

YOGACAMP

The Salon	The Studio	The Yogayurt
FRIDAY	FRIDAY	FRIDAY
6pm - 7 - Land, Ground and Unwind		
7pm- 7.45 - Opening circle with song	8pm - 9.30pm Crystal Sound Bath	8pm - 8.40pm Indian Raga Performance
SATURDAY	SATURDAY	SATURDAY
8am - 8.45 - Group Meditation Space	8.30am - 9.15 Family yoga (2-7yrs)	8am - 8.45am Qigong
9 - 10.15 - WAKE UP - body, breath and senses	9.30am - 11am Spirit of water	9am-10am Beginners Yoga
10.30am - 11.45 Mmmm- Mantra, Movement, Meditation-	11.30 - 1pm Shakti Yoga	10.30-12pm PiYo (Pilates / Yoga Fusion)
12noon - 1.30 - Unity Partner Yoga		12.45 -1.30pm Youth Yoga - All ages and abilities
2pm - 3.30 - Luna Rhythms Yoga	2pm - 3.30 Partner Thai Massage	2pm-3.15pm Yoga Sutras 1
3.45pm -5.15 - Scaraveli inspired Yoga	3.45pm - 5.15 Somatic Lead Insight	3.45 - 5pm Indian Classical singing
7pm - 7.45 - My Body My Dance (Silent Disco)		
7.45pm- 8.30 - My Body My Dance (Silent Disco)		
SUNDAY	SUNDAY	SUNDAY
8am - 8.45 - Group Meditation Space	8am-8.30 - My Body My Dance (Silent Disco)	8am - 8.45am Qigong
	8.30am-9.15 Family yoga (3-7yrs)	
9am -10.15 - 'Rise & Shine' Kundalini Yoga	9.20pm- 10.20 Luna Rhythms Yoga	9 -10.15am Feelin' Hot Hot Hot!
	9.30am - 10.15am Kids Yoga (7-11yrs) (Outside)	
10.30am - 11.45 - Shake	10.30am-11.45 Embodying Loving Kindness Yoga	10.30 - 11.45 Yoga music flow
12 noon - 1 - Sensory Awareness Meditation with Forest Bathing	12 -1.30pm Restorative Yoga with Oils	12.45 - 1.30pm Youth Yoga - All ages and abilities
2pm - 3.30 - Elemental Yoga	2.30 - 3.30 Eco Somatics	2pm-3.15pm Yoga Sutras 2
3.45pm- 4.15 - Closing Circle		

For ALL Kids Activities Please Meet at the 'KIDS AREA' Sign.

SATURDAY	SUNDAY
8.30am - 9.15 - Family Yoga 2-yrs -7yrs (45 mins)	8.30am - 9.15 - Family Yoga 2-yrs -7yrs (45 mins)
9.30am - 10.15 - Kids yoga 7-11yrs (40 mins)	9.30am - 10.15 - Kids yoga 7-11yrs (40 mins)
9.30am - 11.30 - Fantastical puppet making	9.30am - 11am Magic Wands and Weaves, all ages
10.30am - 12.30 - Bushcraft Arts and Crafts	10.30am - 12.30 Bushcraft Adventure
12.45pm -1.30 - Youth Yoga - All ages and abilities	12.45pm -1.30 - Youth Yoga - All ages and abilities
2pm-3 - Circus skills for all - hoops and juggling	2pm - 3 - Circus skills for all - hoops and juggling
2.30pm - 4 - Magic Wands and Weaves, all ages	2pm- 4pm - Fantstical puppet making
2.30pm - 4pm Go Kart making	