



## THE CHILL OUT AREA

### FRIDAY 27TH JULY 2018

Time	Activity	Location
4:00pm - 5:00pm	Sharing is Caring, Playful Partner Yoga & Massage	Karma Tent
4:00pm - 5:00pm	Yin Yoga Nidra	Peace Tent
5:15pm - 6:15pm	Kundalini	Karma Tent
5:15pm - 6:15pm	Singing Bowls & Sound Meditation	Peace Tent

### SATURDAY 28TH JULY 2018

Time	Activity	Location
9:00am - 10:00am	Wake Up & Energise Yoga	Karma Tent
9:00am - 10:00am	Mindfulness & Qi Gong	Peace Tent
10:15am - 11:15am	Gong Workshop	Karma Tent
10:15am - 11:15am	How To Crush The 'Can't' In Your Head	Peace Tent
11:30am - 12:30pm	Acro Yoga	Karma Tent
11:30am - 12:30pm	Essential Oils	Peace Tent
12:45pm - 1:45pm	Connecting To Your Inner Goddess Workshop	Karma Tent
12:45pm - 1:45pm	Ultimate Self Love	Peace Tent

2:00pm - 3:00pm	"Follow Your Heart Into The Forest" Forrest Yoga	Karma Tent
2:00pm - 3:00pm	Shamanic Journeying	Peace Tent
3:15pm - 4:15pm	Inversions Workshop	Karma Tent
3:15pm - 4:15pm	Cuddle Therapy	Peace Tent
4:30pm - 5:30pm	Restorative Yoga	Karma Tent
4:30pm - 5:30pm	Ultimate Self Love	Peace Tent
5:45pm - 6:45pm	Bed Of Nails	Karma Tent
5:45pm - 6:45pm	Yoga Nidra	Peace Tent

## SUNDAY 29TH JULY 2018

Time	Activity	Location
9:00am - 10:00am	"Let Your Inner Glow Shine" Sun Power Yoga	Karma Tent
9:00am - 10:00am	Laughter Yoga	Peace Tent
10:15am - 11:15am	Yin / Restorative Yoga	Karma Tent
10:15am - 11:15am	Cuddle Therapy	Peace Tent
11:30am - 12:30pm	Kundalini Workshop	Karma Tent
11:30am - 12:30pm	Standing Pilates	Peace Tent
12:45pm - 1:45pm	Fierce Funky Flow Yoga	Karma Tent
12:45pm - 1:45pm	Tantric Conscious Touch Workshop (18+ Years Only)	Peace Tent
2:00pm - 3:00pm	Gong Workshop	Karma Tent
2:00pm - 3:00pm	Inner Home Workshop	Peace Tent
3:15pm - 4:15pm	Dru Yoga	Karma Tent
3:15pm - 4:15pm	Tarot Meditation	Peace Tent
4:30pm - 5:30pm	Acro Yoga	Karma Tent
4:30pm - 5:30pm	Tea Ceremony	Peace Tent

\* Program of workshops, performers, facilities and venues offered throughout the weekend are be subject to change or cancellation. Tickets are non-refundable and non-transferable under any circumstances, including adverse weather conditions or cancellation of workshops, performances, facilities or venues. \*