

Sunday August 8th

YOGA SPACE ONE

- Vinyasa Flow 08:30 - 09:30

Bruna has been connected with spirituality since adolescence and with Yoga at about 17 years old. Passionate about traveling and knowing different universes, she immersed herself in Yoga when she took her course in India in 2014. She loves to know the human universe and encourage people to co-create the best they can, bringing the awareness that we are able to create what we choose. Yoga teacher, Master in Reiki, Massage Therapist, Doula and passionate about knowledge.
- Embodied Presence - Meditative Hatha Yoga 10:00 - 11:00

This class is based on traditional tantric Hatha yoga and is guided as a process of unfolding awareness. In it, you'll be taken on a journey inwards, with eyes closed and an open attention. This makes the practice of asana be more than just a physical posture or exercise, it becomes a sacred geometry we create with the body in order to tune into the energies of the chakras and to the core of our being, which is stillness and bliss. Join us to explore asana as more than a physical posture or exercise - but as a pathway of returning Home, to the core of our Being, which is stillness and bliss.
- Kundalini Yoga 11:30 - 12:30

Kundalini Yoga is known as the 'Yoga of Awareness or Consciousness'. It is a unique combination of asanas (postures), pranayama (breathing) and breath work, mantra (sound) and meditation that is threaded together into a specific sequence that targets an aspect of self to develop and to relax and heal your mind and body to allow the spirit to flow freely. It is a dynamic practice, with a particular focus to breathe as you move, while you connect with awareness and acceptance. Kundalini Yoga is much more than a good workout. It is a Yoga in which you can conquer the mind, expand your consciousness and improve your health, flexibility and creativity. A great way to recharge and heal your body quickly by stimulating the glandular, nervous and immune systems, improving strength and flexibility, and centering the mind. It is a perfect practice of self maintenance.
- Kirtan with Hawkes Bay Kirtan Collective

An invitation to drop into the Heart with Kirtan, the YOGA OF THE SOUND Kirtan has the ability to quiet the mind and bring us into the Heart, a space of no-thought and beyond reason. Everyone experiences kirtan differently, and it doesn't have to be a religious experience. You can think of it as a sing-along. The wallah (leader) sings the mantra, and the audience sings it back or together with them. A single chant can go on for up to ten or twenty minutes. As you sing with each other you experience a deep connection with the musicians, the other audience members and yourself. And when the music stops, your mind is quiet. Because kirtan has roots in India, many of the

songs are sung in Sanskrit. If you've ever chanted responses in Latin or Hebrew in your religious tradition, then you know how powerful singing in an ancient, holy language can be. You can be completely immersed in the sound, with no words to distract the mind. The magic of the chants can then carry you within. Kirtan is non-denominational, the Universal language of Spirit, the song of the Soul. Everybody's welcome!

13:00 - 14:00

■ Qigong

14:30 - 15:30

The Chinese practice of aligning breath, movement, and awareness has been around for over 4000 years. It is traditionally viewed as a practice to cultivate and balance qi. Qi means breath, life force or energy flow, and corresponds to the ancient Hindu yogic concept of prana, the Sanskrit word for breath or "life force." Discovering the qi is a gradual process of quieting the mind, relaxing the body, and heightening the internal awareness. It is believed to relieve stress and increase energy. Qigong has roots in traditional Chinese medicine, philosophy, and martial arts, and is now practiced worldwide for exercise, healing, meditation, and martial arts training. Qigong is the basis of martial arts, such as Tai Chi and Kung fu, as focus on qi is considered to be the source of power. Qigong is very adaptive, meaning anyone in any condition can participate.

■ Yin yoga and ceremonial heart opening workshop

15:45 - 17:00

Special workshop combining yin yoga practice and ancient sacred medicine of ceremonial cacao. We begin the workshop by drinking a cup of peruvian ceremonial cacao, you will learn more about health benefits of this potent plant. Later on we will sink into the slow paced, meditative heart opening yin yoga sequence. The ceremonial cacao will help you to surrender into the yin practice and release stored emotions and tensions in your body.

YOGA SPACE TWO

■ Rise and Shine - Hatha Flow

09:00 - 10:00

■ Fun with Ashtanga: Loose Primary Flow with a few extra sprinkles

10:30 - 11:30

Have fun with me with Ashtanga: Loose Primary Flow with a few extra sprinkles

■ Hatha Yoga, Inhale & Exhale - it's all about the breath

12:00 - 13:00

Lisa's class incorporates flowing asanas and lingering postures to suit all levels of yoga. Whether you are after centring for the mind, body or soul, with a little bit of play, you will find it all here on your mat.

■ Yin for Within - Nourish Your Adrenals

This is my special adrenal health and yin yoga class. The long term increased stresses and cortisol levels in our bodies tend to create an overwhelming response of inflammation and swelling, as well as increased blood sugar levels, suppressing our

immune system's. Chronic inflammation can create conditions that trigger auto-immune disorders and make our body more susceptible to infections, causing delayed healing. In this special 90 minutes class I will be sharing everything I know about how stress impacts the body, how the adrenal and endocrine system work and what we can do to support a stressful busy lifestyle with practical and tactical yin tools.

13:30 - 15:00

■ Embodied Water

15:30 - 16:30

A ceremonial session to activate the waters from the inside out. We will start the session with some somatic movement exercises to move all the stagnant energy and let it flow through our intercellular fluids. Once in the mood, we will come into a circle to set intentions to the water, raise its vibration and hydrate ourselves with high vibrational water.

YOGA SPACE 3

■ Be the Warrior - Hatha Flow

08:30 - 09:30

■ Womens Yoga

09:45 - 10:45

Women's Flow is a class for women of all ages designed to honour the female body and reflect the dynamic shifts of our cycles. Marrying fascial integration with traditional yoga, pranayama and meditation, this class will journey you back to the essence of self in a supported, nurturing space

■ Transformational Breath®

11:00 - 12:30

Gift yourself a powerful experience of therapeutic breathwork. Transformational Breath® is a unique and powerful method for healing and transformation. The way you breathe is affecting all areas of your life; - your body, your emotions, your thoughts, and all your relationships just to name a few. Through a deep, conscious, and connected style of breathing you can create lasting change in your life. Breathe to regenerate and refill; to liberate and clear physical, emotional and energetic systems, and enter into fully embodied consciousness. Guided and supported connected breathing eliminates negative thought patterns and traumas. It brings energy, joy, insight, and flow into your life. Come breathe and be carried by the wings of your breath and powerful music. You will be guided by competent, healing, and loving hands through a high energy breathing session.

■ Heart Opening Flow

12:45 - 13:45

■ Yoga Nidra

Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, typically induced by a guided meditation. There is evidence that yoga nidra helps relieve stress. An ancient technique from India, mentioned in the Upanishads and Vedic scriptures and utilised by the Rishis, the Indian sages, it has now spread worldwide and is used to recover from post-traumatic

Workshops & Meditation

- Nutrition for Mental Health + Resilience 09:30 - 10:30

This workshop is a deep dive into the power of nutrition and its role in mental health and anxiety. This will empower you to take charge of the stresses of everyday life and make sustainable changes. We will discuss what anxiety is and how it impacts us in our day-to-day lives but also how to take back control and lower the causes and effects of anxiety. We'll explore the top foods to focus on and the ones to avoid in order to support your overall wellbeing and mental health.

- Loving Connections: Family Yoga 11:00 - 12:00

Mindful fun for the WHOLE family ?? Experience fun and joy through physical exploration, while creating a platform for deep connections in your relationships and supporting positive mental health as you share the practice of Yoga with your loved ones. In this 45-minute workshop, we will explore the power of touch and the physical connections we can create through partner or supported asana, develop rituals to strengthen family bonds and communication and experience shared visualisations and meditation.

- Guide a Mantra session 12:30 - 13:30