



BUNDABERG YOGA festival 2019

Time	Session	Instructor
8.30am-9.00am	Registration	
9.00am-9.45am	Loving YOU Hatha Yoga	Emma Ellul
10.00am-10.45am	Calming Yoga for Stress Relief	Leanne Toy
11.00am-11.45am	Yoga for Seniors	Heather Piper
11.45am-12.30pm	BREAK	
12.30pm-1.15pm	Yoga Basics	Tina Dimes
1.30pm-2.15pm	Yoga 4 Life	Karen Whyte
2.30pm-3.15pm	BREAK	
3.15pm-4.00pm	Core Strengthening Yoga Flow	Katie Laurie
4.15pm-5.00pm	Yoga Nidra	Amy Maher