

Bendigo Yoga Festival - Day One (April 1st)

Dudley House

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

Fire Station Upstairs

- Yin Yoga 9:30 am - 10:30 am
Yin Yoga
- Continuous Vinyasa Flow (+Graciana Holland Live) 11:00 am - 12:00 pm
Continuous Vinyasa Flow (+Graciana Holland Live)
- Restorative Yoga Moon Cycle 12:30 pm - 1:30 pm
Restorative Yoga
- Power Vinyasa Yoga 2:00 pm - 3:00 pm
Power Vinyasa Yoga
- Vitality Yoga Chakra Balance 3:30 pm - 4:30 pm
Vitality Yoga Chakra Balance
- Slow Flow Yoga 5:00 pm - 6:00 pm
Slow Flow Yoga
-

Yin Yoga
Yin Yoga

6:30 pm - 7:30 pm

Fire Station Downstairs

- asana & pranayama
postures and breathing practices 10:00 am - 11:00 am
- Pranayama & Yoga Nidra
Pranayama & Yoga Nidra 11:30 am - 12:30 pm
- Mindfulness Meditation
Mindfulness Meditation 1:00 pm - 2:00 pm
- Mindful Meditation 2:30 pm - 3:30 pm
- Chanting 'Ohm' bath
Chanting 'Ohm' bath - led by Vitality Yoga teachers & graduates 4:00 pm - 5:00 pm
- Crystal Bowls & Toning
A Sound Way of Coming Home 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
Interactive mandala installation 10:00 am - 3:00 pm

Aroma Space

- Felling Good Naturally
Feeling Good Naturally 11:30 am - 12:30 pm
- Natural Solutions & Empowered Health
Natural Solutions & Empowered Health 1:00 pm - 2:00 pm
- Chakra Balancing With Oils
Chakra Balancing With Oils 3:00 pm - 4:00 pm