

Yamba Yoga Festival Day One - Saturday 13th October

Yoga Space One

- Wake up & Flow with Lena 8:30 am - 9:30 am
Lena Wehrheim
- Japanese Yoga 10:20 am - 11:20 am
Erin Beaman
- Sun and Moon Salutes with live music 12:00 pm - 1:00 pm
Russell Vitale
- Chakra Vinyasa Flow Yoga 1:40 pm - 2:40 pm
Dini Martinez
- Vinyasa Flow 3:20 pm - 4:20 pm
Ebony Zander

Yoga Space Two

- Nourishing Morning Hatha Yoga 9:25 am - 10:25 am
Annette Gill
- Dru Yoga - Heart Opening 11:10 am - 12:10 pm
Carly Rowe
- Iyengar Yoga for Hormonal Balance 12:50 pm - 1:50 pm
Suzanne Fraser
- Biodynamic Movements 2:30 pm - 3:30 pm
Stephanie Pettersen
- Gentle Yoga & Meditation 4:10 pm - 5:10 pm
Anne Forkert

Meditation & Yoga

- Esoteric Yoga - The Yoga of Stillness. 8:30 am - 9:30 am
Vicky Geary
- Womb Temple Yoga 9:45 am - 10:45 am
Chaitanya Morly-Southall
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Pure Yin Yoga <i>Belle</i>	11:00 am - 12:00 pm
■ Goddess Rituals <i>Anastasia Borserio</i>	12:15 pm - 1:15 pm
■ Sacred Sound Journey <i>Sean Sullivan</i>	1:30 pm - 2:30 pm
■ Healing Sounds Live Concert <i>Jo Kelly</i>	2:45 pm - 3:45 pm
■ Yoga Flow <i>Lisa Zantis</i>	4:00 pm - 5:00 pm