

# Bendigo Yoga Festival - Day One (Feb 24th)

## Dudley House

Crystal Singing Bowls <i>Chicchan</i>	9:00 am - 10:00 am
Standing in your own power. <i>Wendy Lim</i>	10:30 am - 11:30 am
Alexander Technique Yoga <i>Jane Azul</i>	12:00 pm - 1:00 pm
Dynamic Mandala Flow <i>Peta Hawker</i>	1:30 pm - 2:30 pm
YogaCircle-Level 2 Flow <i>Terrie Dempster</i>	3:00 pm - 4:00 pm
Slow Flow <i>Gina Macauley</i>	4:30 pm - 5:30 pm

## Fire Station Upstairs

Gentle Yoga & Meditation <i>Melanie Chapman (Vitality Yoga)</i>	9:30 am - 10:30 am
Fluid Heart (Vinyasa +Music) <i>Annie Townsend (+Caitlin North Live)</i>	11:00 am - 12:00 pm
Basic Ashtanga Yoga <i>Karina Reed</i>	12:30 pm - 1:30 pm
Jivamukti Yoga <i>Amy from Yoga Corner</i>	2:00 pm - 3:15 pm
Yin & Yoga Nidra <i>Amanda Truong</i>	3:30 pm - 4:30 pm

## Fire Station Downstairs

Chinese Yoga Qigong <i>Raymond Lee</i>	9:00 am - 10:00 am
Fit Yoga <i>Katie Sutton (Vitality Yoga)</i>	10:30 am - 11:30 am
Reusi Dat Ton (Thai Yoga) <i>Raymond Lee</i>	12:00 pm - 1:00 pm
Egyptian Singing Bowl & Vocal Toning <i>Denise Davis</i>	1:30 pm - 2:30 pm
Yin Yoga Inner Journey <i>Nadege Debax</i>	3:00 pm - 4:00 pm
Yoga Massage <i>Kate Robinson (Vitality Yoga)</i>	4:30 pm - 5:30 pm
Mantra & Soundbath <i>Jo Kelly</i>	6:00 pm - 7:00 pm

## Small Space

Morning meditation <i>Maxine Hawker</i>	9:00 am - 9:30 am
Daily goddess rituals <i>Anastasia</i>	10:00 am - 11:00 am
Open Your Heart <i>Raym</i>	11:00 am - 12:00 pm
Yoga Chakra Class <i>Nardine Ralph (Vitality Yoga)</i>	12:00 pm - 1:00 pm
Positive thoughts & food	

<i>Rob Lobosco</i>	1:00 pm - 2:00 pm
Clearing the past to step into the future <i>Raym</i>	2:00 pm - 3:00 pm
Intentional living with essential oils <i>Anastasia</i>	3:30 pm - 4:30 pm
Meditation ( My Heart. My Path) <i>Bronte Spicer</i>	3:30 pm - 4:30 pm