

Saturday 23rd March

Yoga Space 1

- Yoga to Elevate Your Body and Mind 8:30 am - 9:30 am
Discover the interconnectedness of your body, mind, spirit and emotions. This class is offered in a wholesome hatha yoga style, incorporating yogasanas, breathwork, meditation and deep relaxation.
- Yoga's Saucy Secrets 10:00 am - 11:00 am
Alignment & Story Telling Amy McDonald
- Vitality - A balance of Prana & Apana. 11:30 am - 12:30 pm
Vitality - A balance of Prana and Apana, Kundalini Yoga & Meditation with Jai Inder.
- iRest Yoga Nidra 1:00 pm - 2:00 pm
Yoga Nidra is a beautiful practice of deep relaxation and meditation. This session will introduce iRest® Yoga Nidra which is a simple and accessible form of meditation designed for modern day living. "When practiced regularly - a little and often - iRest enables you to meet each moment of your life with unshakable peace and wellbeing, no matter how challenging or difficult your situation." After a brief discussion you will be led through a 40 minute practice. You will need to be warm and supported so a blanket or two would be a great idea
- Emotions of Yoga 2:30 pm - 3:30 pm
- Lunar Flow 4:00 pm - 5:00 pm
Dive into the sublime world of Prana Vinyasa yoga. This lunar inspired meditative flow class will get you fully present in your body and dropping in to your fluid and creative self. Experience sahaja, the spontaneous flow of consciousness that arises from the inner current of your breath. Learn how to embrace slowing down and nourishing yourself deeply through the ancient lunar arts of Chandra Namaskar (Moon Salutations), Yoga Nidra and more. Designed to be deeply nurturative and meditative, this class is a wonderful way to invite in deep relaxation and inner restoration.
- Natural Healing Yoga 5:30 pm - 6:30 pm
Natural Healing Yoga

Yoga Space 2

- Barre Breathe
Breathe is all the elements that you love from Barre -toning, sculpting and lengthening your body, with an added emphasis on yoga and vinyasa flows. Joining breath

- awareness and movement supports total body alignment and strengthens practices of mindfulness- offering space from the business of our life to let ourselves become completely present to really connect with our breath and enjoy gorgeous flows.* 9:00 am - 10:00 am
- **Gong, Sound & Mediation** 10:30 am - 11:30 am
Gong, Sound and Guided Mediation with Paul & Jan
 - **Hatha Flow** 12:00 pm - 1:00 pm
“Breathe, relax and enjoy.” This Hatha flow session starts with a chakra mudra meditation followed by sunsalutations with the mantras that go along with them. The core of the practice are sequences that are a strengthening blend of balancing Asanas, Inversions and hip openings standing and on the floor. The final relaxation is accompanied with grounding vibrations of a soul soothing sound bowl.
 - **Accessible Yoga** 1:30 pm - 2:30 pm
Yoga for everyone. Accessible yoga aims to ensure all abilities can participate in the wonderful practice of yoga. ‘If you can breathe, you can do yoga’. Do let the fancy instagram photos convince you that yoga is only for the fit and flexible. Yoga is for every body. This class may include seated, standing and lying options depending on your ability.
 - **Slow & gentle Hatha.** 3:00 pm - 4:00 pm
Rest & Renew, breath-centred, slow and gentle Hatha. With Lynette Jordan. During classes Lyn’s focus is on making sure that everyone feels comfortable in their own skin. She feels that it’s more important for participants to listen to their own body and do what feels good and right for them. Working with the breath is emphasised and the movement of the body is contained within the movement of the breath. Classes are restful and nurturing; rejuvenating the body, replenishing energy and calming the mind. Beginning with a meditation to quieten and calm the mind and bring peace from the busy-ness of day-to-day life the practice moves into gentle postures combined with breath-work to create inner peace and harmony.
 - **Holistic Gentle Yoga** 4:30 pm - 5:30 pm
Holistic gentle yoga for women - Gwynn Stewart

Yoga Space 3

- **Dynamic Hatha** 8:00 am - 9:00 am
Dynamic Hatha with Mary Rollo A Dynamic Hatha flow yoga class involves more vigorous movement than the other Hatha classes and is designed to work up a sweat by moving with the breath to detoxify the body and centre the mind.
- **Gentle Flow**

■ Vasudeva Kriya Yoga

11:00 am - 12:00 pm

Vasudeva Kriya Yoga is Kriya, Pranayama and Mantra combined into a Single Formula. The founder of the Vasudeva Kriya Yoga, Shri. Rajendra Yenkanamoole hails from a small village Yenkanamoole located in the border of Karnataka and Kerala in South India. He has Master degrees in Chemical Engineering as well as Business Administration. He began his yoga practice at the tender age of 10 years under the guidance of Sri Yogeeshwar in Bangalore. Under the guidance of his Guru Paramahansa Swami Maheshwaranandji, Rajendra further enhanced his understanding of Yoga. Rajendra started teaching yoga in Melbourne in 2004 at the behest of Swami Ramaswarupanandaji. Rajendra believes that the acquired knowledge has to be passed onto others for the benefit of the society. With this in view, he has been conducting yoga classes in various locations in Melbourne. On a regular basis he also conducts yoga classes and seminars in various schools and villages across India. As a rehabilitation program he also conducts classes in Bangalore prison. Hundreds of people who have attended the classes have benefitted physically, mentally, intellectually and spiritually and have noticed a significant improvement in their day-day lives. Vasudeva Kriya Yoga classes have been designed to accommodate any aspirant irrespective of their age, gender, physical ability and religion.

■ Move and Flow

12:30 pm - 1:30 pm

Find your flow in this breathe connected vinyasa style practice. Marrying her love of dance and movement with yoga, LittleYogiLou encourages creativity and self expression. Combining movement, music, and breathe - we move and flow. Open to all levels

■ Shiva's Dance

2:00 pm - 3:00 pm

Shiva's Dance. Yoga is a dance of transformation, letting go and regeneration. Moment to moment together we will explore of stability & freedom in the body, mind & spirit through carefully aligned asana (poses), breath work and flowing movement. with Deb

■ Yin Yoga

Nourishing long holds supporting you too open up the meridians in the body, to release energetic blockages and unconsciously held tension. A slow unwinding to that allows you to find your edge with gentleness and ease...opening up to create space within the body heart and mind, which allows you to move through your world with a little more love and kindness for yourself and others. Yin yoga is a slow-paced style of yoga with seated postures that are held for longer periods of time. Yin is a great class for beginners, as postures can be held from 45 seconds to two minutes. Yin can also be a meditative yoga practice that helps you find inner peace. The classes are relaxed, as you're supposed to let gravity do most of the work.

3:30 pm - 4:30 pm

- Kirtan with Paul & Jan

5:00 pm - 6:00 pm

Kirtan with Paul & Jan

Workshops + Meditation

- Meditation: Healing with the Earth.

9:00 am - 10:00 am

- Gentle Daily Detox

10:30 am - 11:30 am

- Pranayama for trauma

12:00 pm - 1:00 pm

Pranayama to release trauma, anxiety and stress with Deb Vawdrey

- The Magic of Mindfulness

1:30 pm - 2:30 pm

This workshop style class offers some practical tips and tools to integrate mindfulness into your everyday life, and guides you towards inner silence and wisdom where all the magic of your health and happiness starts.

- Crystal Chakra Meditation

3:00 pm - 4:00 pm

- Vitality Yoga- Grounding for clarity and calm

4:30 pm - 5:30 pm

Grounding for clarity and calm meditation and introspection.