

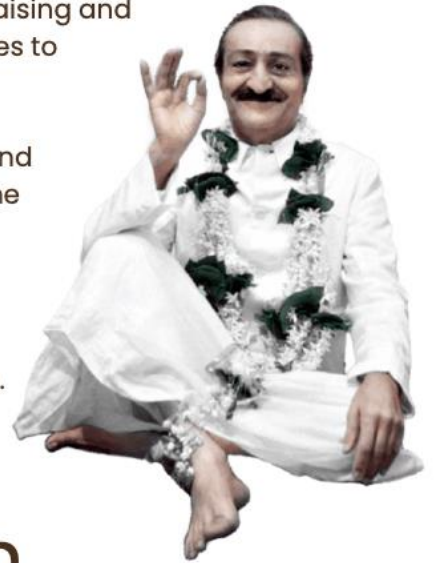
Spring Sahavas 2026

This year's Spring Sahavas is entitled "Sing Sahavas: song as vessel for praising and being present with our Divine Beloved." The program provides opportunities to build our art, from the heart, for our Beloved.

Activities include song swap and dance workshops, art making, prayers and arti, Dhuni, poetry, panels and conversations, film, walks and sports and the opportunity to offer something spontaneous.

In the spirit of selfless service, a strong theme of the Sahavas is working together ~ "many hands, one heart" ~ with scheduled times for collective event set up, meal preparation, clean-up and event pack down.

Jai Meher Baba
Spring Sahavas Organising Team



Friday Program

Time	Event	Location
10:00 – 12:00	Collective decorating, set up and cleaning ~ <i>Many Hands Make Light Work</i>	Baba's house, the Shed, the Kitchen, and the the Meeting Hall
12:00 – 1:00	BYO picnic lunch	The Kitchen
3:00 – 5:00	Collective meal preparation	The Kitchen
5:00 – 6:00	Dinner	The Kitchen
6:00 – 6:30	Collective clean up	The Kitchen
6:30 – 8:00	Welcome program • Panel discussion on "Singing for The Beloved" • Arti	Baba's House
8:00 – 8:30	Supper	Meeting Hall
8:30 – 9:30	Devotional jam session - practise Qawwali and more with Sage and friends, experimenting with long-form ghazal, drone, rhythm and melodic repetition of God's name (zekhr)	Baba's House

Saturday Program

Time	Event	Location
All times	Spontaneous creative activities – Individual or collective (list your collective offering on the whiteboard in the kitchen)	Various locations
7:30 – 8:30	Early birds cuppa	The Kitchen
8:30 – 9:00	Pre-Arti song sharing	Baba's House
9:00	Arti	Baba's House
9:15 – 10:30	Extended after Arti song sharing	Baba's House
10:30 – 11:30	Morning tea	The Kitchen
11:30 – 12:30	"Floating Feather" – Play reading circle with Kendra	Baba's House
11:30 – 12:30	Collective lunch prep	The Kitchen
12:30 – 1:30	Lunch	The Kitchen
1:30 – 2:00	Collective lunch clean up	The Kitchen
2:00 – 3:30	Siesta Time • Nap time at home • Meeting Hall, Baba's House, and Bookstore open for gentle activities or rest in heat of day	Various locations
3:30 – 4:00	Afternoon cuppa	The Kitchen
4:00 – 5:00	• Poetry, Stories and Walking activity with Jethro (meet at Baba's square) • Outdoor sports with Greg	Various Locations
5:00 – 6:00	Dinner	The Kitchen
6:00 – 6:30	Collective dinner clean up	The Kitchen
6:30 – 7:30	Arti and after arti song sharing	Baba's House
7:30 – 8:30	World music dance with DJ Paddy	TBA
8:30	Supper	The Kitchen

Sunday Program

Time	Event	Location
All times	Spontaneous creative activities - Individual or collective (list your collective offering on the whiteboard in the kitchen)	Various locations
7:30 - 8:30	Early birds cuppa	The Kitchen
8:30 - 9:00	Pre-Arti song sharing	Baba's House
9:00	Arti	Baba's House
9:30 - 10:00	Panel conversation on historical links between 'Sufi Sam' and Francis Brabazon, leading into practising the 'Dances of Universal Peace', (which they danced together)	Baba's House
10:00 - 10:30	Morning tea	The Kitchen
10:30 - 11:00	Voice and movement warm up and welcoming first-time visitors to Avatar's Abode with Elischa, followed by Sacred Circle Dances	Baba's House
11:00 - 1:00	Sacred Circle Dances (and songs) workshop led by Trudy. Bring a water bottle and (optional) instrument	Baba's House
11:00 - 1:00	Poetry sharing hosted by Lorraine - bring original and/or favourite poems to share	The Bookstore
12:30 - 1:00	Collective lunch prep	The Kitchen
1:00 - 2:00	Lunch	The Kitchen
2:00 - 2:30	Collective lunch clean up	The Kitchen
2:30 - 3:30	Siesta time	Various locations
2:30 - 3:30	Singing song swap session with Jeanette and Jeunae (Water song and 7 Names of God)	The Bookstore
3:30 - 4:00	Afternoon cuppa	The Kitchen
4:00 - 5:00	Set up for dinner and Dhuni fire with Jethro and Sim	Baba's Square
4:00 - 5:00	Outdoor sports with Greg	Various locations
5:00	Light the Dhuni fire	Baba's Square
5:30 - 6:30	Dinner	Baba's Square
6:00 - 8:00	Arti around the Dhuni fire followed by song offerings	Baba's Square
8:00 - 8:30	Supper	Meeting Hall
8:30	Collective clean up (moving things back to The Kitchen)	

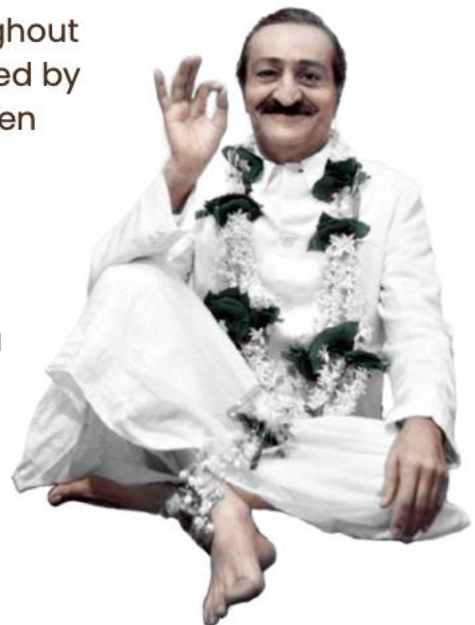
Monday Program

Time	Event	Location
8:30 – 9:00	Early birds cuppa	The Kitchen
9:00	Arti and after arti song sharing	Baba's House
10:00 – 10:30	Creating new dance choreography with Elischa and others, inspired by Sunday's Sacred Circle Dance workshop	Baba's House
10:30 – 11:00	Morning tea	The Meeting Hall
11:00 – 12:00	Closing conversation, reflecting back on the welcoming program on 'Singing to the Divine Beloved'	Baba's House
12:00 – 1:00	Lunch	The Kitchen
12:00 – 3:00	Clean up ~ <i>Many Hands Make Light Work</i>	

The Avatar's Abode Bookstore will be open throughout the Spring Sahavas and Meher Baba films, selected by Geoff and Jim, will be available for viewing, when activities are not scheduled

The Shed will be the Art and kids space
We ask that parents supervise and clean this area

Please note that items in this program
are subject to change at
the Beloved's whim!



Avatar Meher Baba Ki Jai