

Saturday June 5th

YOGA ONE

- 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.
- Kundalini Yoga 10:00 - 11:00
Kundalini yoga practice is equal parts spiritual and physical. This style is all about releasing the kundalini energy in your body said to be trapped, or coiled, in the lower spine. These classes really work your core and breathing with fast-moving, invigorating postures and breath exercises. These classes can involve chanting, mantra, and meditation
- Magic of breath, movement and sound 11:15 - 12:15
Hatha Yoga and sound-based class, I seal the end of class with crystal bowls and drumming
- 'Slow Flow' for all bodies. 12:30 - 13:30
This class is beginner friendly but suitable for all levels of yoga. Using the breath synchronised with movement allows this beautiful practice to become a moving meditation. Choreographed to a funky playlist to surely bring a smile to your face.
- Building A Mexican Wave 13:45 - 14:45
Energising, engaging and a lot of fun! Find a new flow for your Yoga as we build together.
- Yang to Yin Somatic Yoga 15:00 - 16:00
Explore a deep connection and felt sense of safety in your body through a range of gentle healing postures, breath practices and yoga nidra relaxation. This practice will help you calm the mind, reconnect with your body and heal your nervous system. Bring awareness to the mind-body healing process through somatic sensory connection.
- Cacao Ceremony 16:15 - 17:30
Cacao ceremonies are a type of shamanic healing – which is one of the oldest holistic healing practices used by indigenous cultures all over the world. These types of healing ceremonies work with rebalancing energies in the body to regain health. Cacao is used to gently touch your heart and to guide you into an inner journey deep into the emotional centre of our body

Yoga Two

- QiGong 09:15 - 10:15

QiGong originates from the Chinese medical community back to the legendary Yellow Emperor, which has thousands of years' history. QiGong includes breathing techniques, 3-dimensional physical movements, the basics of energy circulation and meditation. By bringing the body, mind and emotions into a relaxed state you allow the healing process to take place.
- How to work with Crystals 10:30 - 12:00

Learn how to work with Laser Wand Quartz Crystals to identify and clear energy blocks and etheric attachments that no longer serve one's highest good.
- Chakra meditation using Mandalas 12:15 - 13:15

UOCA Meditation on Chakras – the Ascension process of sense control through concentration on each chakra vortex in the spine using Mandala pictograms and music in order to ascend the Kundalini energy in the body and experience blissful 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 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.
- Flow with Boundless Yoga 13:30 - 14:30
- Why are we here? Life, death, rebirth and karma 14:45 - 15:45
- Mantra Meditation session 16:00 - 17:00

tuneIN presents Vraja Dham, Jalaj and Chintan with over combined experience of over 50 years in Mantra Meditation which is a musical form of meditation. They all started their spiritual journeys differently but met at a juncture where mind, body and most importantly soul was the main focus. Currently, they run many programs, creating different sacred places across Brisbane. Experience it to feel it.
- Power Flow 17:15 - 18:15