

# Yamba Yoga Festival (Day 1)

## Yoga Space One

Yoga White Lotus <i>Madhava – Yoga White Lotus</i>	10:00 am - 11:00 am
The Art of Relaxation - Yoga Nidra <i>Evolve Yoga with Nitya</i>	11:30 am - 12:30 pm
Kundalini Trance Drumming <i>Siri Shakti</i>	1:00 pm - 2:00 pm
Yin Yoga <i>Jodie Williams - Loving the Hips &amp; Lower back</i>	2:30 pm - 3:30 pm
Yoga Practice for personal transformation <i>Mark &amp; Kaia</i>	4:00 pm - 5:00 pm
Wu Tao - Air Dance <i>Erica Fletcher</i>	5:30 pm - 6:30 pm

## Yoga Space Two

Prana Vinyasa Yoga <i>Skye Trivett</i>	9:30 am - 10:30 am
Vinyasa Flow (With Live Music) <i>Annie Townsend &amp; Dom Ferry</i>	11:00 am - 12:00 pm
GYROKINESIS® with Sunzanne McCarty <i>Sunzanne McCarty</i>	12:30 pm - 1:30 pm
AnandaVeda Vinyasa <i>Chara Caruthers</i>	2:00 pm - 3:00 pm
Hoop Moves & Flows <i>Kitty Lua</i>	3:30 pm - 4:30 pm

Madelaine Fisher Urban Yoga <i>Madelaine Fisher Urban Yoga</i>	5:00 pm - 6:00 pm
Mantra Chant & SoundBath <i>Jo Kelly</i>	6:30 pm - 8:00 pm

## Yoga & Meditation

Crystal Singing Bowls (Live) <i>Chicchan Heart Opening Singing Bowls</i>	8:30 am - 9:30 am
Meditation Intro to Vipassana <i>Insight Meditation: Introduction to Vipassana Practice Lynn Montgomery</i>	9:45 am - 10:45 am
Rainbow Yoga for Mums & Bubs bring back the joyful movement <i>Rainbow Yoga for Mums &amp; Bubs with Anastasia</i>	11:00 am - 12:00 pm
Sacred Sound Journey <i>Sean Sullivan</i>	12:15 pm - 1:15 pm
Yoga for everyBODY <i>Anna Miley</i>	1:30 pm - 2:30 pm
Kundalini Yoga as Therapy <i>Siri Shakti</i>	3:00 pm - 4:00 pm
108 salutes to the Sun <i>Liina Flynn</i>	4:15 pm - 5:15 pm
How to have happy hormones forever <i>Kim The Naturopath</i>	5:30 pm - 6:30 pm

## Talks, Workshops & Meditation

Auric Clearing Sessions <i>Raym</i>	9:30 am - 10:30 am
Goddess Goodness with Madde	10:45 am - 11:45 am
Discover Your Elemental Truth	

<i>Chara Caruthers</i>	12:00 pm - 1:00 pm
Meditation: Deep Peace Within <i>Raym</i>	1:15 pm - 2:15 pm
Mantra on the Mat <i>Tereasa Spencer</i>	2:30 pm - 3:30 pm
Chandra/Moon Vinyasa <i>Russell Vitale</i>	3:45 pm - 4:45 pm
Creating the right space for practice <i>Zack</i>	5:00 pm - 6:00 pm