

Saturday May 8th

Yoga Space

- Functional Slow Flow - Taking it back to basics 08:30 - 09:30
It will be a slow vinyasa style flow that will be focused on alignment and building strength and stamina to prepare for more complex asana.
- Power Vinyasa Flow 10:00 - 11:00
Strong Vinyasa Flow class with some challenging poses to get you strong and ready to start your day. Variations will be given for beginners but all are encouraged to give it a go!
- Embodied Chakra Yoga 11:30 - 12:30
- Hatha "Now and Zen" Yin 13:00 - 14:00
Hatha simply refers to the practice of physical yoga postures, meaning your Ashtanga, vinyasa, Iyengar and Power Yoga classes are all Hatha Yoga. The word "hatha" can be translated two ways: as "willful" or "forceful," or the yoga of activity, and as "sun" (ha) and "moon" (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind, and spirit in preparation for meditation.
- Find your True North 14:30 - 16:30
Redefining purpose and passion through story stillness and movement. With a unique blend of compassion, play, and conversation, Finding Your Truth North workshops invite attendees to rediscover their ultimate potential through a series of powerful exercises and activities. Combining motivational discussions, guided yoga, meditation practices, and self-reflection exercises, this workshop brings your mindset to a state of wellbeing and clarity long after it ends. Because when you are able to operate from that feel-good place, you're in a position to better serve yourself and your community.
- Devotion to Motion class
Devotion to Motion is an ecstatic, shamanic, somatic dance practice that journeys through the 5 Elements: Earth, Water, Fire, Air, Ether. These 5 Elements are the fabric of our existence, and Lyndall weaves these elements into all of her work. This Dancing Freedom elemental wave of sound takes participants on a journey, as the music starts off slow, builds to a crescendo, and completes with stillness. This intuitive dance practice encourages participants to freely move their body to music. It is shame free, shoe free, and substance free, but not free of substance. Dancing with pure breath has opened up Lyndall's body, heart, mind, sexual centre, and spirit, giving her new ways of being and feeling. Physically it has made her more fitter, emotionally it has made her feel more balanced, mentally it has made her stronger, sexually it has allowed her to experience orgasms from pure breath, and spiritually it has made her

feel more connected. Whatever Lyndall offers she supports people to find the inner rhythm inside of them. Lyndall has been working in health and social care for over 20years, is available to teach various workshops in this sector, and has numerous qualifications to support her work.

17:00 - 18:30

Talks & Meditation

- Quantum human design 09:30 - 10:30
- Mental health and yoga 11:00 - 12:00
- Ayurvedic Approach to Stress and Anxiety. 14:00 - 15:00