Lana Vogstad, E-RYT 500 and visual artist, leads a transformational journey through atmospheric environments and soundscapes to find your yndi or bliss. Engage in an immersive experience of yoga, meditation and art to improve mental and physical wellbeing. Each practice is inspired by an archetype of empowerment, such as courage, acceptance, truth, magic, vision and transformation.

Stream all episodes of YNDI Yoga Season 3
ctpublic.org/yndi
Unforgotten: Connecticut’s Hidden History of Slavery
Tuesday, April 16
8 p.m. on CPTV
When we think of slavery in the U.S., we don’t usually think of the North. Now stories of the enslaved are being uncovered and reclaimed. Connecticut Public explores this hidden history in a special series on radio, TV, podcast and online — featuring historians, experts and descendants of the enslaved.

Hiding in Plain Sight: Youth Mental Illness
Wednesday, April 17 & 24
9 p.m. on Spirit
A two-part documentary that explores America’s mental health crisis through the eyes of more than twenty young people and the providers, advocates, family and friends who support them.

Elton John and Bernie Taupin, one of the great songwriting duos of all time, will be the 2024 recipients of the Library of Congress Gershwin Prize for Popular Song. Bestowed in recognition of the legendary songwriting team of George and Ira Gershwin, the Library of Congress Gershwin Prize for Popular Song is the nation’s highest award for influence, impact and achievement in popular music. "Premières Monday, April 8, 2024 at 8 p.m."

Premieres Monday, April 15th at 9 p.m. on CPTV
Filmed over the course of two-years, Seeds of Change chronicles the intersecting stories of lifelong farmer Mark McBrine and several incarcerated men as they grow their own food from a 5-acre prison garden unlike any other. In a place where life is routinely defined by shame and despair, good food can be a gateway to meaning, wellness and dignity.

Connecticut Public Members power public media across our state. Every story we share is made possible by members’ generous support — join your neighbors by making your donation right now. All gifts of $5/month or more are eligible for incredible member benefits including PBS Passport. Call 860.275.7550 Visit ctpublic.org/donate

Hey there, Connecticut Public members…
WE WANT TO HEAR FROM YOU!

Connecticut Public Board of Trustees
### Prime Time | April 1-6

**Schedule Key**
- CPTV Original or CPTV Co-production indicated in red font.
- CPTV National or Local Acquisition indicated in blue font.
- Program or episode premiere indicated by a P Live broadcasts indicated by an L.
- For the most up-to-date program schedule, and exact start/end times, visit CPTV.org/schedule

<table>
<thead>
<tr>
<th>MON</th>
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<tbody>
<tr>
<td>cptv</td>
<td>Hope Street Hope Street A daring robbery at a whiskey distillery.</td>
<td>Brokenwood Mysteries - Leather and Lace P The body of a coach is discovered strapped to a goal post.</td>
<td>Maggie Murders Susan’s sister and Andreas have unexpected connections to Alan.</td>
<td><strong>Spirit</strong></td>
<td>This Old House P Ask This Old House The Legacy List Poetry in America P Independent Lens - A Thousand Pines</td>
<td><strong>Spirit</strong></td>
<td>NOVA - Great American Eclipse</td>
<td>Impossible Builds - Ice World</td>
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<tr>
<td>cptv</td>
<td>CPTV Viewer’s Favorites Public Television Feature Film - Fences An African American father struggles with race relations while trying to raise his family in the 1950s and coming to terms with the events of his life. Austin City Limits Alixson Russell.</td>
<td>Hamish Macbeth - Defeated Sentence Hamish Macbeth - The Lochdubh Assassin</td>
<td>Finding Your Roots An annual dance reveals deep-running fears and deadly ambition.</td>
<td><strong>Spirit</strong></td>
<td>Midsomer Murders - Destroying Angel, Part 1 Midsomer Murders - Destroying Angel, Part 2 Death in Paradise The team must prove Neville’s innocence after a murder.</td>
<td><strong>Spirit</strong></td>
<td>Around the World in 80 Days - Episode 1 Hotel Portofino - Invitations Seaside Hotel - Summer, Sea and Sunshine</td>
<td><strong>Spirit</strong></td>
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### Prime Time | April 7-12

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<th>SUN</th>
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<tbody>
<tr>
<td>cptv</td>
<td>Call the Midwife P The pupil midwives reach their third month of training.</td>
<td>Mr Bates vs The Post Office The Post Office prosecutes village Subpostmasters</td>
<td>Alice &amp; Jack Alice disappears from Jack’s life until years later.</td>
<td><strong>Spirit</strong></td>
<td>America Outdoors - Tidewater: Homecoming Life at the Waterhole Changing Planet P 7 places across the planet are explored.</td>
<td><strong>Spirit</strong></td>
<td>Reel South - Stay Prayed Up</td>
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**Mr Bates vs THE POST OFFICE**

When money started to seemingly disappear from its local branches, the government-owned Post Office wrongly blamed its own managers for its apparent loss. For more than a decade, hundreds were accused of theft and fraud, and many were even sent to prison—leaving lives, marriages, and reputations in ruins. But the issue was actually caused by errors in the Post Office’s own computer system—something it denied for years.

Movie Premiere!

*Wild Kratts: Our Blue and Green World*

Monday, April 1 at 5 p.m. on CPTV Kids

The Kratt brothers disagree on what’s better: blue oceans or green forests. Aviva takes on the role of referee to demonstrate how oceans and forests work together to make our living planet, just like Martin and Chris need to keep working together. It’s up to the gang to get Martin and Chris back in sync in time to save planet Earth.
**Prime Time | April 13-18**

### SAT 13
- **8:00** - **8:30**
  - Celebrity Antiques Road Trip
- **9:00** - **9:30**
  - Public Television Feature Film - Hoosiers
- **10:00** - **10:30**
  - Austin City Limits
- **11:00** - **11:30**
  - Finding Your Roots

### SUN 14
- **8:00** - **8:30**
  - Call the Midwife
  - Shelah receives an unexpected visit from her social worker.
- **9:00** - **9:30**
  - America Outdoors - A Better World
  - Life at the Waterhole: How weather impacts the animals.
- **10:00** - **10:30**
  - Changing Planet
  - A unique slime is examined.
- **11:00** - **11:30**
  - Reel South - Stay Here Alive!

### MON 15
- **8:00** - **8:30**
  - Antiques Roadshow - North Carolina Museum of Art Hour 2
  - Seeds of Change
  - An organic farmer tries to transform the prison food system.
- **9:00** - **9:30**
  - Planet California
  - Ecosystems connected by rivers on land are threatened.
- **10:00** - **10:30**
  - Maverick's
  - The fascinating story of Montana's untold freestyle skiing legacy.

### TUE 16
- **8:00** - **8:30**
  - Unforgotten: Connecticut's Hidden History of Slavery
  - Hosted by Diane Orson.
- **9:00** - **9:30**
  - NOVA - Origins
  - A Brief History of the Future - Chaos & Complexity
- **10:00** - **10:30**
  - Impossible Buildings - Skinny Skyscraper
  - Amanpour and Company

### WED 17
- **8:00** - **8:30**
  - Nature - Raptors: A Fistful of Daggers
  - Extreme Lives
  - A Brief History of the Future - Once Upon a Time
  - NOVA - Making North America: Origins
- **9:00** - **9:30**
  - Breakthrough: The Ideas That Changed the World - The Smartphone
  - Amourpour and Company

### THU 18
- **8:00** - **8:30**
  - Deadline - Episodes 3 & 4
  - Natalie is a super intelligent manipulator or a victim of circumstance? Can James separate the truth from the fiction?
- **9:00** - **9:30**
  - Brokenwood Mysteries - Catch of the Day
  - Jared makes a disturbing discovery that threatens the turquoise coastal waters.
  - This Old House
  - Ask This Old House
  - Poetry in America
  - Repairing the World: Stories from the Tree of Life
  - A community works to heal.

### Promising Wednesdays, April 13
- **9 p.m. on CPTV**
  - A unique six-part PBS documentary series about our futures and how we can reimagine them. Hosted by renowned futurist Ari Lalitch, the show takes viewers on a journey around the world that is filled with discovery, hope and possibility about where we find ourselves today and what could come next.

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**Prime Time | April 19-24**

### FRI 19
- **8:00** - **8:30**
  - Midsomer Murders - Electric Vendetta, Part 1
- **9:00** - **9:30**
  - Midsomer Murders - Electric Vendetta, Part 2
- **10:00** - **10:30**
  - Death in Paradise
  - The team investigates the murder of a calypso singer's husband.
  - Vienna Blood
  - A scandal reaches Clara, who asks her ex-fiancé Max for help.

### SAT 20
- **8:00** - **8:30**
  - Around the World in 80 Days - Episode 2
  - Public Television Feature Film - Hotel Portofino - Uncoverings
  - Seaside Hotel - Singing and Vandalism
  - Central City Limits
  - New Orleans: A Better World

### SUN 21
- **8:00** - **8:30**
  - Call the Midwife
  - Trivial heroes learn about Matthew's financial woes.
  - Mr Bates vs The Post Office
  - Brian armies with the Post Office.
- **9:00** - **9:30**
  - Changing Planet
  - Life at the Waterhole: Making and breeding seasons arrive.
  - Changing Planet
  - Efforts to confront climate change.

### MON 22
- **8:00** - **8:30**
  - Antiques Roadshow - North Carolina Museum of Art Hour 3
  - American Experience - Poisoned Ground: The Tragedy at Love Canal
  - Revisit one of the most notorious environmental and public health disasters in U.S. history.
- **9:00** - **9:30**
  - NOVA - Making North America: Origins
  - The process of “destructive” creation is examined.

### TUE 23
- **8:00** - **8:30**
  - Finding Your Roots
  - Guests: Valerie Bertinelli, Brendan Fraser.
  - The Express Way with Dule Hill
  - HI connects with three brave artists.
- **9:00** - **9:30**
  - NOVA - Making North America: Origins
  - A Brief History of the Future - Once Upon a Time
  - Empire Builders: Mexico - The Spanish Conquest

### WED 24
- **8:00** - **8:30**
  - Changing Planet
  - Coral Special
  - A Brief History of the Future - Human P
  - NOVA - Making North America: Life
  - First Civilizations - War
  - The process of “destructive creation” is examined.

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**ART HAPPENS HERE WITH JOHN LITSGOW**

**Sunday, April 23 at 7 p.m. on CPTV**

This one-hour special features actor John Lithgow going back to school to demonstrate the transformative power of arts education. He immerses himself with teachers and students to explore four arts disciplines: dance, ceramics, silk-screen printing and vocal jazz ensemble.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Program 1</th>
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<th>Program 3</th>
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<tbody>
<tr>
<td>THU 25</td>
<td>8:00</td>
<td>My Life Is Murder - The Boyfriend Experience</td>
<td>Shakespeare &amp; Hathaway</td>
<td>Brokenwood Mysteries - Blood Pink</td>
<td>Annika A Norse saga comes to life as Annika’s team closes in.</td>
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<td>8:30</td>
<td>This Old House</td>
<td>Ask This Old House</td>
<td>Poetry in America</td>
<td>Amanpour and Company</td>
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<td>9:30</td>
<td>Around the World in 80 Days - Episode 3</td>
<td>Hotel Portofino - Discoveries</td>
<td>Seaside Hotel - A Gentleman from Copenhagen</td>
<td>Amanpour and Company</td>
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<tr>
<td>SAT 27</td>
<td>8:00</td>
<td>Celebrity Antiques Road Trip</td>
<td>Baroness Oona King and Dame Jenni Murray.</td>
<td>Public Television Feature Film - A Place in the Sun</td>
<td>Austin City Limits  Sarah Jarosz &amp; Billy Strings.</td>
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<td>8:30</td>
<td>Midsomer Murders - With Baited Breath, Parts 1 &amp; 2</td>
<td>Hamish Macbeth - Destiny, Part 2</td>
<td>The Trick</td>
<td>The research of Prof. Phil Jones and his team is questioned in the first ‘fake news’ attack.</td>
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<td>9:00</td>
<td>Call the Midwife</td>
<td>Matthew and Trixe’s marriage hits another devastating setback.</td>
<td>Mr Bates vs The Post Office</td>
<td>Alan battles the Post Office in court.</td>
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<td>9:30</td>
<td>Exploidal - Saudi Arabia: Expedition Volcanic Underworld</td>
<td>Great Whale Rescue</td>
<td>Guilt - The Clothes on Our Backs</td>
<td>Rfds: Royal Flying Doctor Service</td>
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<td>10:00</td>
<td>Antiques Roadshow - Stan Hywet Hall &amp; Gardens Hour 1</td>
<td>Antiques Roadshow - Santa Clara, Hour 3</td>
<td>American Masters - Moynihan</td>
<td>A personal look at a public man who was not only an intellectual but also an aesthete, deeply committed to making an impact on the world.</td>
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<td>10:30</td>
<td>Cook’s Country</td>
<td>America’s Test Kitchen</td>
<td>Table for All</td>
<td>The Great Ride  Ride along with a diverse group of tour guides.</td>
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<td>11:00</td>
<td>Finding Your Roots  Guests: LeVar Burton, Wes Studi.</td>
<td>The Express Way with Dule Hill - Appalachia</td>
<td>Frontline PBS’ premier public affairs series features incisive documentaries covering the scope and complexity of the human, social and political experience.</td>
<td>Amanpour and Company</td>
</tr>
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Premieres Sunday, May 5  
9 p.m. on CPTV

**MARYLAND**

Sisters Becca and Rosaline find themselves thrown together by the sudden death of their mother, Mary. They come to find out that she was living an entirely secret life on the Isle of Man, far from her home with her husband, Becca and Rosaline’s father. At its heart, MaryLand is a love story of two sisters.