

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 & Lower back</i>	2:30 pm - 3:30 pm
Yoga Practice for personal transformation <i>Mark & 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 & 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

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

Yoga & Meditation

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

Talks, Workshops & Meditation

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

<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