

Saturday May 1st

YOGA One

- Ishvara pranidhana Yoga 08:15 - 09:15

Ishvara pranidhana is not about what your yoga can do for you, but about approaching your practice in the spirit of offering. Pranidhana means to dedicate, devote, or surrender. The practice of Ishvara Pranidhana therefore means that if we are able to completely surrender our individual ego identities to God (our own higher self) we will attain the identity of God.

- Universal Yoga 09:30 - 11:00

Universal Yoga, found by Master Andrey Lappa, is a complete Yoga System that covers all spheres of a human being : spiritual, psychic and physical. Universal Yoga is a multi-faceted and cutting-edge of yogic methodology, representing its unique pathway to experience the essential approach to yoga as a means to a spiritual science. Universal Yoga in correspondence with the ancient system of the maya koshas (shells) offers a world-class yoga practice for every individuals wellbeing. Universal Yoga draws a scientific and geometric structural approach which provides and enhances every practitioner to realize the highest Yogic philosophy of life. Mandala crossed-mats practice is a precise metric structure which has been passed down for centuries to map out one source of consciousness and shine to its zenith of awareness. This 90 minutes' crossed-mats mandala practice is an open level class, suitable for yogis who has 6 months' regular yoga practice. For better practice results, please bring two yoga mats.

- Explore your favourite Yoga shapes 11:15 - 12:15

Explore your favourite Yoga shapes in new ways in this playful class suitable for ALL yoga practitioners: from beginners to advanced. Let's have some fun!

- Ashtanga Vinyasa Led Yoga class 12:30 - 13:30

- Kundalini Infused Flow & Chakra Meditation 13:45 - 14:45

Kundalini yoga is a form of yoga that involves chanting, singing, breathing exercises, and repetitive poses. Its purpose is to activate your Kundalini energy, or shakti. This is a spiritual energy that's said to be located at the base of your spine.

- Women's yoga 15:00 - 16:00

- Yoga Nidra 15:00 - 16:00

Yoga Nidra is a specific, powerful, restorative technique designed to induce total physical, mental and emotional relaxation. This practice is usually done from lying, whereby the body becomes fully relaxed (or sleeps), while the mind and emotions are

relaxed/released by turning inwards, away from outer experiences, by following the formulaic verbal instructions. Over time benefits can include relief of muscular, emotional and mental tension, reduced anxiety and stress, improved sleep, lowered blood pressure and heart rate, allowing a sense of inner peace and calm to be found.. A wonderful relaxation practice!

16:15 - 17:15

■ Restorative yin yoga

17:30 - 18:30

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.

YOGA Two

■ Slow Hatha Flow & Somatic Inquiry

09:00 - 10:00

In this practice, you will take your mind deep within, and decide for yourself, an intention for your practice, that will best serve you.. You will be guided to intuitively feel your way through gentle flowing movements, opening the body, and building an awareness of your unique strength, alignment and energy within .. Finishing with a Savasana that builds connection and community... This class is just as perfect for curious beginners, as it is for the curious, more practiced Yogis....

■ Soft Vinyasa Flow

10:30 - 11:30

■ Meditation in Motion

12:00 - 13:00

In our daily life we constantly react to whatever challenges arise especially when under stress. The use of the Meditation in Motion tools help us to relax deeply and allow to consciously cross over from Energy following Attention to Attention following Energy. The purpose is not "to get it right" but to learn how to recognise the innate intelligence of prana and let it lead bodily movements. We then become less reactive, more relaxed, more conscious. This attunement allows us to live our life in Meditation in motion. For all ages and abilities - Bring a mat & a blanket

■ Laughter Yoga - Working with emotions

13:30 - 14:30

You will be introduced to the NEW way of Laughter Yoga. We will focus on working with Core energy centers (Chakras) and Emotions related to each chakra. You will experience the main emotions (both negative and positive) and learn why expressing them in a correct way is important for our wellbeing, both physical and emotional. You will take home a knowledge about simple techniques that easy to use in everyday life. There are some of testimonials from different people: "This was the best thing I had in my Life!" "I joined the yoga studio because of Laughter Yoga" "I use the techniques I learned in my daily life, I remind myself to laugh, smile, breath and meditate"

■ Yoga Nidra

Take some time out of the day to let everything go and move effortlessly into a deep

state of relaxation guided by Robyn Hridaya who has successfully been guiding students through yoga nidra for over 7 years. Robyn learned the practice of Yoga Nidra directly from Swami Jayananda Saraswati, she learnt Yoga Nidra from Swami Satyananda Saraswati who devised the practice of Yoga Nidra in the early sixties. The benefits are profound and many - A powerful meditation practice. Breath awareness Bringing the awareness from the external world to the inner world through body rotation Using san kalpa resolve (affirmation to drop a seed into the sub conscious to manifest supportive behaviours in mind and attitude) Awaken the willpower. Open to beings of all ages from children to elders A practice done laying down or seated. Supports deep rest and relaxation Relieves stress and anxiety Improves sleep Release tension and pain Connect with self Full body awareness Access sub conscious Extremely beneficial Brings about a feeling of peace Heal repair and awaken Develop easy access to a joyful state that guides the awareness/attention to the infinite self

15:00 - 16:00

- Release your psoas without manipulation.

16:30 - 17:30

Release your psoas without invasive manipulation. Use your body and see how easy it is to release....! The psoas is one of our deepest core muscles. It is the only muscle that connects our legs to our spine and is often too short, which causes back pain, period pain and other postural alignment issues.

Meditation & Workshops

- The Wheel of life

10:00 - 11:00

- Pleasure as a devotional practice

13:00 - 14:00

- Accessible Yoga for everybody

14:30 - 15:30

Everyone can do Yoga! Lets find poses that bring your relaxation, peace and clarity for your mind and body.

- Sensory meditation

16:00 - 17:00