

Mandurah Yoga Festival 2020 Sunday 4th October

Yoga Studio One (40 Capacity)

- Yoga for Body Mind Wellness 10:30 - 11:30
The breath is the gateway to the nervous system. The brain & body respond to slow gentle rhythmic movement. The objective of this practice is not about getting the alignment right, it is to improve the function of the autonomic nervous system and through it, the whole of the central nervous system.
- Foundations of Ashtanga 11:45 - 12:45
Mother and Daughter will team up to bring you a Vinyasa flow class. You will be practicing the ashtanga fundamentals but the sequence will be various flowing postures. It will be fun and uplifting and finishing with a wind down flow and inversions.
- Yoga for Everybody 13:00 - 14:00
Yoga for Everybody
- Slow Mo Flow 14:15 - 15:15
Acceptable for all levels, inviting an inward focus in a moving meditation
- Slow Yoga 15:30 - 16:30
Mindfully melt into your body through a variety of yoga asana; sometimes still, sometimes fluid; always encouraging connection to breath. Awareness of where your heart lies from moment to moment. A gentle observation of your thoughts. An invitation to slow down, press pause on the outside world and just get close to yourself. Concluding with a relaxing and restful Savasana at the end.

Yoga Space Three (Unlimited Capacity)

- Morning Energy Wake up Yoga 10:00 - 11:00
Feel awakened and alive with Chiara.
- Just Flow Yoga 11:30 - 12:30
Beginner's friendly, Hatha/Vinyasa yoga class. Vicky's classes are influenced by her yoga practice and her belief in movement and the breath, which is focused on staying present, respecting each other (including ourselves) and reaching a state of equilibrium between the body and the mind
- Dru Yoga and soulful journaling
Kelly and Sarah share, Yoga and journals 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. 13:00 - 14:00

- Bathing in the sound 14:30 - 15:30
Join Michelle and Carlyne from Holistic Wellness Community as you take some time for self-nourishment and relaxation. Bathing in the sounds of crystal singing bowls, gong, pan drums, medicine drums, native flute and chimes, this guided meditation and sound healing will bring balance to your nervous system, allowing you to feel a deep sense of peace.

- Yin, unwind relax and release 16:00 - 17:00
Yin, unwind relax and release with Taylor Nelles. Yin yoga is a slower style of yoga in which poses are held for a minute and eventually up to five minutes or more. It is a type of yoga with roots in martial arts as well as yoga, and it's designed to increase circulation in the joints and improve flexibility. The practise focuses on the hips, lower back, and thighs and uses props like bolsters, blankets, and blocks to let gravity do the work, helping to relax. While other forms of yoga focus on the major muscle groups, yin yoga targets the body's connective tissues.

Meditation room

- Guided Mediation 11:00 - 12:00
- Anahata Flow 13:30 - 14:30
- Pranayama & Nidra 14:45 - 15:45
A practice to bring conscious attention back to your breath to create harmony within the body and allow deeper relaxation during a guided Yoga Nidra. Through this practice we aim to naturally bring rejuvenation to the mind and body whilst creating more clarity and spaciousness.