



# LITTLE YOGA Festival

Welcome to The Little YOGA Festival  
Arts & wellness for the whole family.

Liberate your mind, vitalise your body and home your heart with three days of over 70 workshops, talks, hotpools, movies, live music & delicious food. This is a festival of the heart. A calling to come learn with us in the ways of wild & grace.

## FRIDAY

START	END	CLASS	TEACHER	VENUE
5.15pm	6.30pm	Powhiri, tea and taste proudly sponsored by Herbal Potential		On the Lawn Meet at Entrance Area
6.30pm	7.15pm	Ritual Design	Jaguar & Simone	Rectangular Marquee
7.30pm	8.30pm	Cacao Ceremony	Connie, Lucy & Juan	Rectangular Marquee
8.30pm	10.00pm	YogaRhythms Tribe Ecstatic Dance Activation	DJ RIA, Katana & Franko Heke	Rectangular Marquee
8.45pm	9.45pm	Soundbath & Meditation ®	Deb Karl & Rob Moore	Scout Hall

The venues: On the lawn, Scout Hall, Rectangular Marquee, Makers Space, Square Marquee, Tipi, Music Stage & Dining Marquee are all located at

**MAY STREET RESERVE, 13 MAY STREET**  
(Home to The Yoga Collective & Mount Community Gardens)

Offsite venues: Mount Hot Pools, 9 Adams Ave & Float Fitness 249 Maunganui Road

## SATURDAY

START	END	CLASS	TEACHER	VENUE
6.15am	7.45am	Sunrise Yoga	CJ Telford	Scout Hall
7.45am	9.15am	Jivamukti Yoga	Eridani Baker	Rectangular Marquee
7.45am	9.15am	Shakti Naam Yoga	Anna Hewlett	Square Marquee
8.00am	9.30am	Kundalini Yoga	Soreya James	Scout Hall
8.00am	9.30am	Ignite Your Radiance (for women)	Tarisha Tourok	Tipi
9.15am	9.45am	SUP 1 ® *	Maggie Langeness	Mt Hot Pools
9.30am	10.15am	Sing a long for Preschoolers	Emily from Wild & Grace	Rectangular Marquee
9.30am	10.15am	Ukulele	Camila Lenhart	Square Marquee
9.45am	10.30am	'Out of the Cereal Box' a Food Demo	Roz McIntosh	Scout Hall
9.45am	10.30am	Te Reo Maori		Tipi
9.45am	10.30am	The Joys of Edible Weeds	Julia Sich	Dining Marquee
10.00am		5 km fun run around the Mount	Mount Runners & Walkers	Meet at Dining Marquee
10.00am	10.30am	SUP 2 ® *		Mt Hot Pools
10.30am	11.15am	Family Yoga	Mel Young	Rectangular Marquee
10.30am	11.15am	Kung Fu	The Martial Arts Academy	Square Marquee
10.45am	11.15am	SUP 3 ® *		Mt Hot Pools
10.45am	11.30am	Matrescence	Claire Baker	Scout Hall
10.45am	11.30am	Music & Creativity	Kären Hunter	Tipi
10.45am	11.30am	Sauerkraut	Teacher in the Paddock	Dining Marquee
11.00am	11.45am	Sarah Marlowe Spence		Music Stage
11.30am	12.15pm	Aqua instead of Green with your Teen	Mig McMillan	Rectangular Marquee
11.30am	12.15pm	The Food Mood Connection	Roz McIntosh	Square Marquee
11.30am	12.15pm	Mandala Art	The Incubator	Makers Space
11.45am	12.30pm	Wim Hof Breathing Technique	Nigel Beach	Scout Hall
11.45am	12.30pm	Vision Boarding	Carmela Fleury	Tipi
11.45am	1.45pm	Circus	Alice Capper-Starr	On the Lawn
12.00pm	12.45pm	Alice Sea		Music Stage

12.30pm	2.00pm	Vinyasa Flow	Sarah Campus	Rectangular Marquee
12.30pm	2.00pm	Ashtanga	Debi Hendra	Square Marquee
12.45pm	2.15pm	Embodying Your Energy	Alyse Young	Scout Hall
12.45pm	2.15pm	Chakras an Intro	Chrissie Cunningham	Tipi
1.00pm	1.30pm	Aerial Yoga ® *	Lou Kirkham	Float Fitness
1.00pm	1.45pm	Rivers & The North Winds		Music Stage
1.45pm	2.15pm	Aerial Yoga 2 ® *	Lou Kirkham	Float Fitness
2.00pm	2.45pm	Simone Vitale		Music Stage
2.15pm	3.00pm	Laughter Yoga	Erika Van Oirschot	Rectangular Marquee
2.15pm	3.45pm	Yin	Carmela Fleury (Tokyo)	Square Marquee
2.15pm	3.00pm	Drawing	The Incubator	Makers Space
2.30pm	4.00pm	Body Love	Wilhemeena	Scout Hall
2.30pm	3.15pm	Didgeridoo	Alice Sea	Tipi
2.30pm	3.00pm	Aerial Yoga 3 ® * 10-13 year olds	Lou Kirkham	Float Fitness
3.00pm	3.45pm	Beekeeping	Seaside Bees	Community Gardens
3.00pm	3.45pm	Kären Hunter		Music Stage
3.15pm	4.00pm	Kids Yoga 3-6 years	Mel Young	Rectangular Marquee
3.30pm	4.15pm	Meditation	Yogini Priya	Tipi
4.15pm	5.45pm	Yin	Stella Wright	Rectangular Marquee
4.15pm	5.45pm	Kirtan Collective	Sarah Marlowe Spence & Co	Square Marquee
4.30pm	6.00pm	Qigong	Giselle Martins	Scout Hall
6.00pm	7.30pm	YogaRhythms: 5 Elements Dance Workshop	RIA & Katana	Rectangular Marquee
6.00pm	7.30pm	Embody Muscle & Bone	Wilhemeena Monroe	Square Marquee
6.15pm	7.45pm	Shamanic Journey	Alyse Young	Scout Hall
6.15pm	7.00pm	Happiness & Mindfulness	Acharya Das	Tipi
7.45pm	8.45pm	African Drumming	Fiona McClure	Rectangular Marquee
8.00pm	8.45pm	Death & Dying	Acharya Das	Scout Hall
8.30pm	9.45pm	Given 'the movie'	Night Owl Cinema	Square Marquee
9.00pm	10.00pm	Soundbath	Alice & Emily	Scout Hall

## SUNDAY

START	END	CLASS	TEACHER	VENUE
7.45am	9.15am	Chakra Yoga	Chrissie Cunningham	Rectangular Marquee
7.45am	9.15am	Hatha Yoga	Olly Roy & Beth Merrick	Square Marquee
8.00am	9.30am	Hot Yoga	Erika Van Oirschot	Scout Hall
8.00am	9.30am	Cultivate Your Lifeforce	Mo Libertad	Tipi
9.15am	9.45am	SUP 4 ® *		Mt Hot Pools
9.30am	11.00am	Shakti Naam	Nilamani Wright	Rectangular Marquee
9.30am	11.00am	Focus Yoga	Curly West	Square Marquee
9.30am	11.00am	Hula Hooping	Lisa Schady	On the Lawn
9.45am	11.15am	The Circle of Breath	Kirstie O'Sullivan	Scout Hall
9.45am	11.15am	Self Compassion through Mindfulness (for women)	Kati Ludwig	Tipi
10.00am	10.30am	SUP 5 ® *	Maggie Langeness	Mt Hot Pools
10.15am	11.00am	Poetry	The Poetry Incubator	Makers Space
10.45am	11.15am	SUP6 ® *		Mt Hot Pools
11.00am	11.45am	Em River		Music Stage
11.15am	12.00pm	How to set your Face Free	Lulastic & the Hippysshake	Rectangular Marquee
11.15am	12.00pm	Family Yoga	Lisa Healy	Square Marquee
11.30am	12.15pm	Blog to Book	Greedy for Colour	Scout Hall
11.30am	12.15pm	Death Cafe	Carole Spice	Tipi
11.30am	12.15pm	Writing	The Poetry Incubator	Makers Space
11.30am	1.00pm	Outdoor Explorers *		The Beach, Moturiki
12.00pm	12.45pm	Franko Heke		Music Stage
12.15pm	1.45pm	Jivankmuti	Eridani Baker	Rectangular Marquee
12.15pm	1.45pm	Acro Yoga – Solar	Amy & Adrian	Square Marquee
12.30pm	2.00pm	Nonviolent Communication	Toni McErlane	Scout Hall
12.30pm	2.00pm	The Presence Zone	Kirstie O' Sullivan	Tipi

## SUNDAY

START	END	CLASS	TEACHER	VENUE
12.30pm	1.15pm	Crochet a Dishcloth	Greedy for Colour	Makers Space
1.00pm	1.45pm	Grace & Hattie		Music Stage
1.00pm	1.30pm	Aerial yoga 4 ® *	Lou Kirkham	Float Fitness
1.45pm	2.15pm	Aerial Yoga 5 ® *	Lou Kirkham	Float Fitness
2.00pm	2.45pm	Kids Yoga for 5-9 years	Lisa Healy	Rectangular Marquee
2.00pm	2.45pm	Interactive World Singing	Emily River	Square Marquee
2.00pm	2.45pm	Knitting	Ninja Knits	Makers Space
2.00pm	2.45pm	Emma & Autumn		Music Stage
2.00pm	2.45pm	Compost	Joe Montalto	Community Gardens
2.15pm	3.00pm	Sewing	Boomerang Bags	Dining Marquee
2.15pm	3.00pm	Galactic Mayan Archetype	Giselle Martins	Scout Hall
2.15pm	3.00pm	The Women's School	Jaguar Star	Tipi
2.30pm	3.00pm	Aerial Yoga 6 ® *		Float Fitness
2.30pm	4.00pm	Acro Yoga – Lunar	Amy & Adrian	Rectangular Marquee
2.30pm	4.00pm	Kapa Haka		Square Marquee
3.00pm	3.45pm	Neil Crowe		Music Stage
3.15pm	4.00pm	Yoga Nidra	Ana Vieira	Tipi
3.30pm	4.45pm	Restorative Yoga	Kristin Borchardt	Scout Hall
4.15pm	4.45pm	The Journey	Marie Freeman	Tipi
4.15pm	5.45pm	Remember Me	Coka Klug	Rectangular Marquee
4.15pm	5.45pm	Heart Circle for Women – Shine Your Light	Jaguar Star	Square Marquee
5.00pm	6.30pm	Heart of the Sacred Masculine	Simone Vitale	Tipi
5.15pm	6.30pm	Restorative Yoga	Kristin Borchardt	Scout Hall

® = Registration required.

\* = Offsite

To register email [littleyogafestival@gmail.com](mailto:littleyogafestival@gmail.com)

Disclaimer: Subject to change.

For most recent timetable visit our website.

TICKETS AVAILABLE AT

[LITTLEYOGAFESTIVAL.COM](http://LITTLEYOGAFESTIVAL.COM)



15–17 SEPTEMBER 2017  
MT MAUNGANUI

ARTS & WELLNESS FESTIVAL FOR THE WHOLE FAMILY