

Sunday May 9th

Yoga Space

- Chair Yoga Flow to promote inner calm 08:00 - 09:00

Chair Yoga provides a yoga alternative for people to incorporate into their working day whilst at a desk or for anyone with limited mobility. During this session Lesley will guide a gentle breath centred low impact practice to move energy improve strength, flexibility and encourage inner stillness.
- Yoga for Back Pain 09:15 - 10:15

A huge number of people suffer from back pain and injuries. Yoga has been shown to be a way to improve these conditions. So how can we use yoga effectively to improve our back health and reduce the chances of injury? In this class, I will guide you through specific therapeutic yoga to release tension in the back, improve blood flow and stabilise the core. Doing these exercises regularly will provide relief and assist people with back issues to feel stronger, healthier and more flexible.
- The subtle practices of Yoga 10:30 - 11:30

Yoga is an attitude, an intention. It fosters a connection between body, breath, mind and spirit. Yoga is subtly powerful and connects us all. Share time with Penelope focusing on the more subtle elements of Yoga. You will learn simple techniques to add to your wellness toolkit, which will enhance both your personal Yoga practice and your life. Subtle breath work is combined with mudras, bandhas and Reiki for a blissful result. This gentle practice is suitable for both beginners & experienced Yogi's – participate at your pace. <https://penelopeprana.com/>
- Yoga for EveryBody 11:45 - 12:45

Any yogic technique used to systematically address physical injury or pain, or mental and emotional stress or trauma can be considered Yoga Therapy. Yoga can all help you heal.
- Bhakti Yoga – The Joy of Kirtan 13:00 - 14:30

The Shakti Family are a Adelaide kirtan group who hold regular kirtans in the southern suburbs. Playing harmonium, bass guitar, drums, digeridoo and percussion the Shakti Family draw on music from many sources including Krishna Das, Dave Stringer, Jai Uttal and more. You can experience the joy of Bhakti with Kirtan, the music of Yoga. Come and chant your little yoga socks off.
- Yoga dance

For Yoga is a dance of movement and stillness, when one element magnifies and defines the other, whereby we are nourished and revived in the consciousness of this all-embracing, deeply intelligent form of body-mind exercise and meditation

15:00 - 16:00

- Living yoga through the eyes of life

16:30 - 17:30

This class will showcase the benefits of integrating yoga into our everyday life. Standing in alignment at work or the supermarket and what the benefits would be. Breathing to maintain calmness and when calmness is with us the body will also respond in a very positive way.

YOGA TWO