

Time	Day 1: Tuesday 13/6	Day 2: Wednesday 14/6	Day 3: Thursday 15/6	Day 4: Friday 16/6	Day 5: Saturday 17/6	Day 6: Sunday 18/6	Day 7: Monday 19/6
10:00-11:15	9:00 Breakfast - introduction 10:00 Intro - the week	Warm up	Warm up	Nature walk	Leeds information - Hanna	Warm up	Warm up
11:30-13:00	Kulning intro - warm up / singing	Kulning	Kulning		Leeds information - Hanna	Kulning	Kulning - filming
13:00-15:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
15:00-16:00	Forest Bath	Meditation	Meditation	Warm up, kulning	Leeds information - Hanna / Soha Rosa Information	Gongbad + promenad hem (public)	Meditation - sharing & reflection of the week
16:00-17:00	Forest Bath	Museum - day possibly ending a bit later	Swedish folk singing	Georgian singing	Swedish folk singing	Georgian singing	

↓
conversations
recorded
for Leeds

folks