

Sunday May 2nd

YOGA One

- An Introduction to Forrest Yoga 08:30 - 09:30

Forrest Yoga puts emphasis on how to carry the transformative experience of what you're doing on the mat into your daily life. It's accessible to everyone and all experience levels. BREATH INTEGRITY STRENGTH SPIRIT
- Kundalini Basics: Breathwork, Mantra and Awakening the spine. 09:45 - 10:45

Alex happened upon a Kundalini Yoga Class several years ago and was amazed by the instant energetic shift that she felt. She returned to class several times that week and within months was enrolled in teacher training. She loves so much about Kundalini; the variety, the community and the beautiful mantras. Kundalini yoga practice is equal parts spiritual and physical. This style is all about releasing the kundalini energy in your body said to be trapped, or coiled, in the lower spine. These classes really work your core and breathing with fast-moving, invigorating postures and breathing exercises. These classes can involve chanting, mantra, and meditation.
- Gippsland Kirtan 11:00 - 12:00

Haribol! Gippsland Kirtan invites all people to experience the joy of Kirtan; a call-and-response style of music meditation, where the singing of mantras and spiritually uplifting songs honours the universe and connects us with each other and to all things. The main expression of Bhakti Yoga, kirtan transcends all differences that keeps us apart. Vibrating at the highest level, it's a collective joy that needs to be experienced, as words just don't do it justice. Namaste
- Balance - Hatha & Yin flow 12:15 - 13:15

The Sanskrit term "hatha" is an umbrella term for all physical postures of yoga. Hatha yoga classes are best for beginners since they are usually paced slower than other yoga styles. Hatha classes today are a classic approach to breathing and exercises. If you are brand-new to yoga, hatha yoga is a great entry point to the practise.
- Pranayama & Yoga Nidra 13:30 - 14:30

Yoga Nidra is a meditation and conscious relaxation practice that is intended to induce total physical, mental, and emotional relaxation. Yoga nidra is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.
- Into Sound & Light
Into Light and Sound is a truly transformative and restorative experience, integrating gentle movement and sound bathing, which is a combination of Himalayan singing bowls, crystal bowls, vocal toning, over toning and percussion with the added layer of

harmonized mantras in the practice. Join Jacqui Sterling from Aloha Healing and Annebelle van Tongeren, from the Yoga Stylist for a special 90 minute session in very gentle restorative yoga, supported by sound. We will be connecting breath, body, intention and vibration as we access the different layers of our energy bodies, letting go of tension and allowing a beautiful expansion into light, healing and endless possibilities.

15:00 - 16:30

YOGA Two

- QiGong 09:00 - 10:00

QiGong is originated from Chinese medical community back to the legendary Yellow Emperor, which has thousands years' history. QiGong including breathing techniques, 3-dimensional physical movements, the basics of energy circulation and meditation. By bringing the body, mind and emotions into a relaxed state you allow the healing process to take place. This 60 minutes' QiGong Basic is suitable for both beginners as well as experienced students who want to revisit what they have learned and take their practice to a deeper level. For better practice results, please bring a yoga mat, we practice bare foot.
- Energizing Yoga Flow 10:30 - 11:30

Energizing Yoga Flow followed by Pranayama and Meditation with the intention that you leave feeling re-charged, balanced and clear.
- Thai Massage Yoga 12:00 - 13:00
- Restorative Yoga 13:30 - 15:00

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.
- Yin from head to Toes 15:30 - 17:00

Yin yoga is a meditative practice that allows your body to become comfortable in a pose without doing any work (strength). It is also called Taoist yoga, and focuses on lengthening the connective tissues within the body. It is meant to compliment Yang yoga, or muscle-forming yoga practices. If Yang is active, then Yin is passive, meaning the muscles are allowed to relax with gravity and rest. This is usually performed with the assistance of props.

Meditation & Workshops

- Women's health & hormonal balance food as medicine

Our blood and our cells are made directly by the food we consume. Simply put... food turns into blood and blood makes our cells and our cells make our organs and body. So your health, including your brain, heart and nervous system, is directly influenced by your daily consumption. So, we literally are what we eat.

09:30 - 10:30

- Train the Trainers - accessible yoga poses

11:15 - 12:15

Train the Trainers - accessible yoga poses. Learn how to make your yoga class more accessible.

- Chair Yoga

12:45 - 13:45

- Meditation & Yoga philosophy (how & why)

14:00 - 15:00

One of the main purposes of meditation is to go beyond the conscious analytical mind and enter the sub conscious mind in order to change self-destructive habits, behaviours, outdated beliefs, emotional reactions, attitudes and unconscious states of being. But also to access the super conscious state of limitless possibilities!