

# Bendigo Yoga Festival - Day One (April 1st)

## Dudley House

Embodied Flow Yoga <i>Embodied Flow Yoga</i>	9:00 am - 10:00 am
Yoga for Your Body Type <i>Yoga for Your Body Type</i>	10:30 am - 11:30 am
Oki-Do Yoga <i>dynamic body, mind and breath exercises (Kyo-ka-ho)</i>	12:00 pm - 1:00 pm
Willing Warriors and Handsome Heroes <i>Asana - Yoga for Courage and Strength</i>	1:30 pm - 2:30 pm
Steady & Grounding Flow Yoga <i>Steady and Grounding Flow- Still the Vata</i>	3:00 pm - 4:00 pm
Dynamic Mandala Flow <i>Dynamic Mandala Flow</i>	4:30 pm - 5:30 pm
Dynamic Vinyasa Flow	6:00 pm - 7:00 pm

## Fire Station Upstairs

Yin Yoga <i>Yin Yoga</i>	9:30 am - 10:30 am
Continuous Vinyasa Flow (+Graciana Holland Live) <i>Continuous Vinyasa Flow (+Graciana Holland Live)</i>	11:00 am - 12:00 pm
Restorative Yoga Moon Cycle <i>Restorative Yoga</i>	12:30 pm - 1:30 pm
Power Vinyasa Yoga <i>Power Vinyasa Yoga</i>	2:00 pm - 3:00 pm
Vitality Yoga Chakra Balance	

Vitality Yoga Chakra Balance	3:30 pm - 4:30 pm
Slow Flow Yoga <i>Slow Flow Yoga</i>	5:00 pm - 6:00 pm
Yin Yoga <i>Yin Yoga</i>	6:30 pm - 7:30 pm

## Fire Station Downstairs

asana & pranayama <i>postures and breathing practices</i>	10:00 am - 11:00 am
Pranayama & Yoga Nidra <i>Pranayama &amp; Yoga Nidra</i>	11:30 am - 12:30 pm
Mindfulness Meditation <i>Mindfulness Meditation</i>	1:00 pm - 2:00 pm
Mindful Meditation	2:30 pm - 3:30 pm
Chanting 'Ohm' bath <i>Chanting 'Ohm' bath - led by Vitality Yoga teachers &amp; graduates</i>	4:00 pm - 5:00 pm
Crystal Bowls & Toning <i>A Sound Way of Coming Home</i>	5:30 pm - 6:30 pm
Meditation: Embody Your Soul	5:30 am - 6:30 am
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## Small Space

Interactive Mandala installation <i>Interactive mandala installation</i>	10:00 am - 3:00 pm
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## Aroma Space

Felling Good Naturally
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*Feeling Good Naturally*

11:30 am - 12:30 pm

Natural Solutions & Empowered Health

1:00 pm - 2:00 pm

*Natural Solutions & Empowered Health*

Chakra Balancing With Oils

3:00 pm - 4:00 pm

*Chakra Balancing With Oils*