



Event Schedule

Beginners	Experienced	For Teachers	Equipment Based	Sound
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Thursday 15th									
YOGA CIRCLE									
19.00 - 19.10	Opening Address - Elaine Kelly	19.15 - 20.15	Harmony Yoga - Melissa Ghattas		20.15 - 20.25	Saraswati Flow Performance - Fleur Hindemeyer	20.30 - 21.30	Tuning into your Unique Dance - Lina Nahhas	
Friday 16th									
YOGA CIRCLE		MEDITATION TENT		FAMILY TENT		LEARNING TENT	MOVEMENT TENT	SHAKTI TENT	AL JALILA TENT
09.00 - 09.50	Sivananda Yoga - Purva Kaushal	Raja Yoga Meditation - Dr Awatif Sharaf	Acro Yoga - Maan Khzam	Making Success An Inside Job - Anuradha Kamath	Hoola Hoop Dance - Ragini Nagu	Opening Circle: Spring - Vanessa Woodthorpe-Wright			
10.00 - 10.50	Ashtanga Vinyasa: Led Primary Series - Nea Ferrier	Gong and Sound Immersion - Zarine Dadachanji	Mom and Me Yoga (ages 3-10) Carla Julian	How to Heal from your Past - Master Oh	Pilates with Roller - Leona Wisely	Backbending Workshop - Alpa Lokande	Yoga Class - Dr. Lina Barot Rathod		
11.00 - 11.50	Kundalini Yoga - Nancy Zabaneh	Magical World of Mudras - Peewee Sanchez	Freedom Yoga Kids (ages 7-10) - Judit Zombori	Mindfulness Based Stress Reduction - Martine Nates	Animal Flow - Allaoua Gaham	Moon School - Vanessa Woodthorpe-Wright	Ta'alouf, empowering children of determination - Halima Amin		
12.00 - 12.50	Spiritual Warrior Flow - Anishka Bagla	Meditation with Master Oh	Feeding your children for Optimum Health - Two Mums	The Mind and Spinal Health - Dr Lanalle Dunn	The Yoga Shred - Sasha Quince	Dance Yoga - Karolina Wojtas	Gong Bath - Anuradha Kamath		
13.00 - 13.50	Opening Ceremony	Crystal Sound Journey - Simonanda Juchert	Partner Yoga - Vipin Methasery	Live Raw Food Demo - Ivana Silva	Learn to Belly Dance - Shayma Cortesi	Summer Season of your Cycle - Vanessa Woodthorpe-Wright			
14.00 - 14.50	Mindful Mantra & Movement - Dionne James	Meditation For Beginners - Zhuldyz Koshpanova	Laughter Yoga - Suman Suneja	Avoid Shoulder Injuries in Yoga - Dr. Jeelnar & Peewee- Ivana Silva	Pilates Ring Class - Goli Hashtroudi	Diet and your Health - Amanda Saif Matar	Sensory Yoga for Children - Carla Julian		
15.00 - 15.50	90s Yoga - Alison Mc Laughlin	Shamanic Sound Healing - Meetu Singh	Kids Yoga (Ages 6-10) - Jennifer Desclaudure	Manifestation: How to Talk To The Universe - Wissam Barake	Quigong - Ania Shnyukova	Soul Sisters Prenatal Partner Yoga Class - Sasha Quince	Mindful Meditation - Ayukta Thakur		
16.00 - 16.50	Anahata: Total Yoga to Music - Total Yoga	Introduction to Mantra Chanting - Lizel Cameron	Mindfulness Kids (8-12 yrs) - Mary Rose Swing	Handstand Workshop - Mihai Sarbu	BollyWODFit - Arpan Ravi Kirpalani	Body Painting Workshop - Yafa Goawily	Zumba Class - Clari Lehmkuhl		
17.00 - 17.50	Heart Spirit Flow - - Samantha Howick	Yin Chakra Nidra - Enji Yassin	Iyengar Yoga - Naseem Kapasi	Body Reading 101 - Anne Hockett	Neuropilates (Bodyhack) - Juliette Alexander	5Rhythms Wave - Lina Nahhas			
18.00 - 18.50	Kirtan Lounge - Haariman Anand								
Saturday 17th									
YOGA CIRCLE		MEDITATION TENT		FAMILY TENT		LEARNING TENT	MOVEMENT TENT	SHAKTI TENT	AL JALILA TENT
08.00 - 08.50	Classical Hatha Yoga - Ajith Shankara	Gong Bath: Awakening Through Sound - Anuradha Kamath	Kids Yoga Ages 8-12 - Harsha Varyani		Pilates Bands - Goli Hashtroudi				
09.00 - 09.50	Yoga Latina - Mylene Pezzotti	Himalayan Kriya Yoga - Peewee Sanchez	Mum and Me Yoga - Livia Anzaldo	Working with Affirmations - Maria Leonard	NIA Dance Class - Gwennaelle Deroost	Autumn Season of your Cycle - Vanessa			
10.00 - 10.50	Yoga Arm Balances - Vipin Methassery	Kundalini Chakra Cleanse - Samantha Howick	Lil Yogi Bears (Ages 3-9) - Anishka Bagla	Facial Yoga Workshop - Diana Bordon	Pilates Matwork - Ha Bowtell	Womb Activation Meditation - Nada Harb	Dance Class - Ali Nimakwala		
11.00 - 11.50	Jivamukti Yoga - Dina Ghandour	Introduction to Vipassana - Briar Jacques	Partner Yoga - Vipin Methasery	Quantum Physics & 5D Manifestation - Yogi George	Qigong - Ania Shnyukova	Kali Flow Yoga - Peewee Sanchez	Create a Roadmap to Independence - Renate		
12.00 - 12.50	Yin Yoga: Conscious Hips - Ayman Abo Hind	Crystal Vortex Body Restore - Marco Zigon	Kid's Storytelling and Yoga - Chandrina Winzenreid	How to never be Angry - The Yogic way - Anjaan	Fascia Flow - January Corteza	Restorative Yoga with Singing Bowls - Nelly Merris	Gong Bath Meditation - Anuradha Kamath		
13.00 - 13.50	Chakra Vinyasa - Nicole Michalandos	Love Resonance - Mathilde Lumiere	Using Essential Oils - Edwina Viel	Sattvic (Yogic) Cooking - Manpreet Pannu	Self Massage with Therapy Balls - Emilie Mikulla	Winter Season of your Cycle - Vanessa Woodthorpe-Wright	Post Secondary Options for Young Adults - Nikita Patel		
14.00 - 14.50	Kundalini Yoga - Malini Ramani	Awaken your intuition and 6th Sense - Lee Whyberd	Freedom Yoga Kids (3-6 years old) - Judit Zombori	Yoga and the Bhagavad Gita - Harinaam Anand	Contemporary Dance - Amanda Sturdevant	Earth Prayer - Soniya Mehra	Drumming Circle - Leonora Franklin		
15.00 - 15.50	Yoga Lab - Sophie Basyouny	Meditation and Sound Healing - Awakening Prema	Bro Yoga - Allaoua Gaham	Power of PH to Transform and Heal - Anne Hockett	Tai Chi - Master Can	Qoya - Jurate Bendziute	Empowering Children of Determination - Manal Al Zaabi		
16.00 - 16.50	Yoga For All - Jatta Kristiina Tjurin	Fruit of Life Activation - Maria Leonard	Puppy Pilates - Kirsty MacPherson-Wright	Feng Shui Workshop - Sara Fakhouri	Ninjutsu - Anjaan	Shakti Celebration - Vanessa Woodthorpe-Wright	Yoga Class - Dr. Lina Barot Rathod		
17.00 - 17.50	Kintsugi Style Yoga - Payal Kanwani	Heartfulness Session - Harpreet Kalra	Sunset Yoga - Vijay Sharma	Art of Adjustments - Cristina Najjar	Eye Will Flow - Ragini Nagu	Shakti Celebration (cont'd) - Vanessa Woodthorpe-Wright			