

# Saturday August 7th

## YOGA SPACE ONE

- Strong Vinyasa Flow 08:30 - 09:45

*A vinyasa practice to create the mind-body-magic that occurs when we drop into a deep flow state of being. Connecting breath and movement, linking shapes with traditional vinyasa flow sequences you will leave this class with a deep sense of wholeness and unity.*
  
- Sensory Yoga 10:00 - 11:00

*Take the gaze inwards. Amanda brings you blindfold yoga with soul-awakening breath work as we cultivate uninhibited and complete trust and surrender to the self. All levels welcome, curiosity required. Tap into a journey inwards through this blindfold yoga workshop and explore yourself! To deepen this experience please bring either a sleep mask, scarf to cover your eyes.*
  
- Rejuvenate Yin Yoga 11:30 - 12:30

*This class is designed to nourish your kidney and adrenal glands, a perfect pre-lunch session with plenty of twists to aid digestion*
  
- Dance Yoga 13:00 - 14:00

*In this class i created a way that brings together the therapeutics of dance and yoga in a joyful way.*
  
- Shaking Medicine to Ignite your Inner Healer 14:15 - 15:45

*In this class you will be guided through an exploratory somatic re-calibration, ecstatic celebration of body, mind and spirit. This experience will offer ancient techniques for strengthening your immunity and nervous system health. Intuitively shake and release to let go of tensions pain and blockages as you offer yourself this gift of restored balance. Through primordial breathing we will deepen our connection to parasympathetic system activation and become more present with our own innate self healing ability. Bouncing, dancing, shaking our bodies stimulates lymphatic drainage while creating waves of motion. Our bodies are roughly 70 percent water in essence, we are mini oceans and so, movement is vitally important and part of our natural healing processes. Ecstatic Somatic Re-Calibration will involve a collection of Qi Gong, Yogic, breath-work, shaking medicine practices to ignite your inner healer. Music will be provided.*
  
- Unwind with Yin 16:00 - 17:00
  
- Ancient Master Plant Ceremony by Seleno Health  
*Seleno Health brings you an evening of connection and intention. Returning to the*

ancient through having sacred knowledge of Andean and Amazonian cosmovision, traditional plant medicines Maca & Cacao of Peru, cultivating internal reflection and intention creation through ceremony and expression. What to expect – Return to the ancient Tamsin will take us on a journey back to the origin. To the home of the sacred cacao and maca in Peru and their plant journeys to be here with us today. Sharing ancient knowledge of Andean cosmovision and traditions so we can truly connect with the plants we are about to consume with respect and high vibrational intention.

Connecting the heart and the brain Tamsin will bring modern science to the ancient traditions. Explaining the traditions of maca and cacao through biochemistry and the importance of understanding the fundamental concepts of each to allow for deeper connection. Returning to the heart space in ceremony You will be guided through a heart-opening meditation, honoring the spirits of maca and cacao and asking for our intentions to be heard. In a circle we will prepare and share a cup of heart medicine and allow it to awaken our hearts and soul. Sharing, connecting and uniting to promote positive change As a group we will discuss the learnings from the session and specific action points we can take away with us to continue our journeys at home.

Leave feeling rejuvenated, refreshed, transformed and open to a new journey or direction in your life that can leave you feeling fulfilled, centred, balanced and complete Opportunity to buy maca and cacao + answer questions \_\_\_\_\_

What to bring: -A cushion and or blanket and or yoga mat -Comfortable loose clothing - A water bottle -Your favourite special mug for your ceremonial elixir -Journal book and pen (optional) What are Maca and Cacao? Two of the sacred teacher plants of the Inca and Amazonias. Creating the connection to Pachamama and unlocking our endocannabinoid bliss – both will be taken in Andean ceremony before the commencement of the breathwork and meditation. Known as the Incan food of the brain (maca) and the Amazonian food of the heart (cacao), they guide us to balance and provide resilience and strength from within. They bring us joy and bliss and remind us of our connection to Wiracocha (Creator) and Pachamama (Mother Earth). High Vibrational Ceremonial Maca Nibs will be supplied by The Maca Experts and Ceremonial Cacao Paste by Rescue Cacao from Seleno Health. Both are direct from artisanal family farms, farmed following ancient traditions in Peru and are blessed before and after harvest in sacred ceremony by our local shamans.

## YOGA SPACE TWO

- Wake up and Flow 09:00 - 10:00
  - SoulFlow Vinyasa 10:30 - 11:30
- A practice to move your body, still your mind and connect with your soul. You will be guided through a juicy vinyasa practice that will feel strong but nourishing all at once. Breathe, connect and flow into yourself during this 75minute practice. Along with some soulful music that will make you smile and want to move*

- MMMYoga 12:00 - 13:00

*Mindfulness Movement Meditation Yoga is DEEP ENTRAINMENT of all the body's rhythms. It is the experience of embodying the flow. Breath-Induced movement meditation is our original form of meditation from as early as our oscillating movement in the womb to the rocking motion of our father and mother's arms. Movement is life and therefore reconnects us to a natural flow where we are unbound, uninhibited, and alive with a creative current. You will feel alive with prana flow and sense of balance. We will move slowly with attention to breath and exploration of the poses and many sensations we will experience. As we look inside ourselves, listen and learn from our body's language we will feel and embrace this sacred MMMYoga movement meditation flow increasing our energy levels leaving us with a feeling of aliveness and sense of internal wellness. We will practice always with openness and loving kindness free from judgement or comparison.*
- Vinyasa Flow for beginning & intermediate 13:30 - 14:30

*Vinyasa Flow is a dynamic style class that combines traditional instruction on form, alignment, flow, strength and balance. The holistic approach includes foundational standing asana, seated asana, basic inversions, meditation and relaxation. A steady rhythm of breath awakens and reconnects you to a stronger and stress-free self as we synchronize breath and movement. You will leave feeling uplifted and energized.*
- Trusting your power within: Gentle Hatha 15:00 - 16:00

*Intuitive and grounding Power Yoga, Hatha, and Vinyasa practices for beginners through to intermediate students.*
- Vinyasa Flow 16:30 - 17:30

*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.*

## YOGA SPACE 3

- Pranayama 09:30 - 10:30
- Yoga for Immunity 11:00 - 12:00

*A practice to strengthen and support the immune system with cleansing Kriya, pranayama, and movement.*
- Unlocking the transcendental brain on terpenes

*Our terpene essential oil-infused wellness tonics help to alleviate stress and elevate*

mood. The workshop will include 20 minutes exploring the science of terpenes, 20 minute guided meditation and creative arts, and then a time for sharing our experiences and selling product. This is on behalf <https://www.drinkterps.co.nz/home> & <https://goodherbsoda.com/pages/faqs>

12:30 - 13:30

■ MMMYoga

14:00 - 15:00

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■ Intuitive movement

15:30 - 17:00

## Workshops & Meditation

■ Somatic Movement Meditation

08:30 - 09:30

*A journey through our different body systems and their unique consciousness. In this practice we activate the somatic nervous system through imagery bringing awareness and embodying our tissues, bones, muscles and fascia. A beautiful practice to connect to our body, mind and movement.*

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■ Coming Back Home to Self Meditation Workshop

09:45 - 10:45

*Meditation has been known for thousands of years as one of the most powerful practices for inner growth and transformation, within and outside of spiritual context. It can serve not only in creating a state of calm or relaxation, but also as the most direct path to self-knowledge and self-love. When we retreat into silence beyond mind, there is an unmistakable feeling of being back home, in the heart of being, a sense of connection and purpose.*

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## Self-love Meditation Workshop

11:15 - 12:15

*This meditation workshop, together we will take a moment to go inward and thank ourselves for getting this far in our journeys. We show love, gratitude, and compassion to our mind-body, and soul. This is for anyone and everyone who would like to write a love letter to themselves. In this meditation workshop, together we will take a moment to go inward. We will show love, compassion, and gratitude to our mind-body, and soul. This class consists of a beginning breathwork and then progressing into a guided body scan meditation. Short break with discussion on bringing meditation into our daily lives and self-love rituals. And a second guided self-love meditation, which may include: Mantra meditation, guided imagery, and mindfulness This is for anyone and everyone who would like to write a love letter to themselves. Please bring a notebook and pen*

## ■ Awhi - Mindful Journaling

12:45 - 13:45

*This workshop is a mindful journaling session to tune into your awareness within a safe space. Within the hour you will be guided by a number of journals prompts to reflect and set intentions around your values, behaviours, and emotions. We encourage gratitude and acceptance, with the main goal being growth through the pages. Bring a journal, pen, and mat or something comfortable to sit on.*

## ■ Pranayama - Breathing techniques

14:15 - 15:15

*Pranayama is the yogic practice of focusing on breath. Prana means "vital life force", and yama means to gain control. In yoga, breath is associated with the prana, thus, pranayama is a means to elevate the Prana shakti, or life energies.*