



Note: In May & June we have a field in Devon with bell tents for yoga, surfing, meditation and singing round the campfire - chop your own wood & fetch your own water!

TIMETABLE SEPT - APRIL 2023/24

	Started
	Subject to Fundraising

Not So Youthful Communing Space OPENING HRS: TBC	8:45 - 9:30 (Various Intervals)	09:15 - 10:15 (Various Intervals)	10:30 - 12:00	2-3PM	4-5PM	EVENING/LATE
MONDAY	FREE TIME	09:30 - 10:00 Way of the Rope	Transformational Speaking Circle (JD)	Drumming or Singing	Slow Down and Grow Something (At our allotment)	6:30 - 8PM Chess Club & Board Games
TUESDAY	9:00 - 9:30 Litterpick @ St. Andrews Park (Karmic Service)	09:15 - 09:45 Barefoot Base Up Functional Community Fitness	OSPNR Habitat Management, Digging, Path Laying, Hedgerow Care, Dry Stone Walling	Practising 'safe touch' Shiatsu (Share Guided/Clothed) (#)	Spoon Making, Green Wood Hand Carving (#)	Film Club, Poetry, Photography, Quiz Night
WEDNESDAY	FREE TIME	10:00 - 10:15 Yoga, Breathwork, Walking Meditation	Understanding Anger & Managing Aggression with Dr Mike Pierce MBE (Rotating with #)	Sacred Combat: Jujitsu 'Learn to fight so you don't have to' (#)	Slow Down and Grow Something (At our allotment)	6:30 - 7.30PM 5-a-side Footy
THURSDAY	9:00 - 9:30 Litterpick @ St. Andrews Park (Karmic Service)	09:15 - 09:45 Barefoot Base Up Functional Community Fitness	Eco Therapy, Forest Bathing, Wild Swimming, Ethical Lumberjacking, Ancestral Tree Climbing	Double Art (#) Creative Writing, Clay, Paint etc		Buskers Banquet
FRIDAY	FREE TIME	10:00 - 10:15 Yoga, Breathwork, Walking Meditation	Leaderless Open Men's Group	Sacred Combat: Boxing 'Learn to fight so you don't have to' (#)	Play and Fooling Around (#)	7:30 - 9PM 5 Rhythm Dance (#)
SATURDAY	08:45 - 09:00 Litterpick @ St. Andrews Park (Karmic Service)	10:00 - 10:45 Drews Commando Conditioning (DCC)	11:00 - 3PM (List Not Exhaustive) Sensate Spa Outing, Abseiling, Cinema, Archery, Ten Pin Bowling, Survival Skills, Bouldering, Axe Throwing, Butchery, Sweat Lodges, Ancestral Tree Climbing, Pottery, Jewellery Making, Ethical Lumberjacking, Canoeing, Surfing, Stand Up Paddle Boarding, Bow Work, Wood Work	FREE TIME		7-9PM Comedy club, Karaoke
SUNDAY	FREE TIME	FREE TIME	11.00 - 3PM Run, Cycle, Wild Swimming, Foraging, Forest Bathing, Nature Walks, Football	Ready Steady Cook	Sound Bath	

No Booking Required: Just drop in clean on the day | Sessions are outdoors when and where possible