

Yamba Yoga Festival (Day 2)

Yoga Space One

Beach Yoga - Sunday Salutes <i>Russell</i>	7:30 am - 8:30 am
Yoga Practice for personal transformation <i>Mark & Kaia</i>	9:00 am - 10:00 am
Wu Tao - Fire Dance <i>Erica Fletcher</i>	10:15 am - 11:15 am
The Power of Letting Go <i>The Power of Letting Go Skye Trivett</i>	11:30 am - 12:30 pm
Mind, Body & Mudras <i>Liina Flynn.</i>	1:00 pm - 2:00 pm
Joyful Vinyasa (With Live Music) <i>Annie Townsend & Dom Ferry</i>	2:30 pm - 3:30 pm
The Art of Relaxation - Yoga Nidra <i>Evolve Yoga with Nitya</i>	4:00 pm - 5:00 pm

Yoga Space Two

Vinyasa Flow <i>Jodie Williams</i>	9:30 am - 10:30 am
Weave Yoga though-out your whole being. <i>Lana Bright</i>	11:00 am - 12:00 pm
Yoga for weight loss. <i>Madelaine Fisher - Urban Yoga</i>	12:30 pm - 1:30 pm
Vinyasa flow Yoga <i>Natasha Hayward</i>	2:00 pm - 3:00 pm

Hoop Moves & Flows <i>Kitty Lua</i>	3:30 pm - 4:30 pm
Closing Concert Kirtan <i>Om Tara</i>	5:00 pm - 6:00 pm

Yoga & Meditation

Crystal Singing Bowls <i>Chicchan</i>	9:00 am - 10:00 am
Gentle Yoga for Women's Health <i>Chaitanya</i>	10:30 am - 11:30 am
Sacred Sound Journey <i>Sean Sullivan</i>	12:00 pm - 1:00 pm
Vedic Chanting Class <i>Tereasa Spencer</i>	1:30 pm - 2:30 pm
Yoga for everyBODY <i>Anna Miley</i>	2:45 pm - 3:45 pm
Chandra Namaskara <i>Vita Yoga</i>	4:00 pm - 5:00 pm

Talks, Workshops & Meditation

Essential Oils for Yoga practice <i>Madelaine Fisher</i>	9:15 am - 10:15 am
Mantra on the Mat <i>Tereasa Spencer</i>	10:30 am - 11:30 am
Meditation: Empowering the Spiritual Warrior <i>Lynn Montgomery</i>	11:45 am - 12:45 pm
Goddess Goodness self nourishment and love <i>Anastasia</i>	1:00 pm - 2:00 pm

Heart opening mediation

2:15 pm - 3:15 pm

Raym

Madde Yin Yoga and Essential Oils class

3:30 pm - 4:30 pm