

# Sunday June 6th

## YOGA SPACE

- Awaken with the Sound of Crystal Singing Bowls 08:45 - 09:45  
*Chicchan will play the uplifting Pure Quartz Crystal Singing Bowls. Bring a mat and blanket so you can lie down and enjoy the transformative healing sounds these instruments create.*
  
- Yin Yoga Immersion – Dive Deep Into The Heart Chakra 10:00 - 11:00  
*Get ready to be moved by Sound. Boho Spirit & Sound Journeys craft will take you on a sound healing journey not to be missed . Lauren Sifafas will create a powerful Sound Bath, Yin Yoga and Deep Healing Session to unblock unaligned energy and vibrate your body into a state of well-being and harmony. Your journey will begin with light breath work enveloped with Deep Restorative Yoga Postures with a focus around the throat and heart chakra, symbolising self expression, communication, integration and compassion followed by a moving and harmonising Sound Healing Journey The Sound Healing will be deep using many instruments that have been collected from all over the world, You will be transported on a sound journey using Crystal Bowls, Rain Wheels, Gongs and harmonies specifically crafted by Suntara for this class as well as many more unique instruments collected from all over the world. The layers of tones and overtones will vibrate every cell of your body, relaxing muscles, releasing emotions bringing your body back to a deep state of relaxation, clearing you of unwanted or old energy and blockages that no longer serves you*
  
- Intro to Ascension Yoga Postures 11:15 - 12:15  
*UOCA Asana and Pranayama – the Ascension method of yoga using Ashtanga and Hatha Yoga with breathwork (posture class) to re-align the spine in order to ascend the Kundalini energy by treating each asana as a spiritual meditation. Ascension Yoga is interfaith incorporating the best of yoga, all religions including Christianity and Islam with the latest science of Emergence Theory. We have a secluded ashram forest retreat to fully experience this ecstatic path of liberation near Coffs Harbour at the vegan Nymboida Yoga Lodge see [www.yogaretreat.net.au](http://www.yogaretreat.net.au) for more. James Traves-Murison or Dhyan Abhay (sannyasin name) has spent years in India, ashrams and Buddhist monasteries living the way of yoga. He trained at Rishikul Yoga Shala in Rishikesh to become a yoga teacher. He was formerly a lawyer working for top international corporations such as Ernst and Young and KPMG.*
  
- Yin Yoga Meridian Balance 12:30 - 13:30  
*Focusing on exploring our meridians and awakening the energy within.*
  
- VinYin Yoga class  
*Vin Yin Yoga, also referred to as Yin Yang Yoga, is a yoga sequence that combines*

*Vinyasa Yoga and Yin Yoga. This is normally done with Vinyasa as the first half of the sequence and Yin Yoga as the second half. The Vinyasa portion warms the body up and rids your body of excess Prana, or energy. After this, your body is ready to relax and lengthen during the Yin Yoga portion. It is a great combination.*

13:45 - 14:45

■ Sound Healing

15:15 - 17:00

*An enriching 90min experience weaving through the ever transformative realm of sound and vibration. Merging Breathwork, Meditation and an array of sacred healing instruments; Matty will guide you into a deep state of consciousness and healing.*

## Yoga Two

■ Complete Wellness

09:15 - 10:15

■ Connecting with your soul family, ancestors and guides

10:30 - 11:30

■ Chakra Balance with Sound and Light

11:45 - 12:45

■ Intro to Patanjali's Yoga System using Chakras.

13:00 - 14:00

*Patanjali's Yamas and Niyamas explained, and how modern yoga developed through Tantra. How to use this knowledge in your personal practice and every day life – yoga philosophy and history lecture. Ascension Yoga is interfaith incorporating the best of yoga, all religions including Christianity and Islam with the latest science of Emergence Theory. We have a secluded ashram forest retreat to fully experience this ecstatic path of liberation near Coffs Harbour at the vegan Nymboida Yoga Lodge see [www.yogaretreat.net.au](http://www.yogaretreat.net.au) for more. James Traves-Murison or Dhyan Abhay (sannyasin name) has spent years in India, ashrams and Buddhist monasteries living the way of yoga. He trained at Rishikul Yoga Shala in Rishikesh to become a yoga teacher. He was formerly a lawyer working for top international corporations such as Ernst and Young and KPMG.*

■ Kirtan

14:30 - 15:30

*Kirtan, the practice of chanting the names or mantras of the gods and goddesses, is one of the most important techniques in Bhakti yoga, the yoga of devotion. ... Kirtan is part of an ancient form of Yoga known as Bhakti, or the Yoga of Devotion.*

■ Meditation for Stress Relief

15:45 - 16:45

*Guided meditation with a short mantra meditation*