

FRIDAY 28 APRIL 2017			
1.00pm - 5.00pm	A1A: Blow your mind! Duncan Peak	A1B: Anatomy Trains for Yoga Thomas Myers	A1C: Active movements from your core: how to get into a posture Simon Borg-Olivier
5.00pm - 5.30pm	BREAK		
5.30pm - 7.30pm	Ignite Welcome Ceremony		

SATURDAY 29 APRIL 2017			
7.00am - 8.45am	B1A: Breathe life into your practice - yoga class Tiffany Cruikshank		
8.45am - 9.30am	BREAK		
9.30am - 12.00pm	B2A: The Yoga class matrix Nicole Walsh	B2B: Yin - the interconnected and energetic story of our bodies Mel McLaughlin	B2C: Meditation from Tadasana to Sukhasana Rod Galbraith
12.00pm - 1.00pm	BREAK		
1.00pm - 3.30pm	B3A: Hip Opening: the essential missing component Tiffany Cruikshank	B3B: Compassionate Core Cultivation Chanel Luck	B3C: Asana Lab Duncan Peak
3.30pm - 4.00pm	BREAK		
4.00pm - 5.30pm	B4A: Spinal breathing: circulating prana with movement Simon Borg-Olivier	B4B: An exploration of ancient concepts: relating wisdom to our everyday life Persia Juliet	B4C: Passion into purpose: lessons from a lifetime of yoga Nicole Walsh, Duncan Peak, Edo Kahn

SUNDAY 30 APRIL 2017			
7.00am - 8.45am	C1A: The art of transitions Nicole Walsh	C1B: Handstand Nation Duncan Peak	C1C: Sunday Morning Vibes: Prana Vinyasa Sequence Chanel Luck
8.45am - 9.30am	BREAK		
9.30am - 12.00pm	C2A: Meditation as a path of effortlessness Lorin Roche	C2B: Connecting to the infinite power within: Mantra, Bhakti, and selfless service Edo Kahn	C2C: Dream wild: the Yoga of potential and possibility Mark Breadner
12.00pm - 1.00pm	BREAK		
1.00pm - 3.30pm	C3A: Shoulder Therapy Tiffany Cruikshank	C3B: Resistance training from your core: trying to leave a posture Simon Borg-Olivier	C3C: The Sacred Space of Savasana Chanel Luck
3.30pm - 4.00pm	BREAK		
4.00pm - 5.30pm	C4A: Meditation secrets for women Camille Maurine	C4B: Drops of Nectar - lunar flow with live music Nicole Walsh	C4C: Drop anchor: ground, restore and call spirit home Mel McLaughlin