafts - Soirja ncestral Herbalism pt1: Native Plant Connection and Foraging Walk: 2 hours

embering our roots as we trace the steps of our ancestors and come back into relationship with the herbal allies, medicines, and plant spirits of these lands. We will explore the hedgerows, meadows, and land right beneath our feet to discover the nutritious, healing treasures that are



Nahdeannah shares Yoga with love, giving space and time to journey with self-compassion, which benefits you to have a healthier way of experiencing all aspects of life Instagram- @nahdeannahs_way, @akomaheartuk

Back To The Roots Stage - Saturday 11:30 - 12:30pm

The Empowered Peacock/ Kelly Fairy

Bio- Kelly Fairy, also known as The Empowered Peacock (the name birthing from empowering and guiding others to be seen and heard for who they truly are), will be sharing her magic of connecting people in a fun and empowering way through partner Yoga. A life of travels, yoga, wild swimming and alternative living has inspired her teachings and passion of allowing everyone to be their beautifully unique selves! Description- Peacock partner yoga with The Empowered Peacock Instagram- @ kellyfairy23

Back To The Roots Saturday 11am - 11.45 Partner Yoga With Empowered Peacock



Sound Bath Experience with Paula & Alix Paula Inch and her daughter Alix Inch have come together to give you a heart-opening and spirit-driven sound bath. They create a natural interweaving of sounds using the divine magic of the mother-daughter thread to connect their higher intuitions, and embody the frequencies channelled by the ancient ancestors together, communing naturally with what the space calls in through the art of gongs, crystal singing bowls and shamanic drumming. Website- www.serenityyogaclasses.co.uk

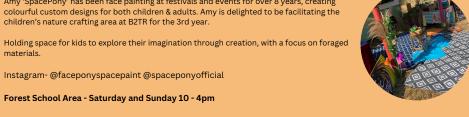
Roots Rising - Friday 10:30pm - 11:30pm

Space Pony - Face paint & Crafts van

Instagram- @faceponyspacepaint @spaceponyofficial

Forest School Area - Saturday and Sunday 10 - 4pm

Amy 'SpacePony' has been face painting at festivals and events for over 8 years, creating colourful custom designs for both children & adults. Amy is delighted to be facilitating the children's nature crafting area at B2TR for the 3rd year.



materials.

mO'sEAn /Yin and Sonic with Carnival vibes A poetic, mood altering/enhancing mover/actor/tutor with Shamanic overtones, clumsy feet, an inquiring, metaphysical mind and a Big Heart.

Sean is trained in Sacred Clowning, Dance and various Performance Arts and has worked with stomp, punchdrunk, secretcinema and breakinconvention.

Sean has been on the Conscious Healing Path for Over 30 yrs and has met and weaved with his Twin Flame in this time frame, heightening and amplifying the Intensity of the Healing.

Description-I offer workshops in Sacred Clowning, (Heyoke and Auguste), Body Percussion, Dance (freestyle, eccentric and street), for all ages (particularly children) and can offer Carnival Craft/Basic Circus skills workshops to help people create Costumes, puppets, flag, dragons and juggling, balancing and tumbling skills to parade with. Plus I can offer a Graffiti Artwork workshop...(aerosol not mandatory)...to create banners and signs for the carnival Instagram- @poetry_in_mosean

Woodland Portal - Sunday 2 - 3pm

Instagram- @wonderings.of.a.wanderingwitch Tea & Cacao Sanctuary - Friday 4pm Tea and folkstories - Soirja 6pm cacao ceremony - Lilly Saturday 3pm Tea and Poetry - Soirja Sunday 11am Foraging walk with soirja

Revive with Nikki and BoThai

practice of Yoga Nidra will help you to fully relax and bring you to the incredibly healing theta brain waves, a SanKalpa(affirmation) can be brought at this stage to enhance the healing you give yourself. As you drift in the inbetween of meditation and sleep. BoThai will then bring in r healing sounds, vibrations of voice, piano and more. All of this is infused with gentle Reiki to leave you feeling blissfully revived."

always available to us

Nikki is a yoga and meditation teacher and reiki master who brings expertise and experience ir creating a calm and grounding atmosphere through yoga, meditation, and Reiki. You can

"Revive is a beautiful collaboration of Yoga nidra, Reiki and sound vibrations. The deep healing

expect to experience deep relaxation and inner peace. BoThai, an intuitive musician, who provides a soothing and transformative auditory

experience through her vocals and piano. Her intuitive music is designed to nurture your mind. body, and spirit, creating a truly immersive and rejuvenating experience.

Instagrams- @finding_your_new_normal @bothaimusic

Roots Rising Stage - Saturday 8:30 - 10am



The Silent Revolution With Raye Raye is a Yoga teacher of 18 years, Shamanic practitioner and healer, was a Meditating Monk for five years, is a poet and storyteller aka The Bendy Witch. Description-Raye will be encouraging you to start your day with your hand on your Heart and will share an experiential Heart centred Meditation practice that you can use on its own or as

easy and natural and can be done with eyes closed and continued as an eyes open practice throughout the day. The Silent Revolution is essentially the practice of choosing Love over fear, to choose connection over bypassing, to keep coming back to yourSelf and the innate Wisdom of your Heart every day, to start your day with Love (however it ends!) so that your Presence leads

Website and Instagram-www.thebendywitch.com, @thebendywitch, @the_silent_revolution_ Roots Rising - Monday 7 - 8am

Onanya Film Experience with Paris Tume

Live DJ set will follow the documentary that inspires people to take action. Whether that's to support indigenous communities, medicinal plants or interpersonal growth. The idea is that the documentary provides direct and accurate information, whereas the live set will give people the space to go within and enable intention setting moving forward.

you into the day, not your to-do list!

Paris is an award-winning dynamic filmmaker that weaves his love of music, visual storytelling, cultural observation and social dynamics to create purposeful art. An advocate for empowering the underrepresented, Paris uses his skills to support communities and contribute to a brighter future.

In the vibrant, lush jungles of the Amazon, a tribe of indigenous people has lived in harmony with their surroundings for millennia. The Shipibo tribe have learned the secrets of the earth, honing their knowledge to transform the native flora into powerful medicines that can cure any sickness.

But their peaceful existence is threatened. The outside world has discovered the valuable treasures of their land - the rich minerals, the unique wildlife, and the breathtaking landscape are all at risk. As the knowledge grows, so does the threat of an ancient culture dissolving. The tribe must fight to protect their way of life and preserve the centuries-old knowledge of their healing practices

Caught between tradition and progress, the battle between the tribe and those who seek to exploit their land is a crossroads that will shape the future of the Shipibo tribe.

Breathwork Tribal/indigenous inspired sound journey

Ecstatic dance Instagram & web-@onanyafilm @paristume www.onanyafilm.com

Back To The Roots Stage - Saturday 2:30pm



Mugwart Ceremony - Luisa Bradshaw

Using the breath and free movement to connect and commune with mugwort & an opportunity to make mugwort smudge. Please bring iournals

Tea ceremony, Breathwork, somatic dance, smudge making.

Back To The Roots Saturday 12pm - 1pm Lulu Ecstatic Dance

Instagram- @ freedom_luluom



Ibiza Sea Spa - Releasing Ceremony with Mud Bio and description- James will be facilitating a releasing ceremony combined with mud baths.

'If you wanna find me I'll probably be hanging out with animals, rolling in mud, massaging in the forest or beach yoga".

James will be utilising breath, movement and mixture of high mineral clays from Ibiza, Morocco and UK. "We will call on Mother Nature to help us release what's not serving us. For over 2 millennia mud baths have been used around the world for their healing properties They have proven to help exfoliation, detoxification, pain relief from rheumatoid arthritis, joint and muscle pain, depression and skin conditions such as eczema and psoriasis. Plus it's an amazing natural conditioner, making your skin feel like silk. So c'mon and lets get $\mathsf{MUDDY}!!"$ Instagram & facebook- @lbizaSeaSpa

Woodland Portal - Saturday 3pm - 5pm



Fire Performance - Sunfire

Holly is a fire performer and visual artist from Scotland. Holly will be igniting the flame within us through inviting a space to witness the art of fire. A vibrant show with fascinating visuals through performance of fire dart, poi and more...

Instagram- @sunravenn

Back To The Roots Stage - Sunday 9 - 9:30pm

opportunities for students to reconnect, reset and be part of a community for life, every persor feeling deeply welcomed. Her sessions give space and time to reflect and check in with themselves mindfully with self compassion for a healthier way of experiencing all aspects of life.

Nahdeannah's Hudu inspired Yoga flow, brings a balance of lightness and stillness to the mind, body & spirit. You are invited to take your time flowing with the elements, whilst feeling divinely connected and supported to embrace your whole self unapologetically

Hudu Yoga Flow - Akoma HEART - Nahdeannah

Nahdeannah is the founder of AkomaHEART. She is passionate about Yoga and it

She trained and qualified with the British Wheel of Yoga. Sharing this ancient

practice with both children and adults. Akoma HEART facilitates spiritual

Within her classes you will experience breath work, mindful movement, postures and guided relaxation with encouragement for each person in the class to check in and listen to bodies. All levels are welcome, as her classes are accessible for all. The guided flow offers different options for all bodies and abilities to express themselves comfortably and enjoy their journey. Nahdeannah shares Yoga with love, giving space and time to journey with self-compassion, which benefits you to have a healthier way of experiencing all aspects of life.

Instagram- @nahdeannahs_way, @akomaheartuk

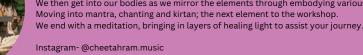
has been a core part of her life for 16 years.

Back To The Roots Stage Saturday 8.30am- 9.30am Hudu Yoga

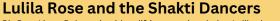


Movement, Mantra, Meditation - Cheetah Ram

The journey starts with free expression to help activate the voice, release & move trapped energy and work with the power of sound. We then get into our bodies as we mirror the elements through embodying various animals.



Tree Of Life Stage - Sunday 8:30 - 10am



Big Base Lines, Dub music with uplifting conscious lyrics, Lulila chants about the ways of the old and the New. Weaving in a A Soul Shaktivation dance workshop where we practise selfLove, chant and dance to Lulila songs and relax at the end with sound bath.

rapping. The Music from the Album was Created by Gaz Sativa and Mark Marringto

Lulila is a Creatrix, She is Devoted to The Way of Her Heart and Her Divine Essence. She allows the Divine Love and Light to flow through her and she Creates Songs, Chants, Dance and Activations to help us all remember that we all have this Sacred Essence within us. She has Created an Album called LifeForce and shares her message through singing and



Renato Guerrero - Andean Medicine Man -Wisdom Keeper - Vocal Activation Immersion to the world of sound, chamanic songs and the and the universal rhythm This workshop is created to provide of joy and confidence to express our voices from the depths of our soul. The intention is not to create the next tenors, but rather, to have fun with the use of our voice and vibration with beautiful ancestral melodies

Renato Guerrero is a guardian of wisdom and medicine man, an alchemist at the service of the transformation of human beings, he has dedicated most of his life to creating conscious changes in people. Born in Chile, with strong roots in the Andean n, he has facilitated ceremonies and helped empower hundreds of people

Full Joy Choir - George Montagu Full Joy Choir Workshop - Open to all, these accessible choir workshops have

attendees singing in glorious harmony & joy in no time! Featuring a collection of stunning numbers old & new (from folk & medicine music to modern pop), all songs are chosen for their capacity to tap into deep nourishment, joy & healing, and are taught through call & response, so no prior experience or preparation is necessary (just turn up & have fun!)

George Montagu, founder of FULL JOY (a community-led music events organisation), is a London-based musician passionate about the transformative power of music. With a background in music & conducting, George brings years of experience singing, leading choirs & facilitating music jams. He has been holding monthly FULL JOY Jams since its successful launch in November 2023, and more recently has introduced monthly choir workshops too, with plans for more offerings



Instagram- @george_montagu @fulljoycommunity B2TRS & Guroots Cafe - Friday 9pm









James loves to be immersed, blessing and thanking Mother Nature.

in the UK and around the world for over 15 years. Tree Of Life Stage - Saturday 9:30 - 11:30am and Sunday 2 - 3:15pm

Embodied Business Workshop with Sophie KD & Rachael

Redefine your relationship to work by dropping into your felt senses and drawing inspiration from Mother Earth as we embark on an introspective journey to create a more humane and joyful way of working. Somatic Educator, Rachael, and Conscious Business Mentor, Sophie, facilitate a fusion of somatic movement, yogic philosophy and guided meditation to awaken you into a new, nourishing age of work that creates a positive impact on people, planet and profit.

Conscious Business Mentor, Sophie KD & Somatics Educator & Yoga School Owner, Rachael Haylock join forces to offer a new way of doing business. One that's rooted in the wisdom of your body and aligned with your values while you grow using conscious marketing. Tree Of Life Stage - Saturday 2 - 3pm

passion and gifts to support.



Kaleigh is a free spirit who is extremely passionate in creating spaces of connection, love, safety and play. Her journey started as a Yoga teacher which created a pathway for further awakening and exploration. She now devotes herself to her healing journey, sharing her

Women let us come together, in this Sacred Circle where we will create a space of safety, love & connection. Inviting a moment to pause and play, as we connect our energy we will explore all that is within us to be seen, heard and felt in a loving playful way. Combining breath, Movement and Connection will allow us to enter a space of harmonious unity. Leaving you with a heart- felt warmth and deep rooted connection.

Instagram & youtube- @beingwell_holistichealth, @BeingWellHolisticHealth Roots Rising - Sunday 1:30pm - 3pm

Divine Dance With Anna & Khavita

Anne Shalo is the foundress of Divine Dance. After 20+ years of dancing professionally & 10+ years of teaching yoga and energy healing - she combines her knowledge of these worlds to hold space filled with healing movement, sound and free expression. Her strong passion for the healing power of dance and movement can be felt in the work that she offers. It is her purpose to support people in connecting with their bodies, empowering people within themselves to love deeper and feel more connected.

Divine Dance is for anyone looking to move their body and explore ways to move through emotions and see what their bodies are capable of. No dance experience needed! It's truly about free expression, you can do whatever your big heart desires. If you have a body, this is for you! This is a time to freely express yourself and heal through movemen Divine Dance is a safe and sacred space. You will be guided through a journey within, tapping into the voice of your soul. Through dance we strengthen our connection with the Divine

Music curated to give you a seamless experience. At the end of the session, we will close level what you've moved through

Instagram-@mindbodyshalo

Back To The Roots Stage Saturday 9.45am - 10.45am Divine Dance & khavita



Keef Wesolowski- Miles AWAKENING THE WILD **Movement Medicine dance**

Awakening The Wild Dancer Movement Medicine - Awaken The Wild Heart

As a group leader and guide, I bring 25 years of experience from multiple modalities. To support emergent soul-centric maturity and full spectrum engagement with life, I bring my ongoing experience as an evolving human being and student of life, wife and daughter.

I provide intuitive support, creative inspiration, resilience resourcing, fierce compassion, humour, integrity, kindness and commitment. I have been teaching as a fully qualified Movement Medicine® teacher for over a decade and I am an initiate on the path of the Great Mother and the Four Elements as guided by shaman XamAM Alba Maria - Terra Mirim, Bahia, Brazil.

WEBSITE: https://www.awakeningthewild.org/ Instagram: https://www.instagram.com/awakeningthewild/ Instagram: https://www.instagram.com/keef_awakeni FB -https://www.facebook.com/awakeningthewild

Back To The Roots Stage - Sunday 11:30 - 1pm

Sophie Bresnahan - The Mouse and The

Mushrooms Bloom story book telling The Mouse and the Mushroom Blooms' is a rhyming picture book which follows a little lost mouse who doesn't know of her own special magic, so she ventures into

the forest to find it. The mushrooms, mycelium and even tiny spores help her on her journey. It's an educational and inspirational tale about the wonder of mushrooms and finding your own place in the world.

Insta - @think_looploop Tree Of Life Stage - Saturday 2 - 3 pm





Sam Adams - Back To Our Primal Roots Pre-ceremony Wild Connection in the forest to arrive on a natural high

Sam has been working with deep nature connection since moving to Zimbabwe back in the mid '90s. He spent 15 years exploring southern Africa, building a permaculture training school, completing a Masters in spiritual ecology, and learning to listen to the land. Returning to the UK in 2012, he's spent the last decade working with the ecology, history, and mythology of these lands. Sam lives in Somerset with his two daughters.

Roots Rising - Saturday 3 - 4:30pm



Tree Of Life Stage - Friday 3 - 4:30pm

Each one teach one - Brotherhood Circle

Meet Mantis Oras, a skilled facilitator, youth worker, and musician specialising in community activities like Drumming Circles, Tribal Sound Journeys, Fire Rituals, Brotherhood Circles, and Unique Workshops.

His intuitive, powerful yet humble approach, paired with trauma-informed, music leadership, martial arts, dance, and shamanic expertise creates safe and transformative spaces. In these spaces, Mantis guides exploration, expression, reflection and nurturing.

The Brotherhood Circle is a supportive and confidential space where men come together to relate to each other's feelings, thoughts and behaviour. This is a space of acceptance, deep listening and authentic sharing. These circles lead to personal growth and a deeper understanding of life. It's an opportunity to support one another through life's ups and downs and practise deep communication and group mentoring. Whether you are already familiar with brotherhood/men circles or attending for the first time, we assure you a warm and welcoming atmosphere

FB, Instagram&web- Mantis Oras, @mantisoras Linktr.ee/MantisOras,

Roots Rising Stage - Sunday 10 - 11:30am

Simon - Anam Cara Tree Energy

ADAM CARA ENERGY HEALING Simon North is a local VortexHealing® therapist who started working with tree energy five years ago. He regularly takes small groups into ancient woodlands to connect with the healing energy $% \left({{{\mathbf{x}}_{i}} \right)$ of trees and guides people to improve Grounding and Earthing skills.

TREE ENERGY MEDICINE is a nature-based workshop designed to support nervous system overload. Its focus is on teaching grounding, movement, using trees for meditation and breathing. Participation opens people up to the healing power of trees and Earth energy. By learning simple techniques people can learn to use nature to regulate the nervous system themselves. This can help with reducing stress, anxiety, poor sleeping, emotional overwhelm and clear painful stress patterns from the body. It all takes place within beautiful and peaceful

woodland and involves connection to ancient tree and listening to the Earth Instagram-@anamcaraenergy432

Woodland Portal - Saturday 2pm

Shamanic Drum Journey - Hannah Lily

Hannah Lily is a ceremony creatrix, somatic trauma therapist, ritual crafter, and drum maker. Inspired by earth's wisdom and ancient craft, called forth by the elements, inspired to revive lost temple arts. Hannah is devoted to walking the old path & awakening your innate primal rhythm through the medicine of the drum.

Join Priestess Hannah Lily for a Shamanic Drum Circle. We will be carrying your silent inner prayers and intentions outwards with the sound and vibration of the drum. Come together with the uplifting energy of drumming, movement and song, where you will be guided to bind your blessings to a greater beat and connect to the rhythm of the earth. This is a sacred space for unfiltered expression, a place to call forth your personal power + an opportunity to honour self healing. Frame Drums available to borrow.



B2TRS & Guroots Cafe - Saturday 10 - 11:30am



Moon Forest Flow - Carly Chandler-Morris

Carly Chandler-Morris is a stay-at-home mama, yoga teacher and rewilding enthusiast. Since 2016 she's been offering wild and cyclical yoga classes, workshops, retreats and circles online and in person. And in 2021 she released her first book Know Grow Flow which shares her experiences, thoughts and ideas around cyclical living through the practice of Menstrual Cycle Awareness

Her intention is to offer practices that are inspired by our wilder heritage, adaptive to our cyclical nature and supportive of the changing seasons and cycles of nature and of our bodies. An exploration of movement, meditation and relaxation informed by our wild and cyclical ways.

Wild Woman Yoga is a practice of exploring movement that honours and nourishes our wild and cyclical ways. It is playful, spontaneous, fluid, cyclical, rhythmic and self-guided. A remembering of the freedom that lies beyond form.

Socials- @moonforestflow www.moonforestflow.com https://www.patreon.com/wildwomanclub

Roots Rising - Saturday 3 - 4:30pm

African drum circle with Abdul





FREEDOM DANCE

Estella created the concept of Freedom dance to bring people together in community often working with a cacao ceremony, dancing in no particular way but simply to move through life and all life brings to us from the cycle of death to birth. Join Estella, Dani, John & Jonny over the weekend for a blend of house, old school dance, tech, tribal and deep house.

Estella & Dani 11pm-1am Friday 9th (Silent disco in Tree Of Life) John & Jonny 5-7pm (Tree Of ife)

Tree of Life stage - Estella & Dani 11pm-1am Friday 9th John & Jonny 5-7pm

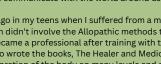
Dowsing Workshop - Earth Energies, Sacred Sites & Dragons An introduction into how we can communicate with the world around us

I became a dowser thirty years ago in my teens when I suffered from a mystery illness and had to find a way back which didn't involve the Allopathic methods that were failing me. Twenty years ago I became a professional after training with the renowned health dowser Jack Temple - who wrote the books, The Healer and Medicine Man. Dowsing enables a detailed exploration of the body on many levels and allows me to constantly uncover more of its mysteries. I like to think of the work as a balanced mix of art and science.

Through this work and earth energy dowsing Sean dowsers sacred sites, dragon and ley lines

Woodland Portal - Sunday 2 - 3pm







A call back home to our wilder selves



Talks



Iza Openshaw

 $\ensuremath{\mathsf{Iza}}$ is a plant and fungal researcher working at Kew gardens. On the weekends she guides people on foraging walks of identification and healing benefits of medicines that grow around us. She is deeply passionate about connecting us back to nature by appreciating the plants and fungi which grow around us.

A talk about herbal medicines with a focus on medicinal mushrooms: The history and rise of herbal medicines, why they are important for us today, how we can incorporate herbal medicines at home and the benefits to our health of medicinal mushrooms interwoven throughout.

Socials- @iza.herbalremedies

Tree Of Life Stage - Friday 2 - 3pm

Darren Le Baron

Darren Le Baron is an educator specialising in mycology and psychedelic research, and is based in the UK and Jamaica. His achievements include launching the UK's first accredited Mycology and Mushroom Cultivation course for schools and young people in 2021, providing hands-on experience to empower school children and at-risk youth.

Psychedelics in Africa; The Untold Story Are you interested in delving into the often-overlooked yet deeply impactful world of ancient African psychedelics and their historical and spiritual impact? As the topic of psychedelics and plant medicine are gaining more attention, it's more important than ever to honour their roots and lineages including their vital role in ancient African traditions

Psychedelic fungi and plants have been used by indigenous African people for



personal, spiritual and community development for millennia. Although not often recognized, Africa has the oldest records and a rich history of using them not only for healing, but also for communicating with ancestral spirits, as divination tools and for navigating consciousness and the Entheogenic realms. Join me in this presentation to learn the incredible history and the enriching stories of psychedelics in Africa. I will share my research, knowledge and experience through the lens of ancient history, mythology and scientific studies.

www.darrenlebaron.com@darren_le_baron Tree Of Life Stage - Saturday 9:30 - 11am

Socials-

Nishey Arun Shah - "The Language of Our Ancestors: Exploring the Shamanic Roots of Cultures and Religions"

Join us for a captivating talk that delves into the profound language of our ancestors, tracing the shamanic roots that underpin diverse cultures and religions. Discover how ancient sham the original spiritual leaders, used rituals, symbols, and spoken word to shape and convey their understanding of the world. This exploration will illuminate the common threads that connect global spiritual practices and reveal how these primal elements continue to influence contemporary belief systems.

Our speaker, Nishey Arun Shah, brings a unique perspective to this topic. With a master's degree in medicinal and biological chemistry from the University of Nottingham, Nishey furthered his studies under the guidance of Sensei Mawuli Kofi Tsekpo in the field of translational medicine, which is based on the principles of traditional African medicine. This journey led to the creation of Planting, an initiative that bridges ancient wisdom with modern science. Join us to learn about Nishey's remarkable journey and the origins of Planting, and to engage in a thoughtprovoking Q&A session that will deepen your understanding of these fascinating themes.

Tree Of Life Stage Sunday 4.45pm-6.15pm

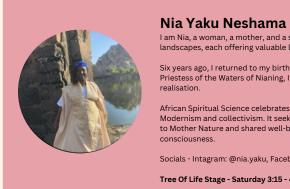
Insta - @goknowledge @planting.official

Luke Harries

When I don't know who I am, I serve you, when I do know who I am, I am you Grateful to have been birthed with a family of yogis, unconditional love and service to all beings has been at the forefront of the path for quite some time. My heart is where my home is, and India is where my heart likes to wonder. Description-Introduction to satsang, coming together for the highest truth. There will be some translations/explanations from the bhagavad gita and some other books.

The satsang will be mainly intuitive and explorative through who participates in the speaking.

Socials- @joyfulfx Roots Rising - Friday 3:30 - 4:30pm



Socials - insta @renatoguerrero777

I am Nia, a woman, a mother, and a seeker of truth. My path has led me across diverse

landscapes, each offering valuable lessons

Six years ago, I returned to my birthplace in Senegal, where my journey transformed. Now, as a Priestess of the Waters of Nianing, I embrace ancestral wisdom and guide others toward selfrealisation.

African Spiritual Science celebrates the interconnectedness of all life, guided by principles of Modernism and collectivism. It seeks to restore balance and nurture through a deep connection to Mother Nature and shared well-being. This Talk will bring the essence of Spiritual Ecoconsciousness.

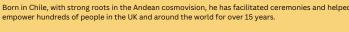
Socials - Intagram: @nia.yaku, Facebook : Nyanes

Tree Of Life Stage - Saturday 3:15 - 4:30 pm

Renato Guerrero - Andean Medicine Man -

Wisdom Keeper Bio- Renato Guerrero is a guardian of wisdom and medicine man, an alchemist at the service of the transformation of human beings, he has dedicated most of his life to creating conscious changes in people.

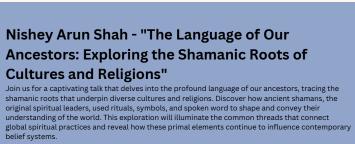
Born in Chile, with strong roots in the Andean cosmovision, he has facilitated ceremonies and helped



Sacred plants and medicines in the Andes: A journey through the history, benefits and properties of plants used in the Andean world

Tree Of Life Stage - Saturday 9:30 - 11:30 am & Sunday 2 - 3:15 pm







Tree Of Life Stage - Saturday 4.45pm -6.15pm Language of the ancestors talk - Nishey

Forest School Area

If you are looking for a place where you can let your imagination run wild, embrace your creativity and learn in a fun and interactive way, The Forest School is the perfect place for you. Our educational hub offers fun for children and adults, from nature walks and art classes to interactive workshops and fun games. Come join us in our joyful space and experience the magic of learning through play!

All children under the age of 13 must be accompanied by an adult for the sessions. The forest school is not responsible/licensed or insured to look after your children whilst you are away in another area.



Antarma Antarma will be offering a kids workshop in the Forest school

over 17 years since he was a teenager himself. This includes Joyful Djembe Drumming and Dance, Yoga Stretching and breathing, Peace Mantra and relaxation with soothing guitar sound bath, and joyful songs with

Forest School Area - Saturday 10-10.45 am

KulaKids Forest School with Tracy and Chrissie I am a qualified Forest School Leader with 25 years of experience working with children and families in a variety of roles incorporating play, music, dance, yoga, well-being and Forest school. I am passionate about delivering enrichment to children and families through the sessions I



Space Pony Amy 'SpacePony' has been face painting at festivals and events for over 8 years, creating colourful custom designs for both children & adults. Amy is delighted to be facilitating the children's nature crafting area at B2TRs for the 3rd year

Description- Holding space for kids to explore their imagination through creation, with a focus on foraged materials. Instagram-@faceponyspacepaint@spaceponyofficial Forest School Area - Saturday and Sunday 10 - 4pm

Gemma - be.wildroots

Running a Forest School workshop, nature crafts, nature based songs.

Gemma is a Forest School facilitator who supports craft workshops, day retreats and sound sessions infused with meditations. She works with both adults and $\hfill \hfill \$ children and believes the Forest School ethos should be available to everyone who wants to reconnect with their inner wild nature.



Antarma has been sharing children's and young peoples yoga and music sessions for

positive affirmations. Get the kids (and big kids involved on the Saturday morning in the Forest school)



An interactive free flow session for families of all ages welcome although activities may be mainly suited to 3 years and above .This Forest School WorkShop is an invitation to a hands on creative exploration.Natural materials will be provided such as clay leaves flowers and seeds. articipants will have the opportunity to explore together and take a closer look at the flora and fauna on site and discover tree species, insects, plants and fungi. We will also be leading an introduction to whittling sticks.

Looking forward to welcoming you all, Tracy & Chrissi

Forest School Area - Saturday 13 - 4:30 pm

Konscious education

Bio- Ardavan is a teacher, mentor and coach to young people in his community helping with academic subjects as well as any challenges they face in their social day to day skills , using various techniques such as mindfulness including breathwork and movement Ardavan specialises in working with young people 1-1 and in small groups face to face and online , fulfilling and bridging their gaps through natural elements of life such as music and movement and sensory.

Ardavan has worked with both primary and secondary age groups of mixed abilities. Description- Offering a workshop to a small group at a time where we activate their expression and voice through sound and instrument as well as using art and drawing, with phonics and mathematics.

Forest School Area - Saturday 1 - 1:45 pm

Instagram - @konsciouskuisine @a_ghazi_warrior



Joe Revell

Joe's been practicing Capoeira for 16 years and was teaching classes in Leicester precovid for his Masters Joyce and Mascote. He's taught workshops in Northampton and Leamington Spa and to other groups of Capoeira whom he has close contact and relations

oe will offer capoeira "themed" workshop for kids which would focus more on the playful movements associated with capoeira and some simple games to ensure it remains fun to prevent them losing interest if it requires too much focus and concentration

Forest School Area - Sunday 9 - 9:45 pm

Adventures in Acting with Tom Sawyer

Are you ready to dive into a workshop where adventure meets authenticity, and play is the path to selfdiscovery? Imagine a world where you can show up, fully yourself-vulnerable, honest, and unapologetically bold. It's often daunting to be faced with the fears of judgement and ridicule. But what if you could trust the unknown and embrace getting it 'wrong' as part of your journey of exploration? Join us as we experiment in a playful way with the naturally occurring emotions we experience, take these exercises back with into your "normal" life

Tom Sawyer is an award-winning actor and coach with over 25 years of experience on stage and screer As a coach, Tom has been working with Actors and speakers from all over the world, focusing on ntemporary Screen acting and the "Meisner" Technique at leading institutions such as Mountview Academy, East 15, Equity, Fourth Monkey, Actors Temple, Royal Birmingham Conservatoire, BECS, International School of Screen Acting, Actors Academy Finland, Actors Coaching International, Vienna's English Theatre Academy and privately, both online and in person

Forest School - Saturday & Sunday



Instagram-@ecologem @be.wildroots

Forest School Area - Saturday 1-2pm

Kelly Fairy Bio- Kelly is a kids yoga teacher, homeschools her 2 boys, runs family Yoga retreats with husband Matt, helping to run their business Plantbass'd and runs her own circles going under the creation of The Empowered Peacock

Description - Opening up the forest school with a kids game session which encourages the children to get to know each other before the festival begins. FB - Chota Yoga

Forest School Area - Friday 3-7pm

TREE ENERGY MEDICINE for children is a nature-based workshop designed to support nervous system overload. Its focus is on teaching grounding, movement, using trees for meditation and breathing. Participation opens people up to the healing power of trees and Earth energy. By learning simple techniques children can learn to use nature to regulate the nervous system themselves. This can help with reducing stress, anxiety, poor sleeping, emotional overwhelm and clear painful stress patterns from the body. It all takes place within beautiful and peaceful woodland and involves connection to ancient trees and listening to the Earth.



Forest School Area - Sunday 10 - 10:45am



mO'sEAn /Yin and Sonic with Carnival vibes A poetic, mood altering/enhancing mover/actor/tutor with Shamanic overtones,

clumsy feet, an inquiring, metaphysical mind and a Big Heart. Sean is trained in Sacred Clowning, Dance and various Performance Arts and has worked with stomp, punchdrunk, secretcinema and breakincon Sean has been on the Conscious Healing Path for Over 30 yrs and has met and weaved with his Twin Flame in this time frame, heightening and amplifying the Intensity of the Healing.

Offering workshops in Sacred Clowning, (Heyoke and Auguste), Body Percussion, Dance (freestyle, eccentric and street), for all ages (particularly children) and will be running Carnival Craft/Basic Circus skills workshops to help people create Costumes, puppets, flag, dragons and juggling, balancing and tumbling skills to parade with. Instagram- @poetry_in_mosean

Forest School Area - Saturday 12 - 1 pm

Adventures in Acting with Claire Parish

Claire Mary Parish is an adventurer at heart, travelling many lands picking up the codes of healing and sharing her wisdom and knowledge to guide people back to their truth, of bravery, honesty and confidence. She has a passion for the arts and helping people know themselves deeply and powerfully. Claires motivation is for people to live in a way that encourages authentic self expression, so they no longer hide but engage with all of what life has to offer. Expanding communication, connection and love. Forest School - Saturday & Sunday



Paid Workshops - Book online



through sound therapy dropping us into deep meditation, light codes and relaxation. Teaching personal empowerment through firewalking, glasswalking, arrow breaking and fire

holding. Description-I am an empowerment coach and firewalking instructor. I specialise in sound therapy, breath work, and all things fire. Gathering communities together around a fire is an age old tradition, the fire is a sacred gift as well as a sacred doorway to communicating with the ancestors, spirit and creation. Sharing your intentions, and what is truly in your heart with the sacred fire, this connection will ignite parts of your inner world that can be touched in ways that day to day life often doesn't as that primal part of our being gets reawakened. Different people will receive their own gifts, healing, enlightenment, and empowerment from the sacred fire. If you can walk over 1200 degrees hot embers, what else can you do that your mind is not allowing you?

Instagram- @clairecopetheflamewithin - Price £33 Friday 1-4pm



Tracie's Ceramics

My love of pottery and connecting to the earth has been with me since I was a child. I am now in a position where I can share this love with others and I can't wait to work with you to create your cacao mug.

shape your vessel, you will be connecting deeply with the very earth that we live on. You will use leaves and twigs to make any marks/shapes/words you wish on your mug. I will then fire and glaze your pot for you to keep.



Full Power Breath, Sound & Ice-Bath - COLD WATER TRIBE

The Cold Water Tribe We are a conscious collective, offering cold water therapy, ice baths, guided breathwork and sound healing. We have 2 qualified Wim Hof Method instructors, as well as sound healing and breathwork coaches

Saturday 1pm Sunday 8am Price-£25 (1.50 booking fee)

Roots Rising Area - Saturday - 1pm-3.30pm- & Sunday - 8am-10.30am

Instagram-@coldwatertribe



We will work with clay to make a 'pinch pot' cacao mug. Using your hands to mould and

Instagram- @ttappenden Price- £12.00 (1.50 booking fee)

Forest School Area - Saturday 1 - 3 pm

Areas

Guroots Guroots den is a vibrant hub and sanctuary for creativity, connection and wellness. We serve botanical drinks, raw herbal treats and hydrogen "living water" in an environment which aims to empower visitors to tap into their

serving nourishing nostalgic treats and hydrating brews.

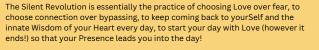


Silent Revolution

A silent sanctuary, a place to come and be silent in between the workshops being offered in this nourishing and comforting space.









Cacao & Tea Sanctuary The cacao and herbal tea sanctuary is a woman run space consisting of knowledgeable herbalists, sound therapists and earth guardians and is a space for people to receive nutrient rich warm drinks such as cacao with special additives, native foraged herbs of the British isles and other nutritional components throughout the weekend that assist in opening our heart wider to ourselves, the land, our surroundings, a space to learn further about the sacred plants of these lands and a gateway and opportunity to treat our bodies as a sacred temple and remember how greatly the plants assist us in our spiritual urneys.

There will be a gentle and warming sanctuary that also acts as a shrine for the land ancestors and plant spirits, where you can sit and receive yourself and your drink with safety, clarity, openness, prayer and reverence. The drinks have been organised in a way that compliments the energy of each day to help connect you even further to the activities you will be experiencing and we will also be running workshops in the sanctuary such as morning cacao/tea with guided meditation, tea and poetry, tea and folk stories, opportunities to receive small tuning fork sessions as you connect to your drink and a free space to watch Lilly, @refractionsofprophecy prepare the cacao in the early rising as an opportunity to learn the authentic art of cacao making and offer our communal praver to the medicine



Roots of Play Our mission is to assist human beings into deeper communication with themselves, others and the earth. The route in which we take to achieve this is one of high adventure and exploration. We guide humans into nature based parkour and tree climbing exploration, playfight and contact improvisation inspired journeys. As well as a deep dive into a diverse ecology of playful expressions and experience. All ages and abilities are welcome. Prepare to be surprised!

Benji Owen - facilitator all ROOTS OF PLAY workshops. Charlie Holt - facilitator all ROOTS OF PLAY workshops Opal Goldring - facilitator all ROOTS OF PLAY workshops Alexia Kraft - facilitator all ROOTS OF PLAY workshops Soren Hedegaard - facilitator all ROOTS OF PLAY workshops Benny Thompson - facilitator all ROOTS OF PLAY workshops Insta - @rootsofplay

The Healing Village

We will have a variety of healing modalities being offered throughout the weekend of Back To The Roots with our wonderful and experienced therapists. You can either message the therapist before hand to pre book your treatment or book on the festival site.

Aimee Rose - Evolve Therapies Elevate & Evolve with the Wonders & Magic of body-work, massage & powerful healing

essential oils Since 2017 Studied - Clinical Aromatherapy -Neals Yard , Angelic Reiki - Scotland, Accupressure -Brighton

30' £30

60' £50 90' £65

To pre book your treatment contact https://www.instagram.com/evolvetherapiesmk You will find Aimee at the Gurroots Den, where she has been set up for the last 2 years!



Carrie Baker - Totally Zen

I am able to offer face, hand and foot reflexology, as well as reiki, to rebalance the body, leaving you feeling relaxed, chilled and ready to face the world. I am a reiki master and a level 3 qualified reflexologist, who has also trained in facial reflexology. I run my own business and am working at The Healing Weekend Festival in Somerset in July. I regularly volunteer and treat the staff at my local hospital as well as working in corporate environments Taster sessions in Reflexology and reiki, bookable on 15 minute slots. £10 for 15 minutes. Find Carrie in the Healing Village



David Hirtenstein - The Intimacy Project

Rooted in the traditions of Thai Massage, Ayurveda and Osteopathy, Thai Yoga Massage offers an intuitive and unique bodywork experience. Through sensitivity and mindful $% \mathcal{A}(\mathcal{A})$ touch, blockages can be released, and energy restored to its natural flow.

fascia, and a focus on certain energetic points and lines in the body, depending on the needs of each individual. The release works on an emotional, energetic and physical level, to leave the receiver in a relaxed and harmonious state.

Abdominal Massage: 1hr - £75



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Joules Sims - I Light Me

Intuitive Hypnotherapist and Energy Transformative Therapist - Joules's offerings facilitate deep healing for the subconsious mind - which in turn support the healing of both mental and physical areas of dis-ease for more balanced and harmonious living. With a naturally empathic and attentive ability, Joules believes in our capacity to selfheal and promotes self care alongside looking into patterns of behaviour that are limiting and constricting, with a view to resolving stored experiences in minds that may be causing health issues.

Hypnotherapy 1.5 hours is £105 & Energy Transformation is £75 for 1 hour To pre book your treatment with Joules you can send her a message to <u>https://www.instagram.com/ilightme.uk</u>

Or find Joules at the Healing Village



Izabela is one of the fantastic Chair Massage Therapist, she is always very friendly and professional when working in the office and Festival. She has been in the health and beauty industry for more than 20 years. She started as a health Promotor teaching people about healthy lifestyle. She believes in positive thinking. She is very creative and always increases her knowledge about her profession.She meditate, dance, and do yoga.

She also played 4 years in orchestra what she loved.

On-site Massage chair session 30 min £30.00, 20 min £20.00 . Hopi Ear Candling with neck & shoulder or face massage 30 min £30.00

To pre book you can message directly to <u>www.instagram.com/therapeuticmassages18</u> Or find Izabela in the Healing Village

Nina Earl -



Nina is a gifted and intuitive complementary therapist with 18 years experience principally working as a sound and massage therapist. She enjoys nothing more than to help people overcome physical or emotional health challenges, whether that be due to injury, stress or trauma. Nina works intuitively to meet your physical or emotional needs to offer a bespoke treatment. Her uniquely relaxing 'Tune Up' Massage helps to release both physical and emotional tension.

Book Nina for a massage (styles offered include Sports, Deep Tissue, Aromatherapy, Sweedish or her unique 'Tune Up' Massage), Biofield Tuning (sound therapy) cupping therapy or fascia release. If you are unsure as to which therapy would most meet your needs, speak to Nina about your desired outcome and she will help to guide you.

Reflexology 1 hour £65, 30 mins £35 , Biofield Tuning Sound Therapy 1 hour £65 Book via email: nina@rainbowhands.co.uk or SMS/WhatsApp: +44 7729 393539 Or Find Nina in the Healing Village

Lia Casal -

Lia is a dedicated holistic health practitioner specializing in Chi Nei Tsang, a Taoist abdominal detoxification massage that supports overall well-being. With a deep understanding of the body's energy systems, Lia offers treatments that ease digestion, eliminate toxins, and support the enteric nervous system.

So it'll be 40£ for 30 mins 70£ for 60mins For the Chi Nei Tsang and the womb massage





Uma Dinsmore Tuli -Uma Dinsmore Tuli - Motherpeace Tarot readings (with optional Tarot Nidra). Circular Tarot cards with pre-patriarchal imagery, Motherpeace Tarot is a friendly, wise mirror for our souls. A Motherpeace Tarot reading is an opportunity to peek into the workings of the cosmos in our own lives, to gain clarity and insight on what we need to know right now.

Individual Readings usually take one hour, and that time may include the creation of a short yoga nidra meditation to integrate the insights offered by the card spread. Collective and group readings can be helpful to call in or clarify a vision for particular

group or team. One hour minimum, depending on group size.

Market Village

Somatic Thai Yoga Massage

The treatment combines static and dynamic rhythmic pressure on muscles, joints and

Somatic Thai Yoga Massage: 1hr 15mins - £75 Cranio Sacral Therapy: 1hr - £60

To prebook message David at <u>https://www.instagram.com/atasteofancientroutes</u> or find David in the Healing Village

Dela

Working in wellbeing since 2007 and my journey of helping people to find physical comfort and joy started with a yurvedic massage and eventually ${\sf I}$ offered mandala drawing, sound healing, aura cleansing ... to find the root cause of physical pains and aches . I'm excited to be a part of back to the root last 3 years .

30 min Sound healing to ease pains and aches , over thinking ...+ a cup of herbal tea £25...Aura cleansing and deep relaxation via sound + a cup of herbal tea £25 .Ear candling £10..30 minAyurvedic face massages with aroma oils plus a cup of herbal tea £25 .braiding hair with beads £7 per 10 beads lasts for a month

You will Find Dela under the Tree in the Alpaca Field near the B2TRs Stage https://www.instagram.com/delasgiftshop.co

Dela - Delas Gift Shop

Working in wellbeing since 2007 and my journey of helping people to find physical comfort and joy started with ayurvedic massage and eventually I offered mandala drawing , sound healing , aura cleansing ... to find the root cause of physical pains and aches . I'm excited to be a part of back to the root last 3 years .

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https://www.instagram.com/delasgiftshop.co



Nintu Sentu We are a small family business working to support small communities and artisans in Peru(where Alan is from), especially the Shipibo community. We are passionate about sharing the beautiful crafts and art pieces and telling the story behind them. We share part of our earnings back into the community there. We are also passionate about bringing awareness of the beautiful healing medicines from Peru and Brazil. As more people become aware of it we believe there needs to be more information about the traditions and proper use of these.

Shipibo culture crafts(textiles, rattles, beaded work, seed b tools from Peru(Q'ero textiles and tools, unique rattles, fl personally participated in making at the Huni Kuin com own eco friendly hand made jewellery, healing essentia by local artisans in Sacred valley in Peru. https://www.instagram.com/nintusentuhealing





https://www.instagram.com/hearts.in.unison

Planting LTD

Hearts In Unison

Plant cultivators (indoor & outdoor) mushrooms and herbal extracts, fresh lions mane growers & suppliers, permaculture enthusiasm, biodiversity research & education. Plants, food crops, flowers, rare and exotic varieties, indoor / outdoor. Herbal & mushroom Tinctures. Other natural extracts and balms.

Everything we do / sell is either organic or wild sourced. From a variety of places. Including but limited to UK ancient woodland, Siberian forests, grown ourselves or from trusted sources. We work closely with local people in s.america as well as India and east Africa.

https://www.instagram.com/planting.official



Leafology Natural, plant-powered skincare in eco-friendly packaging, handcrafted nearby in Oxfordshire with no synthetic fragrance/colours/bad stuff.

https://www.instagram.com/leafologyskin



Rise, The Experience Home fragrance and well-being experiences rooted in connection, love and spirituality. Home Fragrance, candles and diffusers currently. All products sourced within the U.K., environ nentally friendly packaging, all essentials oils, wax and vessels from ethical brands https://www.instagram.com/risetheexperience

Chia Designs

We are a little family business with a huge influence of the latin americas influenced by tribes and universal spiritual symbols. We make and sell our jewellery and dream catchers

Most seeds are sourced from the Amazon each perforated before getting here, metal work is sourced here macrame sourced from Peru feathers from family parrots when fallen xx

https://www.instagram.com/chia_designs



Wise Alchemy I sell high quality ethically sourced crystal jewellery and a natural curcumin product I use only ethical suppliers that check the mines are not damaging the environment,

that no children are used in the mining of crystals and that all employees are being paid a fair wage https://www.instagram.com/wisealchemycrystals