

# Mandurah Yoga Festival 2019 - Day 1 - Oct 5

## Yoga Space One

- Vikasa Yoga 10:00 - 11:00  
*Vikasa means evolution when translated from Sanskrit. The Vikasa Yoga Method is based on individual evolution and spiritual development. Our world and nature are in a constant state of change. Our primary goal is evolution, and yoga can be seen as a tool to facilitate that. The Vikasa Yoga Method is an integral system of yoga based on classical Hatha yoga lineages, with influence from Himalayan Buddhism, Native Totem teachings and Taoism practices. Our practice starts with a strong physical foundation, evolving into energetic, mental, and spiritual practice, that ultimately allow the practitioner to develop a mindful and intuitive practice.*
- Kalari Yoga Fire Flow 11:30 - 12:30  
*An energetic and fluid flowing vinyasa movement series set to downtempo ambient Beats to uplift, empower and awaken*
- Mandala flow 13:00 - 14:00
- Yoga Journals 14:15 - 15:15  
*Sarah and Kelly take you on a journey into your heart using Dru Yoga and soulful journaling to connect you to deeper parts of yourself. Access your inner wisdom through yoga and writing and receive the guidance you've been waiting for.*
- A Kundalini Chakra Journey with Gong 15:30 - 17:00  
*Incorporating specific breathing techniques and gentle postures to shift energy we activate and balance the 7 chakras uniting mind and body to create abundant flow in your life. Then using the powerful vibrations of the gong to complete your transformative healing journey. Suitable for everyone.*

## Yoga Space Two

- Aerial Yoga 10:30 - 11:30  
*The lighter side of your yoga practice – join Dean for an Aerial Yoga flow and take flight! Using yoga silks you'll get your practice off the ground, discover strength and flexibility, and have heaps of fun along the way. \*Limit of 9 students/class, bookings essential*
- Aerial Yoga  
*The lighter side of your yoga practice – join Dean for an Aerial Yoga flow and take flight! Using yoga silks you'll get your practice off the ground, discover strength and flexibility, and have heaps of fun along the way. \*Limit of 9 students/class, bookings essential*

essential

11:45 - 12:45

■ SUP Yoga

13:15 - 14:15

*Try this unique and fun form of yoga that dramatically improves balance and core stability. Bring your swimmers and a towel. \*\*Limit of 10 students/class, bookings essential\*\* \*\* Numbers are limited so have a second preference to avoid disappointment\*\**

■ SUP Yoga

14:30 - 15:30

*Try this unique and fun form of yoga that dramatically improves balance and core stability. Bring your swimmers and a towel. \*\*Limit of 10 students/class, bookings essential\*\* \*\* Numbers are limited so have a second preference to avoid disappointment\*\**

■ SUP Yoga

15:45 - 16:45

*Try this unique and fun form of yoga that dramatically improves balance and core stability. Bring your swimmers and a towel. <br> \*\*Limit of 10 students/class, bookings essential\*\* <br> \*\* Numbers are limited so have a second preference to avoid disappointment\*\**

## Yoga Space Three

■ Yoga Sculpt class

10:15 - 11:15

*Yoga Sculpt class*

■ Connecting to the Universal Light Energy! Talk

11:30 - 12:30

*Connecting to the Universal Light Energy! Talk*

■ Chakra Vinyasa with Yoga Nidra

12:45 - 13:45

*A smooth, vinyasa flow reflecting on the 7 chakras. Asanas and guidance relating to the chakras. Finishing off with 15mins of Yoga Nidra with my sound bowl, Koshi wind chimes, Tingsa bells and rainstick.*

■ Zen Yoga

14:00 - 15:00

*Fusion Yoga, enjoy a well rounded class of movement and stillness.*

■ Chair Yoga

15:15 - 16:15

*Get comfy and be supported in chair yoga.*

## Yoga Space Four

■ Vitality Vinyasa

11:15 - 12:15

*"Vitality Vinyasa" to build fire, challenge the body and develop strength, fluidity and balance with Bianca MacLachlan.*

- **Elemental Flow** 12:30 - 13:30

*Awaken and create balance as you move through the synergetic blend of Tai Chi, Qi gong and Yoga to cultivate a state of inner strength, peace and wellbeing. Elemental Flow seamlessly blends the traditional Chinese five elemental theory with the five elements of yoga, into a complete Yin Yang cycle to strengthen and balance you physically and mentally.*
  
- **Awaken your Essence – Breath, Movement, Sound, Light** 13:45 - 14:45

*What gifts are here for you now? Come alive with time-honoured breath and movement practices, then free up your body, imagination and expression, nourished by sound and light. Marcella leads this session into a group experience of the amazing Lucia Light. The Lucia Light was created by a neurologist and psychotherapist while researching alternative states of mind. It supercharges your brain with white light, while you receive a beautiful gift back: your very own dreamscape of colours, patterns and geometries. The Lucia Light is also available for individual sessions throughout the yoga festival.*
  
- **Yin – for self love** 15:00 - 16:00

*Yin – for self love. <br> Yin yoga is a beautifully delicious practice that helps us heal both our heart and our mind. It allows us time to sit within ourselves, to just be still, and to notice what the body and mind are telling us. It differs enormously from Vinyasa yet is the perfect complement! By having a Yin and a Yang yoga practice, you are creating a beautiful balance within your energy systems and a unique sense of calmness you will feel both physically and mentally. Yin and Yang tissues respond differently to being exercised. Muscles require heat and movement to release in a Yang practice like Vinyasa, while connective tissue responds best to the long steady holds within a Yin practice.*
  
- 16:15 - 17:15