

# Mandurah Yoga Festival 2019 - Day 2 - Oct 6

## Yoga Space One

- ABC Vinyasa 10:00 - 11:00  
*ABC Vinyasa, a smooth transition between asanas in a modern yoga style*
- Zen Flow 11:30 - 12:30  
*Zen Flow which is an urban flow of Vinyasa with Honey*
- 'It all begins with Tadasana...'  
*'It all begins with Tadasana...' with Natalie* 13:00 - 14:00
- Vikasa Yoga 14:30 - 15:30  
*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.*
- Flow Frequency with music 16:00 - 17:00  
*Flow Frequency with music, break out of your all pattens and find freedom in your flow.*

## Yoga Space Two

- Aerial Yoga 13:15 - 14:15  
*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*
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## Yoga Space Three

- Zen Yoga

*Fusion Yoga a balance between movement and stillness.*

10:30 - 11:30
- Yoga Sculpt: Vinyasa Yoga flow incorporating small hand weights, therabands, straps and body weight exercises.

*A dynamic, invigorating flow to heat the body, tone the muscles and challenge the mind.*

11:45 - 12:45
- Myofascial Release for Backache management

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13:00 - 14:00
- Yin/Yang Fusion

*Yin/Yang Fusion Lisa Kent*

14:15 - 15:15
- Sound healing & Guided meditation

*Bliss out in Simone's deep relaxation class. Open up with Pranayama breath work, followed by healing sounds bowls and a guided relaxation mediation.*

15:30 - 16:30

## Yoga Space Four

- Yoga for Stress Relief

*Visit Michelle's classes for authentic Yoga experience, relaxation and stress relief.*

10:15 - 11:15
- Elemental Flow

*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.*

11:30 - 12:30
- Yummy Yin

*Yummy Yin, Yin Yoga is often described as the "other half" of yoga. Your yoga practice is most effective when it's both yin and yang: Passive (yin) and active (yang). Yin Yoga is the key to greater harmony, especially if you're always on the go or your go-to yoga practice is always vigorous.*

12:45 - 13:45
- Awaken your Essence – Breath, Movement, Sound, Light

*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.*

14:00 - 15:00

- Restorative Yoga – the art of slowing down

15:15 - 16:45

*Bliss out for 1.5hrs with Restorative Yoga – the art of slowing down with Suzanne  
Phillis*