

Sunday 24th March

Yoga Space 1

- Dance flow 8:30 am - 9:30 am

I am happy to introduce a new style of body movement, which can enrich your joy of body movement. Dance flow Yoga is a seamless blend of vinyasa flow yoga and elements of dance. This style of yoga evolved out of my experience as a yoga teacher and my love to dance. Yoga postures and dance techniques intertwine to create a format that focuses on the space between the body shapes and the feeling of freedom one may experience when muscle memory and intuition take over. My vision for Dance flow Yoga is to create a safe space for like-minded bodies and souls to flow and express themselves. A space where each individual feels comfortable expressing themselves in their unique and wonderful ways. A place of acceptance and nurture, as well as a whole lot of fun and funkiness.

- Classic Hatha Yoga class 10:00 am - 11:00 am

Experience a classically balanced hatha yoga class designed to strengthen, stretch, tone and balance the body while calming the mind and preparing the senses for meditation practice Hatha Yoga technically encompasses all of the physical yoga styles, the asana practice. The word Hatha can translate to “ha” the sun and “tha” the moon, two opposing energies coming together to balance as one and that is what you can expect from a Hatha Yoga class; a balance of two energies merging into one, a practice balanced in strength and softness, leaving you feeling complete. A Hatha class is a nourishing slower paced practice. The poses are held for multiple deep breaths and the teacher gives detailed alignment cues giving you and your body the opportunity to truly get to know each pose. Now don't be fooled, this slower paced practice can still be a physically challenging practice therefore making it perfect for the seasoned yogi or the absolute beginner.

- Stick Yoga 11:30 am - 12:30 pm

Stick Yoga class with Deb Vawdrey

- Vinyasa Flow

Move your body in different ways, in all directions, supporting the spine to move in the way it was designed, opening up the flexibility of the spine which ultimately opens up and allows for flexibility within the mind. Designed to support movement to breathe and release old patterns that may no longer serve you, connecting to your own heartfelt rhythm. Vinyasa means "to place in a special way" and in this case yoga postures. Vinyasa is the most athletic yoga style. Vinyasa was adapted from Ashtanga yoga in the 1980s. In Vinyasa classes, the movement is coordinated with your breath and movement to flow from one pose to another. Many types of yoga can also be considered Vinyasa flows such as Ashtanga, power yoga, and prana. Vinyasa styles

can vary depending on the teacher, and there can be many different types of poses in different sequences.

1:00 pm - 2:00 pm

■ Yoga for your type

2:30 pm - 3:30 pm

A class that explores how Yoga can be designed to suit your individual needs. Join Sarah in an Ayurveda Yoga Class that shows you how to adapt Yoga to suit your body type. This class is accessible for all levels of abilities and teaches you how you can adapt your regular yoga class

■ Yoga

4:00 pm - 5:00 pm

■ Supported back bends workshop

4:00 pm - 5:00 pm

Supported back bends workshop, spend 1hr understand and breaking down back bends and how to safely do them

Yoga Space 2

■ Sacred Ceremony

9:00 am - 10:00 am

Sacred Ceremony - align with the Divine Masculine and Divine Feminine. Raym and Chicchan

■ Yin Yoga

10:30 am - 11:30 am

■ Pranayama & meditation

12:00 pm - 1:00 pm

Join our Hatha yoga class in the morning to experience the full benefits of asana practice leading into meditation, or join in and learn some calming pranayama and concentration techniques before we explore a deep and invigorating morning meditation to calm the mind and awaken the senses.

■ Ashtanga Yoga

1:30 pm - 2:30 pm

In Sanskrit Ashtanga is translated as "Eight Limb path." Ashtanga yoga involves a very physically demanding sequence of postures, so this style of yoga is definitely not for the beginner. It takes an experienced yogi to really love it. Ashtanga starts with five sun salutation A's and five sun salutation B's and then moves into a series of standing and floor postures. In Mysore, India, people gather to practice this form of yoga together at their own pace—if you see Mysore-led Ashtanga, it's expected of you to know the series. Vinyasa yoga stems from Ashtanga as the flowing style linking breath to movement.

■ Flow Yoga

3:00 pm - 4:00 pm

■ Sound Bath

4:30 pm - 5:30 pm

Soundbath, Crystal Signing bowl immersion and toning.

Yoga Space 3

- Vinyasa Flow 8:00 am - 9:00 am

Vinyasa (pronounced "vin-yah-sah") is a Sanskrit word for a phrase that roughly translates as "to place in a special way," referring—in hatha yoga—to a sequence of poses. Vinyasa classes are known for their fluid, movement-intensive practices. Vinyasa teachers sequence their classes to smoothly transition from pose to pose, with the intention of linking breath to movement, and often play music to keep things lively. The intensity of the practice is similar to Ashtanga, but no two vinyasa classes are the same. If you hate routine and love to test your physical limits, vinyasa may be just your ticket.

- Solar Flow 9:30 am - 10:30 am

Dive into the sublime world of Prana Vinyasa yoga. A dynamic and invigorating Prana Vinyasa yoga class to awaken the flow of energy (prana) in the body in a sustainable, nourishing and life affirming way. Be ready to be uplifted, inspired and filled with joy in this ecstatic full body movement meditation experience!

- Vitality Yoga- The power of Bandhas 11:00 am - 12:00 pm

The power of doing bandhas safely

- Hatha Flow 12:30 pm - 1:30 pm

A movement-based Hatha style class that blends traditional yoga postures, flow movements and breath, with some pauses for added instruction and teacher demonstration. There will an emphasis on meditation through movement to find the stillness in movement and the flow in stillness.

- Mantra & Mudra for Strength 2:00 pm - 3:00 pm

Mantra and Mudra for Strength on the Mat with Amy McDonald

- Vitality Yoga - Gentle Core Yoga 3:30 pm - 4:30 pm

Vitality Yoga Gentle Core Yoga

- Embodied Flow State

Embodied Flow State': "In psychology, flow is a mental state in which one is completely immersed and engaged in an activity, wherein one is fully focused, energized, and enjoy the activity in which one is immersed in. When we find ourselves fully immersed in our yoga practice with a feeling of energized focus, we have entered what is called 'the flow state of mind'. This has been described as a very productive and creative state of mind. Regularly entering the "flow state" makes us happier, more relaxed human beings. A sudden vibrant energy is present and you feel at peace, connected and happy. At this point you are in the flow. We invite you on a journey to discover the 'State of Flow'! A human being is by nature a finite embodied spirit, in search of the Infinite, in social solidarity with its fellow human beings, on a historical

journey through this material cosmos towards its final trans-worldly goal, a loving union with God as the infinite fullness of all goodness. Somewhere in the delightful balance of surrender and control, through the use of breathe technique, movement and stillness... through the binoculars of curiosity and filtered through our felt senses, we discover the magic that is Flow."

5:00 pm - 6:00 pm

Workshops + Talks

- Pranayama and Meditation 9:00 am - 10:00 am
Experience the different types of Yogic breathing techniques.
- Energy & vitality 10:30 am - 11:30 am
- Cleansing & protecting 12:00 pm - 1:00 pm
- Ayurveda & Wellness 1:30 pm - 2:30 pm
According to Ayurveda, bloating, gas, constipation, diarrhea, anxiety, depression, weight gain or loss and any other ailment represent a state of imbalance in our natural elemental state, referred to as "vikruti". When our state of imbalance accumulates and does not leave the body through the normal routes, the state of vikruti is heightened and can be observed through ill health and diseases. So, how can you defend against these imbalances? Ayurveda recommends a preventative approach to well-being to maintain an optimal level of balance leading to a healthy 'agni' (digestive and metabolic fire). Join us as we delve into an exploration of how to build a daily routine that is simple and effective. An intro to ayurveda - The concept of dinacarya - Tips & techniques on how you can support your wellbeing using ayurveda on a daily basis
- Showing Up- The practice of vulnerability and authenticity 3:00 pm - 4:00 pm
I think this speaks for itself :) Free flowing conversation with reference back to yogic philosophy