

Summer Sensorium SCHEDULE

THURSDAY

16:30-17:15	HUMANDALA CELEBRATION with Nine Lives Yoga
17:30-18:00	HULA SCHOOL
18:15-19:15	WELCOME HOME YOGA with Dr Harriet Berry
19:15-19:30	<i>LIGHT FIRE</i>
19:30-20:30	EVENING MEDITATION with Alex Pinkerton
20:30-22:00	CHILL-OUT SPACE

FRIDAY

08:00-09:00	SUNRISE HATHA YOGA with Dr Harriet Berry
09:15-10:00	BOOTS FESTIVAL FOOT SOAK
10:15-11:45	SHAKEAWAKE
12:00-13:00	MIDDAY MEDITATION with Jody Schroeder
13:15-14:15	LAUGHTER YOGA with Joe Hoare
14:30-15:30	MINDFULLNESS THROUGH BREAKDANCING
15:45-16:45	HULA SCHOOL
17:00-18:00	ENERGISING YOGA with Dr Harriet Berry
18:15-19:15	ACROYOGA AIRPORT with Nine Lives Yoga
19:15-19:30	<i>LIGHT FIRE</i>
19:30-20:30	EVENING MEDITATION with Alex Pinkerton
20:30-22:00	CAMPFIRE CONVERSATIONS with TRIGGAR

SATURDAY

08:00-09:00	ALMOND BLOSSOM REJUVINATING YOGA with Kat
09:15-10:00	BOOTS FESTIVAL FOOT SOAK
10:15-11:45	SHAKEAWAKE
12:00-13:00	MIDDAY MEDITATION with Jody Schroeder
13:15-14:15	LAUGHTER YOGA with Joe Hoare
14:30-15:30	TRIGGER CONVERSATIONS WORKSHOP
15:45-16:45	HULA SCHOOL
17:00-18:00	ALMOND BLOSSOM DISCO YOGA with Kat
18:15-19:15	NINE LIVES YOGA PARTY
19:15-19:30	<i>LIGHT FIRE</i>
19:30-20:30	EVENING MEDITATION with Alex Pinkerton
20:30-22:00	CHILL-OUT SPACE

SUNDAY

08:00-09:00	ALMOND BLOSSOM REJUVINATING YOGA with Kat
09:15-10:00	BOOTS FESTIVAL FOOT SOAK
10:15-11:45	SHAKEAWAKE
12:00-13:00	MIDDAY MEDITATION with Jody Schroeder
13:15-14:15	LAUGHTER YOGA with Joe Hoare
14:30-15:30	TRIGGER CONVERSATIONS WORKSHOP
15:45-16:45	NOURISHING PARTNER YOGA FLOWS with Nine Lives Yoga
17:00-18:00	ALMOND BLOSSOM VINYASA FLOW with Kat
18:15-19:15	HULA SCHOOL
19:15-19:30	<i>LIGHT FIRE</i>
19:30-20:30	EVENING MEDITATION with Alex Pinkerton
20:30-22:00	CHILL-OUT SPACE



STANDON CALLING



let's feel good