



	BONDI BEACH on the Sand	ACRO & BEYOND	YOGA ASANA	MEDITATION & MORE	YOGA ASANA	TALKFEST	VIRGIN ACTIVE	YOGAMATE One-to-One	YOGA 4 KIDS
6:30 AM	Aboriginal Welcome to Country Smoking Ceremony 6:30 AM - 7:00	Big Top Tent	High Tide Room	Ocean Room	Seagull Room	Theatre Auditorium	Community Engagement Tent	Personalised Yoga Practise	Amphitheatre Outdoor Area
7 AM	Sunrise Yoga with Forrest Yoga 7:00 AM - 7:50 AM								
8 AM			Yoga Synergy Fire - Energising Practise 8:00 AM - 8:50 AM	I Love Myself* A Naam Meditation Journey 8:20 AM - 8:50 AM	Iyengar For All 8:00 AM - 8:50 AM	The Unifying Pricipales of Yoga 8:15 AM - 9:00 AM	Power Yoga 8:15 AM - 9:30 AM	Register between 8 AM - 9:00 AM	
9 AM		Acro Yoga FUNdamentals 9:00 AM - 9:50 AM + Wandering Minstrel 9:00 AM - 5:00 PM	Chill Flow 9:00 AM - 9:50 AM	Goddess Meditation 9:00 AM - 9:30 AM	Issa Upa Yoga 9:00 AM - 9:50 AM	Custodianship & Karmic Duty Start 9:15 AM	Restorative Yoga & Qigong Start 9:45 AM	Please register opposite the entrance to the High Tide Room.	Dharma Dreaming Kids 9:00 AM - 9:35 AM
10 AM		Awakening the Heart 10:00 AM - 10:50 AM	Winter Seasonal Vinyasa Class 10:00 AM - 10:50 AM	Yoga Nidra Deep Relaxation 9:45 AM - 10:15 AM + Jyoti Meditation 10:30 AM - 11:00 AM	Yoga for Sufers 10:00 AM - 10:50 AM	Custodianship & Karmic Duty Finish 10:30 AM	Restorative Yoga & Qigong Finish 11:00 AM	Register between 8 AM - 9:00 AM	'I am Healthy' - A Beach Adventure 9:45 AM - 10:30 AM + 'I Have Fun' 10:40 AM - 11:10 AM
11 AM		Book Launch - Now & Now 10:50 AM - 11:05 AM + Music of Joy 11:10 AM - 11:40 AM	Serene Vitality - Reaching Stillness Through Movement 11:00 AM - 11:50 AM	Shifting Consciousness Now 11:15 AM - 11:45 AM	Yoga by The Sea Masterclass 11:00 AM - 11:50 AM	Pain is Inevitable Suffering is Optional 10:45 AM - 12:00 PM	Shoulders & Upper Back - A Forrest Yoga Experience 11:15 AM - 12:30 PM	Please register opposite the entrance to the High Tide Room.	The top 10 Things You Need to Know About Teaching Yoga to KIDS 11:15 AM - 12:00 PM
12 PM		Dream Wild the Yoga of Possibility 12:00 PM - 12:50 PM	Ashtanga - Breath in the Movement of Yoga 12:00 PM - 12:50 PM	Dadirri 12:00 PM - 1:15 PM	Restorative Yin Yoga 12:00PM - 12:50 PM	Music o Joy 12:10 PM - 12:30 PM	Forest Yoga Start 12:45 PM	Register between 8 AM - 9:00 AM	I am Creative' 12:10 PM - 12:40 PM
1 PM		Acro Inverted 1:00 PM - 1:50 PM	Sukha Muka Yoga 1:00 PM - 1:50 PM	Deep Mindfulness 1:30 PM - 2:00 PM	Surrender with Strength 1:00 PM - 1:50 PM	Self Respect Start 1:45 PM	Forest Yoga Finish 2:00 PM	Please register opposite the entrance to the High Tide Room.	I can do Anything! I am Strong!' 12:20 PM - 1:35 PM
2 PM		Soul Drummer Workshop & Performance 2:00 PM - 2:50 PM	Sahaja Yoga 2:00 PM - 2:45 PM	Guided Mantra Meditation 2:15 PM - 2:45 PM	Hatha - Balance Body & Mind 2:00 PM - 2:50 PM	Self Respect Finish 3:00 PM	Warming Hatha Start 2:15 PM	Register between 8 AM - 9:00 AM	I am Calm, Relaxed & Happy' 1:45 PM - 2:15 PM
3 PM		The Art of Back Flying 3:00 PM - 3:50 PM	Calm in the Eye of the Storm - One Super Sized Sequence 3:00 PM - 3:50 PM	Chant of the Divine Feminine 3:00 PM - 3:30 PM + Kundalini Yoga & Meditation 3:45 PM - 4:15 PM	Winter Balance - Japanese Yoga 3:00 PM - 3:50 PM	Men in Tights Start 3:15 PM	Warming Hatha Finish 3:30 PM + Yin Yoga Start 3:45 PM	Please register opposite the entrance to the High Tide Room.	I Trust & Believe in Myself' 2:25 PM - 3:10 PM + 'I Make Friends Easily. I am an Awesome Friend' 3:20 PM - 3:50 PM
4 PM		Laughter Yoga 4:00 PM - 4:50 PM	Lava Yoga 4:00 PM - 4:50 PM	Deep Peace Meditation 4:30 PM - 5:00 PM	Art of Living Yoga 4:00 PM - 4:50 PM	Men in Tights Finish 4:30 PM	Yin Yoga Finish 5:00 PM	Register between 8 AM - 9:00 AM	Asana Games & Relaxation 4:00 PM - 5:00 PM
5 PM	WINTER MAGIC PEACE SPIRAL 5:00 PM - 6:00 PM	For more information click through worldyogaday.com.au/schedule on your phone.							