

THURSDAY 20TH JUNE 2024

SUMMER SOLSTICE WELLBEING DAY AT CRAWICK MULTIVERSE

Hosted by The Crawick Multiverse Trust

SUNRISE

- 04:00 - 05:00 Solstice Sunrise
05:00 - 07:00 Guided Sunrise Tour: Crawick Multiverse led by Kathleen Cronie (Pre-booking essential) Meet at the Sun Amphitheatre to start the tour at 05:00
07:00 - 08:00 Time for Breakfast - option to visit The Nithsdale Hotel in Sanquhar for breakfast from 07:00 (at own expense). To book a table call 01659 50133

ALL DAY ADVENTURES

- 10:00 - 18:00 Visit, Explore and Discover - Crawick Multiverse (Self-Guided)

MORNING WELLBEING SESSIONS

Wellbeing Sessions: Meet at the Sun Amphitheatre

- 08:00 - 08:30 Tai Chi Demo: Shining Cloud Tai Chi for Health
08:30 - 09:00 Qigong Class: Shining Cloud Tai Chi for Health
09:00 - 09:30 Yoga: Kerry Riddell Yoga
09:30 - 10:00 Yoga: Kerry Riddell Yoga
10:00 - 10:30 Tai Chi Demo: Shining Cloud Tai Chi for Health
10:30 - 11:00 Qigong Class: Shining Cloud Tai Chi for Health
11:00 - 11:30 Yoga: Kerry Riddell Yoga



GUIDED TOUR

- 10:30 - 11:30 Guided Tour: Crawick Multiverse led by Kathleen Cronie (Booking advised) Meet at the Sun Amphitheatre to start the tour at 10:30

MIDDAY GATHERING

Picnic Lunch*: Meet at the Sun Amphitheatre

- 11:30 - 12:00 Musical Performance: Cairn Chorus
12:00 - 12:30 Dance Performance: Motiv8 Dance Group
12:30 - 13:00 Musical Performance: Cairn Chorus
12:30 - 13:00 Storytelling: Kathleen Cronie**
13:00 - 14:00 Polyhedra Dance (including Nonsuch History and Dance, Keneish Dance - Balance, Denise Telles Hofstra and Tom Hughes) Balance Tour - funded by Laban Guild International.

* Bring your own picnic or purchase snacks and refreshments on site at The Coalface.

** at Cosmic Collisions

Programme subject to change

IN THE EVENING SOLSTICE SEMINAR AT THE CRICHTON

Hosted by The Open University in Scotland and The Crawick Multiverse Trust

PART OF THE EUROPEAN LUNAR SYMPOSIUM*

18:30 - 20:00

Drinks Reception and Moon Museum, The Crichton Memorial Church

20:00 - 21:30

Solstice Seminar, Easterbrook Hall



*ELS is a partnership event hosted by The Open University in Scotland in Dumfries & Galloway from 16th - 21st June, 2024.



GET TICKETS



TO FIND OUT MORE AND BUY TICKETS:
www.crawickmultiverse.co.uk



CRAWICK MULTIVERSE

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