

AGENDA



Friday 20 October

07:00 - 08:00	Early Morning Yoga - STH Marconi Terrace <i>Mary-Louise Parkinson</i>
07:00 - 08:50	Registration
09:00 - 09:30	Opening Ceremony <i>Includes Welcome to Country by Darug elder Ros Fogg</i>
09:30 - 10:30	Energy Matrix of Yoga <i>Dr Ananda</i>
10:30 - 11:00	BREAK
11:00 - 12:30	Energy Matrix of Yoga <i>Dr Ananda</i>
12:30 - 13:45	LUNCH BREAK
13:45 - 16:15	How to move fluidly from your core in your postural practice <i>Simon Borg-Olivier</i>
16:15 - 16:45	BREAK
16:45 - 17:30	Yin Restorative <i>Sarah Manning</i>
17:30	Close Day 1

Saturday 21 October

07:00 - 08:00	Early Morning Yoga - STH Marconi Terrace <i>Simon Borg-Olivier</i>
08:00 - 08:50	Registration
09:00 - 09:45	What makes yoga - Yoga <i>Donna Farhi</i>
09:45 - 10:00	BREAK
10:00 - 11:45	Strong, centered & pain free; the psoas as keystone to balanced posture <i>Donna Farhi</i>
11:45 - 12:00	BREAK
12:00 - 12:50	Classical teachings from our great Yoga Masters of the past <i>Marion (Mugs) McConnell</i>
12:50 - 13:50	LUNCH BREAK
13:50 - 14:10	Diwali blessing <i>Shakti Durga</i>
14:15 - 15:45	Ayurvedic principles for yoga practitioners <i>Dr Rama Prasad</i>
15:45 - 16:00	BREAK
16:00 - 17:00	iRest Yoga Nidra <i>Dr June Henry</i>
17:00	Close Day 2
18:45 - 22:15	Gala Dinner @ STUDIO Sydney Tower

Sunday 22 October

07:00 - 08:00	Early Morning Yoga - STH Marconi Terrace <i>Eve Grzybowski</i>
08:00 - 08:50	Registration
09:00 - 11:30	Yoga in the light of physical, mental & spiritual health <i>Chris Barrington</i>
11:30 - 12:00	BREAK
12:00 - 13:00	The art of mindful presence in yoga teaching <i>Sal Flynn</i>
13:00 - 14:00	LUNCH BREAK
14:00 - 16:00	Because You're Beautiful <i>Toni Childs</i>
16:00 - 16:30	Closing Ceremony
16:30	Conference Close