

# Bendigo Yoga Festival - Day Two (April 2nd)

## Dudley House

- Dynamic Hatha Yoga 9:00 am - 10:00 am  
*Rejuvenate, revitalise and reconnect with your body and mind at this dynamic yoga class*
- Restorative Yoga 10:30 am - 11:30 am  
*Restorative Yoga*
- Gentle Core Yoga & Meditation 12:00 pm - 1:00 pm  
*Gentle Core Yoga & Meditation*
- Traditional Hatha Yoga 1:30 pm - 2:30 pm  
*Traditional Hatha Yoga*
- Keep Cool & Detox Yoga 3:00 pm - 4:00 pm  
*Keep Cool and Detox- Calming the Fire*
- Power Vinyasa Yoga 4:30 pm - 5:30 pm  
*Power Vinyasa*

## Fire Station Upstairs

- Get Ready to Burn Yoga 9:30 am - 10:30 am  
*Get Ready to Burn - Yoga for the Kapha type*
- Joyful Vinyasa Flow Yoga (+Graciana Holland Live) 11:00 am - 12:00 pm  
*Joyful Vinyasa Flow Yoga (+Graciana Holland Live)*
- Sacred Female Yoga 12:30 pm - 1:30 pm  
*Sacred Female Yoga*
- Fit Yoga 2:00 pm - 3:00 pm  
*Fit Yoga*
- Oki-Do Yoga 3:30 pm - 4:30 pm  
*Oki-Do Yoga*
- Yin Yoga 5:00 pm - 6:00 pm  
*Yin Yoga*

## Fire Station Downstairs

- iRest Yoga Nidra 10:30 am - 11:30 am  
*iRest Yoga Nidra*
- Everyday Mindfulness Workshop 12:00 pm - 1:00 pm  
*Everyday Mindfulness Workshop*
- Mudras & Meditation 1:30 pm - 2:30 pm  
*Yoga Harmony*
- The Divine Lover 3:00 pm - 4:00 pm  
*Heart-opening, hip-opening Yoga Asana and Bhakti*
- Crystal life purpose meditation 4:30 pm - 5:30 pm  
*Crystal Discovering your life purpose meditation*

## Small Space

- Interactive Mandala Installation 10:00 am - 3:00 pm  
*Interactive mandala installation*

## Aroma Space

- Emotional Wellbeing with oils 11:30 am - 12:30 pm  
*Emotional Wellbeing with oils*
- Uplevel your health & life with oils 1:00 pm - 2:00 pm  
*Uplevel your health & life with oils*
- Deeper Rest meditation & releasing stress with oils. 3:00 pm - 4:00 pm  
*Deeper Rest meditation & releasing stress with oils.*