

# SUNDAY PROGRAMME CAIRNGORMS YOGA FESTIVAL 2020



Time	Name	Description	Instructor/Leader
07.00-08.15	YOGALISCIOUS BREAKFAST	Continental style	Lunchbox Boys
07.00-07.45	Woodland Run	Enjoy an early morning wake up! Runners of all abilities welcome.	Cairngorm Runners
07.00-08.30	Introduction to Forest Bathing: Awaken your Senses	A short introductory session to 'Forest Bathing' with a number of 'invitations'	Cath
08.30-08.40	Awakening the Day	Continuous om.	The Instructor Team
08.15-08.45	Walking for Meditators	A short walking meditation for those already experienced in practicing meditation	Jan
09.00-10.15	Yin/Yang Flow Yoga	Mat-based yin postures with gentle yang flows.	Julie
09.00-10.00	Fire Element Bliss Yoga	Yoga flow, enlivening Kriyas, pranayama, meditation and mantra to awaken the fire element	Gina
09.00-10.15	Yoga Workshop: Extend Your Spine, Open Your Heart	Back strengthening and chest/shoulder opening to rebalance from spinal compression	Adele
09.00-09.45	Children's Yoga age 5-8 years	An introduction to yoga for 5-8 year olds, through movement and song. Children's yoga	Sara
09.00-10.00	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands directly	Simon
10.00-11.30	Mindful Art for Children age 5+	Enjoy stone painting and circular weaving, creating part of a Festival Installation	Claire
10.30-11.45	Transformative Vinyasa	Flow with a focus on core stability, core energy, basic arm balances and backbends	Lesley
10.30-11.45	Hatha Yoga led by a Physio Yoga Teacher	A practice backed by a physiotherapist's knowledge of the human body	Barbara
10.30-11.15	Mindfulness and Meditation for Daily Life Workshop	How can mindfulness and meditation become part of my life? Practice meditation	Jan
10.30-12.00	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands directly	Simon
12.00-12.20	Pranayama	Practise a range of breathing exercises to invigorate through improved breathing	Sara
12.00-13.15	Unleash Your Inner Shiva: Mastering Dancer Pose	Spinal extension poses that will lead up to a master pose: Natarajasana	Adele
12.00-13.00	Breath is Boss	A slow, strength based breath guided vinyasa flow class focussing on self breathing	Abby
12.00-12.30	Introduction to Juicing	Why and how to Juice. Benefits to health, choice of machine and best of all	Lisa
12.30-13.45	YOGALISCIOUS LUNCH	Buffet	Lunchbox Boys
12.30-13.45	LUNCH ROOM	n/a	n/a
14.00-15.15	The Body Fluid: Exploring Primal Movement	Inspired by Animal Flow and Primal Movement, free your inner beast to move	Adele
14.00-15.15	Yoga for a Deeper Connection	A fusion of strong breathwork, deep mindfulness and gentle yoga postures	Lesley
14.00-15.15	Hatha Yoga Workshop led by a Physio Yoga Teacher	A workshop backed by a physiotherapist's knowledge of the human body	Barbara
14.00-15.15	Mindful Art for Adults	Enjoy stone painting and circular weaving, creating part of a Festival Installation	Claire
14.00-15.15	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands directly	Simon
15.30-16.40	Yoga with Live Music: The Silence After the Sound	Opening meditation, flowing asana practice and yoga nidra, with music	Sara & Will

15.30-16.40	Essential Yin Yoga	Long slow holds and breathwork with the option of essential oils, to n	Julie
15.45-16.45	Sound Bath	Relax and meditate to the sound and vibration of the instruments - crystal b	Helene
15.30-16.45	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands dire	Simon
16.50-17.00	Final Dedication and Closing	Join in the final continuous om.	The Instructor Team