

# 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*

Chakra Balance with Essential Oils

1:00 pm - 2:00 pm

*Anastasia*

Daily goddess rituals

1:00 pm - 2:00 pm

*Stacey*

Mindfulness

2:30 pm - 4:00 pm

*Nina Hakamies*