

SATURDAY 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' that awaken our senses, concentrating on listening, touch and sight as well as allowing time for quiet meditation and a traditional tea ceremony.	Cath
08.00-08.10	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	Ashtanga Yoga: a led class	Whether an experienced Ashtanga yogi or new to this form, enjoy being guided through some of the primary series.	Julie
09.00-10.15	Yoga Flow: Explore the Chakras (lower)	Enliven and balance the chakras from root to manipura through gently flowing asana.	Gina
09.00-10.15	Hatha Yoga Workshop led by a Physio Yoga Teacher	A workshop backed by a physiotherapist's knowledge of the human body.	Barbara
09.00-10.00	Welcome to Meditation and Mindfulness Workshop	An introduction to mindfulness and a short breathing space meditation. Suitable for beginners.	Jan
09.00-09.30	Children's Yoga age 5-8 years	An introduction to yoga for 5-8 year olds, through movement and song. Children must be accompanied by an adult.	Sara
10.15-10.55	Circus Skills for Children age 7+	Juggling, devil sticks, plate spinning for children aged 7 years +	Claire
10.30-11.45	Yoga Flow: Explore the Chakras (upper)	Enliven and balance the chakras from anahata to crown through gently flowing asana.	Gina
10.30-11.45	Honouring the Sun Salutation - Yoga Workshop	Investigate the technique of the different poses within a conventional sun salutation and discover some fun alternatives.	Sara
10.30-11.30	Story Telling Workshop: Sidhe (faery folk) of Strathspey	An interactive story telling workshop that uses movement to help with the embodiment of the energy and themes found in the local folklore and traditions. Fun, creativity, connection and mindfulness are at the heart of this session.	Lesley
11.00-12.15	Mindful Art for Adults	Enjoy stone painting and circular weaving, creating part of a Festival Installation plus a memento to keep.	Claire
11.45-13.15	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands directly behind the hall.	Simon

11.45-12.30	Sound Bath	Relax and meditate to the sound and vibration of the instruments - crystal bowls, drums.	Helene
12.00-13.15	Power UP: Upper Body Strength	Strengthen the upper body to prepare the body for a safe Headstand (or working towards Headstand). Not suitable for those with shoulder injury.	Adele
12.00-12.55	Yoga for a Deeper Connection	A fusion of strong breathwork, deep mindfulness and gentle yoga postures set to the theme of the Celtic story of the Selkies or seal folk who are half seal half human.	Lesley
12.30-13.00	Introduction to Juicing	Why and how to juice. Benefits to health, choice of machine and best of all... sampling.	Lisa
12.45-13.45	YOGALISCIOUS LUNCH	Buffet	Lunchbox Boys
12.45-13.45	LUNCH ROOM	n/a	n/a
13.00-14.00	THUNDER IN THE GLEN RIDE OUT	Watch a the Harley Davidsons thunder through Boat of Garten.	n/a
14.00-15.15	Embodied Slow Flow Yoga	Meditation in action. Slow, mindful flowing Hatha Yoga to recharge and re-connect.	Gina
14.00-15.15	How to Sit and Be with Yourself - Meditation Workshop	Settling, grounding, resting and support in meditation. Suitable for beginners and those with some experience.	Jan
14.00-15.15	Yin/Yang Flow Yoga	Mat-based yin postures with gentle yang flows.	Julie
14.00-15.30	Mindful Art for Adults	Enjoy stone painting and circular weaving, creating part of a Festival Installation plus a memento to keep.	Claire
14.00-15.15	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands directly behind the hall.	Simon
15.30-16.45	The Body Fluid: Exploring Primal Movement	Inspired by Animal Flow and Primal Movement, free your inner beast by exploring and improvising yoga movements.	Adele
15.30-16.30	Yoga Workshop - Why your drishti matters	Have you considered how your gaze affects your asana practice? Whichever way you look at it this workshop will open your eyes to seeing a benefit to your practice!	Sara
15.30-16.30	Sound Bath	Relax and meditate to the sound and vibration of the instruments - crystal bowls, drums.	Helene
15.30-17.00	Guided Walk - Caledonian Scots Pine Forests	Enjoy a guided nature walk and experience the magic of the woodlands directly behind the hall.	Simon
17.00-17.15	Closing the Day	Continuous om.	The Instructor Team
18.30-23.00	Music and social evening with food	Music from Will Boyd-Wallis and Capital Rant, BBQ and time to socialise with both old and new friends.	The Whole Team