

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

## Dudley House

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

## Fire Station Upstairs

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

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.*