

Yoga Spirit Festival Malaysia 2014

FESTIVAL SCHEDULE

11-10-2014 (SATURDAY)

8:30am - 9:30am **Registration - LL, Z, V**

	e-Fitness	AVEDA	BMS ORGANICS
	Dewan 1 (Lobby)	Kenyalang Lounge (Level 7)	Tiong Mas Murai (Level 7)
9.30am-11.00am	Power Core Flow (B/I/A) Maizan - Z	Journey Into Your Body (B/I/A) Deep - A	All that is Bound will be Unbound (B/I/A) Jean - V
11.15am - 12:15pm	Opening Ceremony - Laughter Yoga with Kitti Chang (Dewan 1, Lobby)		
12.15pm - 2:00pm	Lunch (De'Lanai and Merbuk) and Check In (Reception)		
2.00pm-3.00pm	Nutrition That Will Bring the Best Out Of You Carina Lipold - Z	Yoga Sutras Deep - A	Myth of Organic Food & Farming BMS Organics, Kacey - V
3.30pm-5.00pm	Inversion (B/I/A) James Wong - Z	Self Love Flow (B/I/A) Anna - LL	AcroYoga (solar & acrobatics) (B/I/A) Sasa - V
5.30PM-7.00PM	Acro Yoga (lunar & therapeutics) (B/I/A) Melissa - Z	Magic Chakras (B/I/A) Deep - A	8 Minutes Lifestyle (B/I/A) Jason - V
7.00PM-8.30PM	Dinner (De'Lanai & Bilik Merbuk)		
8.30PM-9.30PM	Kirtan Music & Dance (Dewan 1,Lobby)		

12-10-2014 (SUNDAY)			
	Outdoor (Telematch Ground)	Dewan 1	Dewan 3
	6.30am-7.30am	6.00am - 7.30am	
Sunrise	Taste Of Life with Yoga Active Breathing Techniques and Meditation (B/I/A) Deep - Z	Ashtanga (B/I/A) Ganesh - LL	
6.30am - 9.30am	Breakfast (De'Lanai & Bilik Merbuk)		
	AVEDA Dewan 1	BMS ORGANICS Dewan 2	e-Fitness Dewan 3
9.00am-10.30am	Tripsichore Yoga (I/A) Matthew - LL	Refine from Head to Toe in Standing (B/I/A) Michaela - D	Power of Choice (B/I/A) Anna - Z
11.00am-12.30pm	Kundalini Yoga (B/I/A) Balraj - LL	The Art of Twisting: From the Outside In (B/I/A) Parul - D	Amazing Reflex Ball Therapy (B/I/A) Zhen - A
12.30pm-2.15pm	Lunch (De'Lanai & Bilik Merbuk) and check out		
2.15pm-3.30pm	Be Present (B/I/A) Anna - LL	Ener-Chi (B/I/A) Maizan - Z	Restorative Neo Yin Yoga (B/I/A) Deep
4.00pm - 5.00pm	Closing Ceremony (Bollywood dance with Anwaar) Lucky Draw and Group Photo (Dewan 3)		