

# Mandurah Yoga Festival 2020 Saturday, 3rd October

## Yoga Studio One (40 Capacity)

- **Yogalates** 10:30 - 11:30  
*Join one of Mandurah's most popular Saturday morning yoga classes! This core focussed yoga session assists in building strength and flexibility. A workout-style yoga class with options to increase or reduce intensity throughout.*
- **Vinyasa Flow** 11:45 - 12:45  
*Surf the balance of strength and flexibility. In this flow you can expect inclusive options for all experience levels as well sneaky opportunities to challenge yourself, all while having fun on the mat.*
- **Laughter Yoga** 13:00 - 14:00  
*Laugh out loud and do Yoga with Lisa*
- **Vinyasa Flow** 14:15 - 15:15  
*The word "vinyasa" translates to "place in a special way," which is often interpreted as linking breath and movement. You'll often see words like slow, dynamic, or mindful paired with vinyasa or flow to indicate the intensity of practice. Vinyasa flow is a style of yoga where the poses are synchronized with the breath in a continuous rhythmic flow.*
- **Yoga for stress relief** 15:30 - 16:30  
*Be RE-VITALISED joyful and PEACEFUL life.*

## Yoga Space Three (unlimited capacity)

- **Heart of yoga** 10:45 - 11:45
- **Vikasa Yoga** 12:00 - 13:00  
*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.*
- **Kundalini Yoga**  
*Kundalini yoga practice is equal parts spiritual and physical. This style is all about*

*releasing the kundalini energy in your body said to be trapped, or coiled, in the lower spine. Classes can involve chanting, mantra, and meditation. Its physical and mental benefits make it a great option for beginners and advanced yogis alike.*

13:30 - 14:30

- Manifesting Your Heart Desire's – Setting intentions, Slow Flow Yoga and Yoga Nidra  
*So many of us feel a sense of lack, inadequacy ... of not enough-ness. We want to be inspired, driven, we want our lives to have meaning and we want to love. Oh how we want to give the love we feel without the barriers and the thought processes and the protection of a heart and mind that means well. We want to feel joy instead of dread, openness instead of foolishness, enthusiasm instead of fear. We want connection. We want to feel seen and heard and held. It's time to get rid of the old and clear the clutter. A spring clean of the soul is needed. A split has occurred, between who you were and who you are becoming and it is time to reconcile and rebirth. We tell the same stories about ourselves and so perpetuate our own myths and keep ourselves small. We are whoever we want to be and it's time to plant the seeds for our new life. Change your story and watch the energy in you and around you change. This time is a reminder to create your spiritual bucket list. What do you want to do? Who do you want to be? You get one life. Don't let the past and the limiting beliefs that you have placed on yourself hold you back. You need to let go to receive. You need to dream, imagine create and surrender. Then you will watch in wonder as the magic of the world falls at your feet. I'm so excited to be able to facilitate the process for you on Saturday*

15:00 - 16:00

- Yin & Tonic  
*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.*

16:30 - 17:30

## **Meditation Studio Two (18 seated cap)**

- Exploring Self Esteem  
*Worthiness and how we regard ourselves is a vital foundation on the spiritual path. Without a regular review of our foundation, and consistent focus, we can look outside for validation, approval and love and not feel enough in different ways. We'll explore our current foundation and ways to strengthen it and better support our life.*
- Guided Chakra balancing workshop
- Energy Awareness & Energy Hygiene  
*We'll look at the energy bodies and learn some daily practises to help keep them clear, protected and grounded to support daily life, personal growth and our spiritual*

12:15 - 13:15

13:30 - 14:30

*path. We'll have some discussions and practical exploration and personal practise experience during the session.*

14:45 - 15:45

- Women's Empowerment workshop

16:00 - 17:00

*Women's Empowerment Workshop with Andrea Gabriel.*