

**YOGAFEST RETREAT SOMERS
MELBOURNE CUP WEEKEND — 1–4 NOV 2019**

FRIDAY

TIME	CLASS	TEACHER	LOCATION
5.00-6.15pm	General Yoga	Vishal Brook	Main Hall
	Gentle Chi Flow Yoga	Jean Forrest	Hill Studio
6.30-7.00pm	Restorative Yin Yoga	Phoebe Dougall	Main Hall
	Pranayama	Bryan Rogers	Hill Studio
7.15-7.30pm	Orientation	Telford Scully	Main Hall
7.30-8.15pm	Dinner		Main Hall
8.30-9.30pm	Welcome Ceremony		Main Hall
10.00pm	Lights Out – Silence until 9.30am tomorrow		

SATURDAY

TIME	CLASS	TEACHER	LOCATION
6.00-6.30am	Meditation	Jayashree Raghavan	Main Hall
	Pranayama	Bryan Rogers	Hill Studio
6.30-7.00am	Chai and Fruit		Main Hall
7.15-9.15am	Yin Yoga	Frank Bonnici	East End
	General/Exp Yoga	Johannes Mochayeddi	Main Hall
	Amrita Yoga	Br. Shobhana	Hill Studio
9.30-10.30am	Breakfast - Cafe open 10.30-11.30am		Main Hall

11.30am-1.30pm	Shiatsu Workshop	Johannes Mochayedí	Main Hall
11.30am-12.30pm	Inversions Workshop 1	Bryan Rogers	Hill Studio
11.30-1.00pm	Nature Walk	Vishal Brook	Meet at Café
12.30-1.30pm	Philosophy	Telford Scully	East End
	Art Therapy	Rebecca Horne	Hill Studio
	Bush and Beach Jog	Adam Breman	B'ball court
1.45-2.30pm	Lunch		Main Hall
3.00-4.00pm	Philosophy and Vedic Chanting	Br. Shobhana	Main Hall
4.15-6.00pm	General Yoga	Eugenie Knox	Main Hall
	Experienced Yoga	Phoebe Dougall	Hill Studio
	Yin Roll and Release	Maria Ogden	East End
6.15-6.45pm	Pranayama	Bryan Rogers	Main Hall
	Meditation	Douglas Brook	Hill Studio
7.00-8.00pm	Dinner		Main Hall
8.30-9.30pm	Performance Night		Main Hall
10.00pm	Lights Out – Silence until 9.30am tomorrow		

SUNDAY

TIME	CLASS	TEACHER	LOCATION
6.00-6.30am	Meditation	Jayashree Ragahavan	Main Hall
	Pranayama	Bryan Rogers	Hill Studio

6.30-7.00am	Chai and Fruit		Main Hall
7.15-9.15am	Chi Flow	Jean Forrest	East End
	Amrita Yoga	Br. Shobhana	Hill Studio
	General/Experienced Yoga	Johannes Mochayedí	Main Hall
9.30-10.30am	Breakfast - Cafe open 10.30-11.30am		Main Hall
11.30-12.30pm	Bush Silent Disco	Guru Dudu/David	Meet at Café
12.30-1.30pm	Philosophy	Bryan Rogers	Hill Studio
	Lotus workshop	Eugenie Knox	Main Hall
	Yin Roll and Release	Maria Ogden	East End
	Beach Kite Flying	Adam Breman	Main Lawn
1.45-2.30pm	Lunch		Main Hall
3.00-4.00pm	Yoga Nidra	Br. Shobhana	Main Hall
4.15-6.00pm	Experienced Yoga	Telford Scully	East End
	Inversions Workshop 2	Bryan Rogers	Hill Studio
	Restorative Yoga	Rebecca Horne	Main Studio
6.15-6.45pm	Pranayama	Bryan Rogers	Main Hall
	Meditation	Br. Shobhana	Hill Studio
7.00-8.00pm	Dinner		Main Hall
8.30-9.30pm	Kirtan Chanting		Main Hall
From 8.00pm	Night-time Star Gazing	Adam Breman	Main Lawn
10.00pm	Lights Out – Silence until 9.30am tomorrow		

MONDAY

TIME	CLASS	TEACHER	LOCATION
6.00-6.30am	Meditation	Jayashree Ragahavan	Main Hall
	Pranayama	Bryan Rogers	Hill Studio
6.30-7.00am	Chai and Fruit		Main Hall
7.15-9.15am	General/Experienced Yoga	Johannes Mochayedí	Main Hall
	Chi Flow	Jean Forrest	Hill Studio
	Yin Roll and Release	Maria Ogden	East End
9.30-10.30am	Breakfast - Cafe open 10.30-11.30am		Main Hall
11.30am-12.15pm	Closing Event		Main Hall
12.30-1.30pm	Camp Pack Up		