



Yogafest in Somers June 2017



Friday 12-4pm CAMP SETUP	REGISTRATION from 4.30 pm Nina	SEVA ALLOCATION From 4.30 pm Phoebe	GREETING, ACCOMMODATION From 4.30 pm Ornella, Elizabeth, Larissa	6:00-7.15 Gentle Yoga Angela HILL STUDIO	6:00-7.15 Strong Yoga Michelle MAIN STUDIO	7:30 Dinner	8:30 Welcome, Orientation Spiritual talk - Br. Shraddhamrita Chaitanya "Peace: Together we make a difference" MAIN STUDIO
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	6-6:45	6:45	7:30 – 9:30	9:45 -11.00	11.30am – 1.30pm	1..45-2.45	2.45-3.45	4.00 - 6.00	6.30	8.00 – 9.30 pm
Saturday	Guided Meditation 'Shraddhaji' MAIN STUDIO		Hatha Yoga - Johannes MAIN STUDIO Amrita Yoga Part 1 Br. Shraddhamrita HILL STUDIO Vinyasa Yoga Sally OUTPOST		11.30-12.30 Yoga Nidra - Angela - MAIN STUDIO 11.30- 1.30 Yoga Philosophy Telford - LIBRARY/TOWER BLOCK 11.30-1.30 - Art Therapy - Becky HILL STUDIO 11.30 - 12.30 -Nature walk and meditation - Michelle - LAWN		Free time	Blindfold Yoga - Look within Eugenie MAIN STUDIO Amrita Yoga Part 2 Br. Shraddhamrita -HILL STUDIO Re-think Advanced Yoga Nina - OUTPOST		International Yogi Dr. Ramesh Pandey Lecture/ demonstration on Hatha Yoga and the cleansing techniques MAIN STUDIO
Sunday	Guided Meditation Jayashree MAIN STUDIO	Chai & Fruit	Hatha Yoga Johannes MAIN STUDIO Dynamic wake-up Phoebe HILL STUDIO Steady playfulness Elizabeth OUTPOST	Break- fast	11.30-1.30 'Peace - together we make a difference' Eugenie MAIN STUDIO 11.30-1.30 Yoga Acro Therapeutics Sally - HILL STUDIO 12.00 -1.00 Nature walk and meditation - Michelle - LAWN	Soup	Free time	Ovarian Temple- Yoga Nidra for Women - Elizabeth MAIN STUDIO Re-think advanced yoga Nina - HILL STUDIO The other side alignment Telford - OUTPOST	D i n n e r	Kirtan/Chanting Call and response accompanied with musical instruments MAIN STUDIO
Monday	Silent Meditation Eugenie MAIN STUDIO		Hatha Yoga - Johannes MAIN STUDIO Quiet Morning Movement & Restore Phoebe - HILL STUDIO Re-think advanced yoga Nina - OUTPOST		11 – 12.30 Steady playfulness - Elizabeth - HILL STUDIO Restorative Yoga - Becky - MAIN STUDIO 108 Cycles Peace Mantra - LIBRARY/TOWER ----- 1.00 - 1.30 CAMP CLEANUP/PACKUP 1.30 - 2.00 Closing Circle - MAIN STUDIO		If you attend classes in the OUTPOST studio, meet in the carpark 15 mins before the session begins. Car pooling will be organised when there	Please attend all sessions on time and come with required props. Check the whiteboard for information on what will be needed for each class.		Please return all props to the stage area at the completion of each session.

All sessions and workshops are for you to try and experiment -. Please feel free to attend any of the classes on offer. Treat the retreat like a campus and enjoy the results. Welcome to Yogafest Retreat Somers