

# Yamba Yoga Festival Day Two - Sunday 14th October

## Yoga Space One

- Morning Slow Flow 8:30 am - 9:30 am  
*Ebony Zander*
- Good Morning Hatha Yoga 10:10 am - 11:10 am  
*Kathie Renee*
- Biodynamic Movements 11:50 am - 12:50 pm  
*Stephanie Pettersen*
- Hatha Flow 1:40 pm - 2:40 pm  
*Lisa*
- Yin Yoga Lunar Flow 3:20 pm - 4:20 pm  
*Dini Martinez*

## Yoga Space Two

- Sun & Moon Salutes with live music 9:20 am - 10:20 am  
*Russell Vitale*
- Yoga For the Nervous System 11:00 am - 12:00 pm  
*Penelope*
- De-stress & Relaxation Yoga 12:40 pm - 1:40 pm  
*Nazanin*
- Sacred Sound Journey 2:30 pm - 3:30 pm  
*Sean Sullivan*
- Yin Yoga 4:10 pm - 5:10 pm  
*Erin Beaman*

## Meditation & Yoga

- Chakra balancing with essential oils 8:30 am - 9:30 am  
*Anastasia Borserio*
- Iyengar Yoga for Breast Care 9:45 am - 10:45 am  
*Gretchen Highfield*
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Yoga for the Yoni Workshop

11:00 am - 12:00 pm

*Meredith*

- Flowing Energy Block Release Sequence

12:15 pm - 1:15 pm

*Carly Rowe*

- Deep Rest Yoga Nidra

1:30 pm - 2:30 pm

*Chaitanya Morly-Southall*

- Hatha Yoga - Listening to the wisdom of your body

2:45 pm - 3:45 pm

*Kirra*

- Yoga Nidra

4:00 pm - 5:00 pm

*Kathie Renee*