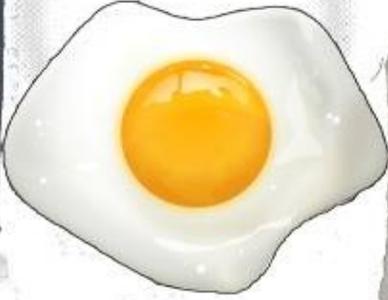


the forgotten works bring you.....

N  **N**

Stuff

f e s t i v a l

Sept 12-14

**ram jam packed
full of nonstuff**

un-amplified performances,
permaculture, volley ball,
table tennis, tiddlywinks,
hill walking, sauna, kids
stuff, dance, drumming.....

Wiston Lodge, Biggar, S. Scotland
£85/£55 kids £35/20 +family deals

www.nonstuff.co.uk

Workshop programme

Join us... get your tickets at [Brown Paper Tickets](#)

In the begining there was The Forgotten Works - who created NonStuff



!!!NonStuff brings you a Festival with a difference!!!

Welcome to the World of NonStuff

This first ever NonStuff festival will be held at Wiston Lodge, Scotland, and is the brainchild of permaculture designer, musician, mobile sauna owner and social artist James Chapman

The festival is a collaborative event, with partners; supporters; like-minded people; gathering together and celebrating music, art, community, nature, family, creativity, diversity & skill sharing. The ethos being 'Do It Together'

For up-to-date information on performers and workshop news, visit the [website](#):

Tickets available @ [Brown Paper Tickets](#)

Day tickets, weekend passes and family deals available: <http://nonstuff-festival-wistonlodge.bpt.me/>

What's on offer?

* Unamplified Performances of all varieties (no Sound Systems, just direct from the sound source to your ears as nature intended.)

* Permaculture workshops; from Introduction sessions to more specialist subjects, we will bring together the finest permaculture teachers in Scotland, and further afield. There will be hands-on practical workshops, theoretical sessions and there will also be lots of interactive discussions and time for questions.

* Creative Workshops including art, dance, crafts, singing, music, drumming, up-cycling and many other wild and wonderful extensions of creative expression.

* Children's activities from storytelling, arts & crafts to family yoga sessions

* Games - Volley Ball competition, Tiddlywinks sessions, Table tennis and lots of other games

* A collaboration of some pretty amazing and wildly creative folk, who appeared as if by magic - from the empty space around us.

We invite you to join with us in the the creativeness, and then go on to make your own magic.



Supported by Permaculture Scotland

NonStuff creative people - bringing forth their passions & ideas



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<http://nonstuff.co.uk/festival/>

Watch [NonStuff festival video directed by James Chapman](#)

NonStuff creative people - bringing forth their passions & ideas



NonStuff - Inspired by nature

Slowing down - a progressive group walk

A group of up to 16 people led on a silent walk, to slow down into the weekend. This workshop will interest anyone who wishes to slow down from a busy week to better enjoy the weekend. This silent walk will start with a description of the activity and is suitable for anyone who can walk over slightly uneven ground at a medium pace, slowing down gradually to a very slow pace and finally sitting in one place for a short while, observing nature. The workshop will end with a short debrief session. Maximum 16 people

Nature interaction led by: **Pamela Candea (McLean)**

www.surefoot-effect.com

Timetable: 10am Saturday

Nature is your mirror

A workshop to interpret your intentions through noticing what is around you. This workshop will interest anyone who would like to learn to use what is around them as a guide to exploring their deep intentions. The workshop will begin with instructions and be conducted in pairs or 3's depending on the numbers in the group. The workshop will end with a short debrief session Maximum 12 people

Nature interaction led by: **Pamela Candea (McLean)**

www.surefoot-effect.com

Timetable: 10am Sunday

Forest walk

A guided walk revealing the hidden secrets of the forest. Find out which plants are edible and learn about the fascinating ecology and folklore of the trees. This will be a guided walk through the forests in the surrounding area. It will be an educational walk, about the edible foods that are available on our doorstep, as well as the herbal and nutritional properties of the different plants. I will also share ID knowledge about natives trees and their folklore. The walk is open to both adults and children as I can adjust communication accordingly. Family friendly

Nature interaction led by: **Kasia Latham-Warde**

Timetable: 11.30am Saturday

Herb walk - hedgerow medicine

A walk in the grounds of Winston lodge with opportunity to taste an infusion of one of the many medicinal plants we find. Suitable for absolutely all ages from babes in slings to their great grannies and granpas. *Victoria will also offer herbal medicine from a bell tent (tbc)

Nature interaction led by: **Victoria Chanin**

www.hilltopherbalist.co.uk

Timetable: 3.30pm Saturday PLUS 11.30am Sunday

NonStuff & Permaculture connection



Introduction to Permaculture

A discussion of what permaculture is, and what you can do with it.

Permaculture session/s led by: **Lusi Alderslowe**

Timetable: 2pm Saturday

Permaculture Kids

Exploring with parents and educators what makes good permaculture education with kids. Let's explore through becoming kids again out in nature.

Outdoor workshop

Permaculture session/s led by: **Lusi Alderslowe**

<http://www.permaculture.org.uk/user/lusi-alderslowe>

Timetable: 11.30am Sunday

Introduction to Permaculture.

Simple workshop for newcomers introducing the ideas in a simple and diverse way using practical and workable examples easy for anyone to incorporate into their everyday lives.

Permaculture session led by: **Priya Logan & Jennifer Aird**

<http://permaculturevulture.weebly.com/>

Timetable: 10am Saturday plus 3.30pm Sunday

Introduction to Forest Gardening

An introduction to the principles, practice and plants of forest gardening This session offers a talk, slideshow and discussion about forest gardening, based on 14 years of experience growing an allotment-sized forest garden in Aberdeen. Forest gardening is a way of growing food using trees, shrubs and herbaceous perennials that mimics the structure of a natural forest. Suitable for anyone with an interest in forest gardening.

Permaculture session led by: **Alan Carter**

Timetable: 2pm Saturday

Forage walk for forest gardeners.

We will be taking a look at which plants (and possibly fungi) can be foraged from the wild and which ones are suitable for introduction to the forest garden. Forest gardening makes use of a range of species that can also be gathered in the wild. This walk will look at what is growing around Wiston Lodge at the moment and at how it can be used in cookery and in forest gardening. Suitable for anyone with an interest in either subject.

Maximum 16 people

Permaculture session led by: **Alan Carter**

www.scottishforestgarden.wordpress.com

Timetable: 10am Sunday

Permaculture workshops - connecting with NonStuff cont:

The Money Game

Introduces people to the origins of money, de-stigmatises its role and offers an enabling exercise in creating money, and also looks at what are the alternatives.

Permaculture session led by: **Graham Bell**

<http://www.grahambell.org>

Timetable: 3.30pm Saturday

Creating a Forest Garden

This is a conversation about what would nature do with Scotland, if we weren't in the way. What can we learn from that and how can we make hyper-productive gardens from various different starting points?

Permaculture session/s led by: **Graham Bell**

<http://www.grahambell.org>

Timetable: 10am Sunday

The Tombreck Project

A talk and presentation about the regeneration of Tombreck, a hill farm in Highland Perthshire; how we did it, problems along the way, where we are now and plans and ideas for the future.

Permaculture Session led by: **Sue Manning**, Tombreck Farm

<http://www.tombreck.co.uk/>

Timetable: 10am Saturday

Designing a Permaculture Farm

At Tombreck we are currently exploring what a 'Permaculture Farm' might look like. So this workshop is a practical Permaculture Design session. Should be of interest to anyone, but would especially welcome people who have done a PDC. Tombreck is a ScotLand Permaculture demonstration centre, in that much of we do is based on Permaculture techniques. We are currently exploring what a 'Permaculture Farm' might be, and what steps to take to implement our ideas. So in this workshop, we would attempt a Permaculture Design Project for a whole farm in 1.5hrs. Participants to come with ideas!

Permaculture Session led by: **Sue Manning**

Timetable: 11.30am Saturday

Council Of All Beings

The Council Of All Beings is a community ritual for all the family in which we aim to step into the voices of different life-forms. Material for masks provided. This workshop is based on Joanna Macy's 'Work That Reconnects'.

This workshop explores the 'Work That Reconnects', group exercises which are inspired by Buddhism and Deep Ecology, in a playful community setting. The aim is not to dwell in doom and gloom, but to share difficult emotions in a safe space and arrive at a place of renewed empowerment, as well as to experience the power of ritual in caring for the Earth.

Permaculture sessions led by: **Svenja Meyerricks**

Timetable: 11.30am Sunday

NonStuff & Permaculture connection



The Fife Diet Seed Truck presents

Fergus and the magnificent Smoothie and Milling machines

Make your own smoothie and mill your own flour on our wacky bikes!

Mrs Mash the Storytelling Cook

Take the soup test while listening to some nourishing tales. Help to make soup from fresh seasonal ingredients and it will be shared amongst all comers once it's ready.

Big Rob the Gardener and his everlasting plants

Learn how to make the most of your seasonal garden vegetable and cook delicious and nutritious meals. We will gather the autumn vegetable growing in Wiston Lodge gardens and see what tasty treats Big Rob & Mrs Mash can create.

Elsbeth's Magical herbs and miracle cures

Hunt for nutritious and wonderful autumn berries that are growing around Wiston and then find out how to turn them into cold remedies, preparing yourself for winter.

Hannah's art of creative gardening

Help make a mosaic table with a Seed Truck masterpiece design which will get donated to a needful community garden in a grand prize draw.

Suitable for all ages (children should be supervised)

Sessions led by: **The Fife Diet Seed Truck crew**

www.fifediet.co.uk/seedtruck

Timetable: 10am – 8.15pm Saturday

NonStuff & the gift of Storytelling



Story walk

We will stroll around the grounds, stopping to listen to stories that link with our surroundings. Stories not only entertain - they can also help us be a little more aware of the spirit of things, and maybe of ourselves too.

Word-weaving session led by: **Andy Hunter**
www.storybikes.co.uk

Timetable: 11.30am Saturday

Storytelling workshop

"In the beginning was the Word....." Words are powerful things. They create pictures, dreams, feelings..... We have to hone ourselves to be the best channel we can be for these things to appear - for the spirit of the story to manifest itself. In this workshop we will explore and try some ways that might help. We all tell stories in one way or another. Pick up some skills for breathing more life into your stories. Complete beginners welcome. Family friendly

Word-weaving session led by: **Andy Hunter**
www.storybikes.co.uk

Timetable: 5pm Saturday

Storytelling

Adult and kids session, themes including: Tales of Old Scotland- Tales of the North- Tales of the Wee folk, Witches & Sea monsters, Indigenous World tales.

Family friendly

Word-weaving session led by: **Dougie Mackay**

Timetable: TBC

Story telling with Nature Materials

The art of storytelling and puppet shows has been a means of entertainment without much need for materials for centuries. There is a strange wonder in lending your voice to a stone, a stick, a leaf... and magic in listening to tales unfolding from the ground under a tree. Stories are aimed mainly at children aged between 3-10, will be simple fairytales or fairy tale-like stories, but in my experience will also fascinate older children and adults.

Two different stories each about 15-20min, with interaction repeat them throughout the time slot so people can drop in with their kids.

Family friendly - for kids about age 3-10

Word-weaving session led by: **Barbara Yaga Koller**
www.get-out.co

Timetable: 2pm Saturday

NonStuff & the gift of Storytelling



Gift Of Myth

Story telling - followed by discussion of themes. Then leads into guided meditation/journey - followed by group sharing and exercises around integrating the experience into daily life.

Workshop is designed to gift people the opportunity to re-embrace and enter into a mythic way of relating. The aim is to touch a piece of the world view where myths were the stories that guided and informed how we saw the world and communicated with each other. The content involves the telling of a story which gives clear themes for personal and cultural exploration within the group. Once that is complete a guided meditation will take place to offer participants the opportunity to feel the story breathing and living within them . Then there will be some experiential work around what can help and hinder us from being able to embody and live authentically some of the aspects of the story.

Word-weaving session led by: **Anthony Ogle**
www.Giftsofawildheart.co.uk

Timetable: 3.20 - 5pm (longer session) Saturday

Meditation through poetry

Discourse on writing free verse from streams of consciousness and working through stress by writing, with workshop aspects and performance. The aim of the workshop is to get people to try other forms of 'meditation' as a way to see what is really going on in their subconscious, through writing streams of consciousness. Reading these back allows one to see where the mind is wandering too when allowed freedom, and subjects can be objectively identified and tackled by the conscious mind.

Word-weaving session led by: **Barefoot Baker** (plus assistants)

Timetable: 2pm Saturday plus 3.30pm Sunday

NonStuff - getting arty



Get creative with colourful sheep's wool

Needle felt workshop for adults & kids (from 8 years onward and accompanied by an adult). In the first workshop you will learn how to create a pretty woolen fairy, using a felt needle and colourful fluffy sheep's wool. In the second workshop I show you how to create a fruit or veg., using a felt needle and fluffy colourful sheep's wool. It's great fun and easy to learn! Maximum 10 participants - Family friendly

Session led by: **Laryna E.Wuppermann**

<http://creativefibercraftbylaryna.blogspot.com>

Timetable: Saturday 10am PLUS Saturday 3.30pm

Stories and nature crafts in the woods

Forest School leader & storyteller, offers a fun workshop encouraging nature play, with stories and simple environmental art activities in the woodland. This workshop would be aimed at families so parents would be expected to participate too.

Session led by: **Jane Mather**

Family Friendly

Timetable: 10am Saturday PLUS 11.30am Sunday

Intro to making shadow puppets - everyone gets to make one

Intro to making backgrounds using natural materials, sound effects etc, simple song. Group to make performance, using either puppets they have made earlier or ones I will provide. Performing (informal) a folk story (Anansi and the glue of greed) amongst the participants or for their families. Children should be accompanied by an adult.

Session led by: **Anna Beetle**

Family Friendly

Timetable: 11.30am Sunday informal session – puppet making (max 9 people) PLUS 2pm for follow up performance, for those who made the puppets and their families.

Spinning wool on hand spindles

Upcycled homemade hand spindles. Come and make your own spindle, and learn to spin your own wool. The wool can be used for knitting, crochet, shoelaces or weaving. Or even used as wall art. Wool will be available at a small cost.

Session led by: **Lizette Venter - Clovetree Spinning**

www.clovetree.org

Timetable: 11.30am Sunday

Backstrap looms

Backstrap looms are used all over the world, and is one of the oldest and most practical ways of weaving. Come and make a small loom, and learn how to weave the traditional way.

Session led by: **Lizette Venter - Clovetree Spinning**

Timetable: 3.30pm Sunday



Organic Ornament Jewellery

Jewellery made from organic materials. This could include bean and cloth necklaces, pieces from dried and frozen vegetable and twig creations.

The aim of the workshop/s is to explore creatively what body ornament can be made with waste and organic materials. Giving new life to old things and looking at organic materials in a new way It would be aimed at children/adults/young adults old enough to use scissors, needles and wire. Family friendly. Max 20 people

Sessions led by: **Julia Cowie** - jewellery design maker

www.juliacowie.wordpress.com

Timetable: 10am Sunday

"Art from Junk"

We take broken toys and turn them into fantastic robot sculptures

Sessions led by: **Aziz Rasool**

Young people friendly

ARTRONIX

www.artronix.co.uk

Timetable: 11.30am Saturday

'3D Printing and scanning'

Its all about localised manufacturing

Both workshops will use upcycling and hands on making activities Artronix design arts, science and technology infused activities for curious minds. We deliver workshops to engage young people in the practical hand on making. Young people friendly

Session led by: **Aziz Rasool**

www.artronix.co.uk

Timetable: 5pm Saturday

Creativity & Ecology

(working with what we already have - seeing what emerges - from Remade in edinburgh)

A discussion and practical activity inspired by remade in edinburgh; telling folk our story; looking at how we upgrade and discard objects; seeing how we relate to the inanimate 'things' around us; and making a poem or collage out of found objects from nature that tells a story, that is personal to us.

Session led by: **Sophie Unwin** – Remade Edinburgh

www.remainedinburgh.org.uk

Timetable: 5pm Sunday



Knitting & Crochet session

Session led by: **Liz Beer**

Timetable: 2pm Sunday

Trash Treasures Upcycled jewellery

Jewellery from waste This could include jewellery from cans, card, paper, plastic and other wastes.
Family friendly. Maximum 20 people

Sessions led by: **Julia Cowie** - jewellery design maker

Timetable: 10am Saturday

NonStuff - let the music begin



Creative Music-Making Workshop

Have you ever wondered what the sound of a tambourine smells like? If so you may want to come along to a Creative Music-Making workshop hosted by Mark and Claire of St. Kilda Mailboat. If you have any desire to improvise, compose, perform, stomp your feet, clap your hands, scream, shout, spin around, etc. this could be the workshop for you! We will create and perform a collaborative graphic score and explore the realm of 'found sound'. Please bring a sound-producing object with you (e.g. keys, a bottle, a piece of paper, a flute, a drum...anything that makes a good sound). Absolutely no experience necessary.

Music-making session led by: **Claire Gorman and Mark Urban**

<http://www.resoundmusicmaking.co.uk/>

<http://glintrecordings.com/artists/st-kilda-mailboat/>

Timetable: 7pm Saturday plus 2pm Sunday

Thula Mama singing session

For pregnant women and parents of babies birth-crawling. Learning & singing gorgeous lullabies, harmony songs and chants from vocal traditions around the World.
Mothers & babies session

Music-making sessions led by: **Cath Campbell**

Timetable: 11.30am Saturday

Singing workshop

Themed as per interest. Possible themes: 'Always the Singing: uplifting harmony songs for all', 'Songs of the Water', 'Still We Rise: Women's songs of equality & justice', 'Shared Voices: Songs from around the World', 'Sing Americana: exploring songs from gospel, bluegrass & shape-note traditions'

There is no need to have any previous experience of singing or to be able to read music. Everything is taught by ear. Harmony singing workshops can simply include a mixed repertoire of songs, enjoyable and accessible to quickly learn & sing in a group or they can follow a specific theme, as discussed above.

Music-making sessions led by: **Cath Campbell**

www.facebook.com/ThulaMamaGlasgow

Timetable: 11.30am Sunday

Folk About - a fools guide to music

Everyone is musical. Anyone who can walk has a sense of rhythm otherwise they wouldn't be able to stand up. Everyone who can speak has some kind of melody to their voice. The feeling that we are too great or too terrible a musician is a thing that can stop us playing together. The workshop is for anyone interested to discover more about what it is to be a fool, to play with voice, movement and develop characters, to celebrate getting things wrong and make a song and dance about it. No instruments necessary. For ages 18 and up

Music-making session led by: **Danny Mullins**

www.dannymullins.co.uk

Timetable: 11.30am Saturday

NonStuff - let the music begin



Book Whacked percussion workshop

Book whacked percussion workshop is an introduction to percussion using boomwhackers, these are brightly coloured pipes of different lengths and each one makes a different note. Boomwhackers are best described as refined Street percussion, they can play tunes or be used to teach drum beats.

Workshop for up to 40 people

Music-making session led by: **Mowley**

Timetable: 2pm Saturday PLUS 7pm Sunday

Drumming Workshop

Music making session led by: **Paul Dear**

Timetable: 7pm Sunday

Sea Shanties Workshop

Music session led by: **Ely Kinross**

Timetable: 8.20pm Friday

Daisywheels

Folk/Americana style band offering workshop on close harmony singing.

We would be looking to perform some of our songs, followed by a workshop session on close harmony singing featuring group participation. The session would focus on using folk/Americana/Scottish tunes and would aim to introduce people to the basics of harmony singing. The performance & workshop would appeal to those with an interest in folk/Americana style music and a desire to try close harmony singing in a fun and relaxed environment.

Music session led by: **Daisywheels**

Facebook.com/daisywheelsband

Timetable: 10.40pm Friday PLUS 7pm Sunday (TBC)



Creative Decluttering

This hands on workshop looks at our attachment to stuff, what we need, what we can let go of and how to let go of it in the most creative and positive ways. Is stuff about material use, sentimentality or something else? Is it actually about the stories around stuff that holds us in place? This session looks at stuff in the light of sustainability, peace and equality. I hope to show all how creativity is the secret ingredient that helps to free us from the stuff that quite simply weighs us down.

Joy-making session led by: **Zem Moffat**
www.insightfulmoves.com

Timetable: 2pm Saturday PLUS 10am Sunday

"Cuddling makes me feel good"

Cuddling reduces stress and anxiety. It also releases the feel-good hormone "oxytocin". Through cuddling we are able to bond with other human beings and are reminded of our shared need for love. During this workshop, I as a freshly trained "cuddle therapist" will help participants follow their instinct need for cuddles. The workshop is strictly non-sexual and begins with exploring touch through dance and games, and culminates in a "cuddle-heap". Everybody from the age of 18+ is welcome to join us. Please bring along any mats, blankets and cushions you have with you! I am looking forward to seeing you!

Joy-making session led by: **Lee Andrea**

Timetable: 5pm Saturday & 2pm Sunday

Introduction to raw chocolate making..

Learn how simple it is to make delicious and nutritious chocolate that is sugar and dairy free. This is a very basic introduction, but within that there will be lots of interesting details about the potent ingredients used in the making of this chocolate, and people will leave with enough knowledge, so as to go home and begin making their own sugar and dairy free chocolate. I would imagine that it'll appeal to most folk as there is a general love for chocolate in our society, but most definitely, people who are in the process of making healthy choices in life which lead to a more balanced state of wellbeing on all levels, and who love to prepare food using organic, fairly traded, nutritionally rich, wholesome natural elements.

Joy-making session led by: **Scott Young**

Timetable: 5pm Saturday PLUS 5pm Sunday



Simple french dance Workshop (couples and circle)

The Beggar girls will teach simple French couple and Circle dances and Israeli wedding dance to music played on fiddle, viola, accordion and tambura -indoors or outdoors, the dances are suitable for beginners or experienced and lots of fun.

The Beggar Girls are a 4 piece band from the Scottish Borders. Their music is a magical blend of original/Balkan/French and English folk, with heartwarming, quirky and wholesome songs of love dreams and squeezeboxes.

Joy -making session led by: **The Beggar Girls**

<https://www.facebook.com/pages/The-Beggar-Girls/206918972653438>

Timetable: 7pm Saturday

Biodanza Nature & Nurture - 'The Awakened Senses in Touch with the Earth'

Biodanza workshops are movement/dance based classes in which we enter into the language of the dance to make connections on a more sensitive, profound and meaningful level - experiencing a holistic connection with ourselves, others and the world/universe around us. There is an introduction to the workshop and movements are explained and demonstrated. Working with the theme of nature & nurture, the classes will be designed to create opportunities to nurture ourselves through out human link and to extend this to our connection with our natural world. The Dances are suitable for everyone, no experience is necessary.

Joy making session led by: **Claire Levey Lewis**

Timetable: 2 – 4.30pm Saturday (TBC)

Sunday afternoon Tinto Walk/climb

A leisurely Sunday stroll, where we shall meet some bands along the way, offering us some of their magic. (weather permitting – otherwise the bands will play in the tent)

Joy making session led by: **James Chapman**

Timetable: 2pm Sunday

Trapeze from the trees - performance

Rowan Bank -- aboretum areal performance

Timetable: 5pm Saturday

NonStuff – what about the future?



Sustainability - Step by Natural Step.

This systems based approach to defining sustainability leads to a clear understanding of the root of the challenge and how to respond to it. It is a scale neutral approach that can be applied to households, communities and business.

Sustainability is a problem rooted in the make up of our society and "take-make-waste" economic system. Without understanding the basic principles by which we are unsustainable, we cannot hope to move towards a sustainable future. These two workshops will involve an introduction to the Natural Step framework and principles followed by a short series of group exercises to apply it as a way of improving understanding.

The workshop will analyse how sustainable or unsustainable the festival is, and what options for the future might look like. *Great for those thinking of organising a similar type festival, or community event

System introduced by : **Iain Findlay**

www.whirligro.co.uk

Timetable: 11.30am Saturday

An introduction to Nonviolent Communication

A hands on exploration of the process of Nonviolent Communication and an introduction to the dance floors used to support learning of the skills and experience the power of Nonviolent Communication for inner work as well as interpersonal communication.

System introduced by : **Shona Cameron**

www.withunity.co.uk

Timetable: 7pm Friday

Of Pattern and Process - mapping transitions

Introduction to the transition towns model - premises and method, followed by open discussion on relevance to participants. The object of the workshop is to empower people, through a personal understanding of how "Transition" may relate their own lives.

System introduced by: Brian - Lailo Ken

Timetable: 5pm Sunday

NonStuff - the way to relax



Ayurvedic yoga & Ayurvedic massage

How we can incorporate a simple daily Yoga practice as an amazing tool to face our challenges in life.

Leading the way: **Siddhartha**

Timetable: 8.30am Saturday plus 8.30am Sunday (TBC)

Family yoga session

Yoga for all ages with some fun partner poses and stories thrown in so the whole family can participate together. Yoga sessions for families are mainly aimed at mixed abilities and ages, trying to combine the benefit of yoga with some fun and family time. It encompasses easy yoga poses that everyone can do and try together, some partnering poses, and maybe a little song or story. Two x 30 minute sessions

Family friendly maximum 15 people

Leading the way: **Barbara Yaga Koller**

www.get-out.co

Timetable: 8.30am Saturday

Buddhist meditation

This very basic meditation is a way of practising mindfulness, a way of paying more attention to our minds, bodies and surroundings. It will be partially led and suitable for beginners or regular meditators.

Leading the way: **Alan Carter**

Timetable: 8.30am Saturday

Yoga & Ecology

A gentle scaravelli yoga workshop, about releasing tension in the spine and taking inspiration from nature, ending with a meditation. This can be done outside, with blankets, rugs or mats (please bring your own) or if raining we will be inside in a clean space.

Leading the way: **Sophie Unwin**

Timetable: 8.30am Sunday

Thai Chi

Leading the way: **Dougie Mackay**

Timetable: 8.30am Sunday (TBC)

******* please note: we will aim to stick with the above timetable, however, it may be subject to change depending on circumstance**

NonStuff – pure music to your ears



NonStuff Festival are working with some great artists who have talent coming out of their ears, offering you a jam-packed programme of day activities and a diverse range of opportunities for learning and fun. **PLUS** - as promised we will also top this all off with some amazing evening entertainment and unamplified music. Here we present you with some of the finest and loveliest evening performers.

Forgotten Works – mesmerising contemporary folk

Listen to [Air in My Heart](#)

<http://nonstuff.co.uk/>

The Pendulums - legendary psych folk

The Beggar Girls - Fabulous quirky folk

Listen to [Summer Yellow](#)

<http://thebeggargirls.bandcamp.com/>

Voice Beat Choir - world music choir

<http://voicebeat.org/>

Fail Better & Wild Words - eco poetry takeover

https://www.facebook.com/FailBetterGlasgow?ref=br_tf

Portnawak and the woo - tibal bounce-hop-bop

Listen to [Langwham](#)

<http://portnawakandthewoo.blogspot.co.uk/>

Kuchke - polyphonic balkan choir

<https://www.facebook.com/Kuchke>

Traditional Ceilidh/Cabaret (featuring you) - traditional cabaret stylee
led by Anthony Ogley

Afrotree - hypnotic friendly folk

<https://www.facebook.com/pages/Afrotree/303650253586>

Daddy Naggins - high octane bluegrass

<https://soundcloud.com/the-daddy-naggins>

<https://www.facebook.com/thedaddynaggins>

Jemima and the Fuse - haunting, percusive and beautiful

Fish to Fry - sillyness, sentiments and nostalgias

<http://www.fishtofry.co.uk/>

Danny Mullins - audience-participation musical experience

www.dannymullins.bandcamp.com

The Blueberries (Kim and Sophie from the bluebell cajun dance band) - french-louisiana party music

Watch Thieves - fragile beautiful songs

<https://soundcloud.com/watchthieves>

NonStuff working in collaboration with a whole host of people



NonStuff would like to say a great big THANK YOU to all our collaborators:

Wiston Lodge

Permaculture Scotland

Kidding Around

Fail Better

Sing and Drink

Voicebeat community choir

All the workshop leaders & facilitators

Volunteers

Crew

Performers & artists

and YOU for joining us and making this an extra special event

<http://nonstuff.co.uk/festival/>

<http://www.wistonlodge.co.uk/>



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