

Bendigo Yoga Festival - Day Two (Feb 25th)

Dudley House

Yoga to make you Stronger! <i>Melanie Chapman (Vitality Yoga)</i>	9:00 am - 10:00 am
Jivamukti Yoga <i>Amy from Yoga Corner</i>	10:30 am - 11:45 am
Gentle Core Yoga <i>Kehry Frank (Vitality Yoga)</i>	12:00 pm - 1:00 pm
Yoga that transcends <i>Swami Prema Ananda</i>	1:30 pm - 2:30 pm
Savasana One Breath At A Time <i>Annie Townsend</i>	3:00 pm - 4:00 pm
Dynamic Hatha Yoga <i>Nina Hakamies</i>	4:30 pm - 5:30 pm

Fire Station Upstairs

Crystal Singing Bowls <i>Chicchan</i>	9:30 am - 10:30 am
Groovy Shoulder Flow (Vinyasa +Music) <i>Annie Townsend (+Caitlin North Live)</i>	11:00 am - 12:00 pm
YogaCircle, Level 2 Flow. <i>Terrie Dempster</i>	12:30 pm - 1:30 pm
Prana Vinyasa & Didj Relaxation <i>Natalie Jenkins + Arron Nicholls live</i>	2:00 pm - 3:00 pm
Restorative Yoga <i>Donna Attewell</i>	3:30 pm - 4:30 pm

Standing in your own power

5:00 pm - 6:00 pm

Wendy Lim

Fire Station Downstairs

Age Care Yoga

10:30 am - 11:30 am

Swami Prema Ananda

Yin Yoga

12:00 pm - 1:00 pm

Kate Robinson (Vitality Yoga)

iRest Yoga Nidra

1:30 pm - 2:30 pm

Gina Macauley

Dynamic Mandala Flow

3:00 pm - 4:00 pm

Peta

Chanting & Meditation

4:30 pm - 5:30 pm

Kehry Frank (Vitality Yoga)

Small Space

Morning meditation

9:00 am - 9:30 am

Maxine Hawker

Auric Clearing Sessions

11:30 am - 12:30 pm

Raym

Daily goddess rituals

1:00 pm - 2:00 pm

Stacey

Chakra Balance with Essentail Olis

1:00 pm - 2:00 pm

Anastasia

Mindfulness

2:30 pm - 4:00 pm

Nina Hakamies