



FESTIVAL TIMETABLE

11-11.45am	Yoga Flow	The Shala
11-11.45am	Sound Bath	Wellbeing Area
11.30am-12pm	Nutra Lei - Nutrition Workshop	The Bell Tent
11.30am-12pm	Kids Yoga	Family Zone
12-12.30pm	Drumming	Drum Circle
12-12.45pm	Hatha Yoga	The Shala
12-12.45pm	Gong Bath	Wellbeing Area
12.15-1pm	Family Yoga	Family Zone
12.15-12.45pm	Navigating Life - EFT Workshop	The Bell Tent
1.15-1.45pm	Family Karate	Family Zone
1-1.45pm	HeartMath - Breathwork	The Bell Tent
1-1.45pm	Kundalini Yoga	The Shala
1-1.45pm	Tai Chi	Wellbeing Area
2-2.30pm	Yoga Nidra	The Bell Tent
2-2.30pm	Drumming	Drum Circle
2-2.45pm	Chair Yoga	The Shala
2-2.30pm	Mum and Baby Yoga	Family Zone
2.15-3pm	Sound Bath	Wellbeing Area
2.45-3.30pm	Chakra Clearing and Cacao Meditation	The Bell Tent
2.45-3.15pm	Kids Yoga	Family Zone
3-3.45pm	Hatha Yoga	The Shala
3.15-4pm	Gong Bath	Wellbeing Area
3.30-3.45pm	Bollywood Dancing	Family Zone
3.45-4.15pm	Nat'aromavie - Aromatherapy	The Bell Tent
4-4.30pm	Belly dancing	Family Zone
4-4.30pm	Yogalates	The Shala
4.15-4.45pm	Drumming	Drum Circle
4.15-4.30pm	Bollywood Dancing	Wellbeing Area
4.30-5pm	Navigating life - Sleep	The Bell Tent
4.45-5.45pm	Kirtan	The Shala