

# Yoga Spirit Festival Malaysia 2014

## FESTIVAL SCHEDULE

**11th October 2014 (SATURDAY)**

8:30am - 9:30am      **REGISTRATION**

	Hall 1	Hall 2	Hall 3
9.30am-11.00am	<b>Power Core Flow</b> (B/I/A) <b>Maizan</b>	<b>Journey Into Your Body</b> (B/I/A) <b>Deep</b>	<b>All that is Bound will be Unbound</b> (B/I/A) <b>Jean</b>
11.15am - 12:15pm	<b>Opening Ceremony - Laughter Yoga with Kittie Chang</b>		
12.15pm - 2:00pm	<b>Lunch and Check In</b>		
2.00pm-3.00pm	<b>Myth of Organic Food &amp; Farming</b>  <b>BMS Organics, Jacey</b>	<b>Yoga Sutras</b>  <b>Deep</b>	<b>Nutrition That Will Bring the Best Out Of You</b>  <b>Carina</b>
3.30pm-5.00pm	<b>Self Love Flow</b> (B/I/A) <b>Anna</b>	<b>Inversion</b> (I/A) <b>James Wong</b>	<b>AcroYoga (solar &amp; acrobatics)</b> (B/I/A) <b>Sasa</b>
5.30PM-7.00PM	<b>8 Minutes Lifestyle</b> (B/I/A) <b>Jason</b>	<b>Magic Chakras</b> (B/I/A) <b>Deep</b>	<b>Acro Yoga (lunar &amp; therapeutics)</b> (B/I/A) <b>Melissa</b>
7.00PM-8.30PM	<b>Dinner</b>		
8.30PM-9.30PM	<b>Kirtan Music &amp; Dance</b>		

**12th October 2014 (SUNDAY)**

6.30am-7.30am	<b>Taste Of Life with Yoga Active Breathing Techniques and Meditation</b> (B/I/A) <b>Deep</b>	6.00am - 7.30am <b>Ashtanga</b> (B/I/A) <b>Ganesh</b>	
6.30am - 9.30am	<b>Breakfast</b>		
	<b>Hall 1</b>	<b>Hall 2</b>	<b>Hall 3</b>
9.00am-10.30am	<b>Refine from Head to Toe in Standing</b> (B/I/A) <b>Michaela</b>	<b>Tripsichore Yoga</b> (I/A) <b>Matthew</b>	<b>Power of Choice</b> (B/I/A) <b>Anna</b>
11.00am-12.30pm	<b>The Art of Twisting: From the Outside In</b> (B/I/A)  <b>Parul</b>	<b>Kundalini Yoga</b> (B/I/A)  <b>Balraj</b>	<b>Amazing Reflex Ball Therapy</b> (B/I/A)  <b>Zhen</b>
12.30pm-2.15pm	<b>Lunch (and check out)</b>		
2.15pm-3.30pm	<b>Restorative Neo Yin Yoga</b> (B/I/A) <b>Deep</b>	<b>Be Present</b> (B/I/A) <b>Anna</b>	<b>Ener-Chi</b> (B/I/A) <b>Maizan</b>
4.00pm - 5.00pm	<b>Closing Ceremony (Bollywood Dance with Anwaar)</b> <b>Lucky Draw and Group Photo</b>		

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