

# YOGAFESTIVALPROGRAM

## SUNDAY AUGUST 26



TIME	EVENT	TEACHER/SPEAKER/ARTIST	TENT
08.00 - 10.00	MORNING LOUNGE	DJ Johan Bay	Pulsation Point
08.30 - 09.45	VINYASA: WAKING UP THE TEMPLE	Jessica Rivermoon Basken	Radiant Room
08.45 - 10.00	YIN YOGA: RISE & SHINE	Kristine Marie Rost	Contemplation Corner
09.00 - 10.00	TALK: TANTRIC SATSANG: WHO AM I?	Mette Maj Krag	Sharing Space
09.00 - 10.30	BOWSPRING: FOCUSED & MINDFUL	Ditte Bykærholm Nielsen	Grand Gathering
10.00 - 11.00	MANDALA VINYASA: FIRE & WATER FLOW	Faye Baldwin	Radiant Room
10.15 - 11.00	YOGAEVENTYR (5+ ÅR)*	Rikke Dall-Hansen	Kids Corner
10.15 - 11.15	HARA MEDITATION	Madhavi Guemoes	Contemplation Corner
10.30 - 11.30	BOOK READING	Chantal, Anne, Andrea & Tanya	Sharing Space
10.30 - 12.00	THE CLASSICAL MUSIC FLOW	Luke Bache & Jonas Bleckman	Pulsation Point
11.00 - 13.00	MOVEMENT CLASS: OPEN FLOW YOGA	Birgitte Gorm Hansen	Grand Gathering
11.15 - 12.30	ADVENTURE YOGA: FORM & FLOW	Stephen Ewashkiw	Radiant Room
11.30 - 12.15	STORYTELLING YOGA (AGE 3-6)	Kristine Høj Johnson	Kids Corner
11.30 - 12.30	TALK: ELSK DIG SELV - FRA PRÆSTATION...*	Fie Sommer	Contemplation Corner
12.00 - 13.00	PLANTETINGET*	Kira Eggers & Vicki Berlin	Sharing Space
12.30 - 13.30	CONCERT	Liva Mo	Pulsation Point
12.45 - 13.30	MOR/DATTER YOGA (10+ ÅR)*	Sofie Juul Christensen	Kids Corner
13.00 - 14.00	SHAMANIC DANCE JOURNEY	Sarah-Jane Perman	Radiant Room
13.00 - 14.15	YIN YOGA: SLOW DOWN - FEEL MORE	Trine Hedegaard	Contemplation Corner
13.30 - 14.30	KINDNESS BEYOND FOOD CHOICES	Jeffrey Lins	Sharing Space
13.30 - 15.00	VINYASA: FROM HEAD TO HEART	Andrea Marcum	Grand Gathering
14.00 - 14.45	GRUPPE- OG PARTNERYOGA (10+ ÅR)*	Sisse Siegumfeldt	Kids Corner
14.00 - 15.00	CONCERT	Ida KUDO	Pulsation Point
14.15 - 15.15	FLOW WITH THE LABELS IN MOTION	Kirstine Marie Fabricius	Radiant Room
14.30 - 15.30	MEDIYOGA: TO SUSTAIN GOOD HEALTH	Veetamo Lyngmo	Contemplation Corner
15.00 - 16.00	LECTURE: SUSTAINABILITY, THE CIRCULAR...	Sophie & Anna (hejhej-mats)	Sharing Space
15.30 - 17.00	HATHA: PLAYFUL INVERSION	Michael Bjerrum	Grand Gathering
15.30 - 17.00	VINYASA: SHAKTI RISING	Chantal Russell	Radiant Room
15.30 - 17.00	KIRTAN & HEALING SPACE	Sacred Mantra Chanting	Pulsation Point
15.45 - 17.00	YOGA NIDRA MEDITATION: SACRED PAUSE	Jessica Winderl	Contemplation Corner

Events marked \* are only available in Danish

We reserve the right to make changes to the program