

# YOGAFESTIVALPROGRAM

## SATURDAY AUGUST 25



TIME	EVENT	TEACHER/PRESENTER	TENT
08.00 - 10.00	MORNING LOUNGE	DJ Santana	Pulsation Point
08.30 - 10.00	YIN YOGA: GET GROUNDED MOVE BETTER	Kristine Marie Rost	Grand Gathering
08.30 - 09.45	KUNDALINI YOGA: BHANDAS	Devraj Singh	Contemplation Corner
08.45 - 10.00	VINYASA: EMERGENCE FLOW	Matt Corker	Radiant Room
10.00 - 11.00	MEDITATION: THE COMPASSIONATE HEART...	Luke Bache	Contemplation Corner
10.00 - 11.30	DEN PERFEKTE KROP ER EN SAGA BLOT*	Mannah Guldager m.fl.	Sharing Space
10.15 - 11.00	KONCERT*	RayRay	Musik & Dans
10.15 - 11.15	INTRODUCTION TO BOWSPRING	Ditte Bykærholm Nielsen	Radiant Room
10.30 - 11.30	CHANTING: BACK TO THE SOURCE	Jacob Weise	Pulsation Point
10.30 - 12.30	HATHA: THE SECRET OF SUN SALUTATION	Govind Radhakrishnan	Grand Gathering
11.15 - 12.15	FOREDRAG: YOGA FOR KVINDER*	Laila Torsheim	Contemplation Corner
11.30 - 12.15	HISTORIE OG YOGA FOR BØRN (4-10 ÅR)*	Arenze Fischer	Kids Corner
11.30 - 12.45	WORKSHOP: CREATIVE SEQUENCING	Shannan Hansen	Radiant Room
12.00 - 13.00	PLANTETINGET: VEGANSK MAD TIL BØRN*	Casper Christiansen	Sharing Space
12.00 - 13.30	MUSIC & YOGA: A FLOW STATE	Liva Overgaard	Pulsation Point
12.45 - 13.30	YOGA FOR HELE FAMILIEN (+5 ÅR)*	Charlotte Bom	Kids Corner
12.45 - 14.00	MEDIYOGA: STRESS & BURNOUT	Veetamo Lyngmo	Contemplation Corner
13.00 - 14.30	HATHA: SIMPLE, REAL, STRONG	Ozgur Oral	Grand Gathering
13.15 - 14.15	DANCE: DANCING PEOPLE	Keren Gefler	Radiant Room
13.30 - 14.30	THE NATURE OF CONSCIOUSNESS	Gabriel Axel	Sharing Space
14.00 - 14.45	JUNGLE YOGA (6-9 ÅR)*	Maiken Kim Winkler	Kids Corner
14.00 - 16.00	GOPI ANAND KIRTAN	Stina & Niels	Pulsation Point
14.15 - 15.30	YIN YOGA: YIN YOUR YANG	Trine Mee Sook Gleerup	Contemplation Corner
14.30 - 15.45	IYENGAR YOGA BASIS*	Ilse Gaardahl & Liselotte Stoltze	Radiant Room
15.00 - 17.00	EMBODIED FLOW: EMPTY HEART	Satu Tuomela	Grand Gathering
15.00 - 15.30	QUIZ*	Mia Sommer	Sharing Space
15.15 - 16.15	ASTANGA FLOW TEEN YOGA (10-14 ÅR)*	Maiken Kim Winkler	Kids Corner
15.45 - 16.15	DVF UNGDOM: UNG & VEGETAR*	Eva Paulsen & Benedikte Lauritzen	Sharing Space
15.45 - 16.45	MEDITATION: THE STATE OF MEDITATION	Svend Trier	Contemplation Corner
16.00 - 17.00	JIVAMUKTI: THE WILD CHILD OF YOGA	Tine Kotzé	Radiant Room
16.30 - 17.30	CONCERT	Stine Steendorph	Pulsation Point
16.30 - 17.30	AYURVEDA: ANCIENT WISDOM AND HABIT...	Amanda Holmstrom	Sharing Space
17.00 - 18.00	TALK: BE A REVOLUTIONARY EXPRESSION...	Tanya Markul	Contemplation Corner
17.00 - 18.30	GRAVIDYOGA*	Evangelia Xiromeritri	Kids Corner

Events marked \* are only available in Danish

We reserve the right to make changes to the program

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COPENHAGEN  
YOGA FESTIVAL

TIME	EVENT	TEACHER/PRESENTER	TENT
17.15 - 18.15	MOVEMENT WORKSHOP: BEVÄG	Jeppe Skovgaard	Radiant Room
17.30 - 19.00	STRALA YOGA	Miriam Swartz	Grand Gathering
18.00 - 19.00	BLIV AKTIV FOR DYRENE*	Jason Møller	Sharing Space
18.30 - 19.30	INTRODUCTION TO PRĀNĀYĀMA	Federico Di Fresco	Contemplation Corner
18.30 - 21.00	LOUNGE & DANCE PARTY	DJ Johan Bay	Pulsation Point
18.45 - 19.45	VINYASA: WILD WOMAN: RADIANT...	Julie Sichlau	Radiant Room
19.30 - 21.00	FLOW: INTUITIVE ALIGNMENT	Nanna Wagner	Grand Gathering
19.45 - 21.00	CACAO CEREMONY	Sarah-Jane Perman	Contemplation Corner
20.00 - 21.00	VINYASA: STEP INTO YOUR MOUNTAIN	Andrea Marcum	Radiant Room
21.30 - 23.30	ECSTATIC DANCE / YOGA RAVE	Malene Brøcher	Pulsation Point

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