

MAIN STAGE

SPEAK EASY

THE UNCOMMONS

KULA MARKETPLACE

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

08:00 - 08:45
AMPLIFIED YOGA
WITH DONOVAN MCGRATH

PRE-RUN STRETCH
GEORGIE LEWIS

09:00 - 10:10
5K RUN (OR WALK, SKIP OR STROLL)
Triathlon - Part One

09:10 - 09:50
SOUND BATH
WITH VASUDHA HARTE

10:15 - 10:30
THE IMPORTANCE OF YOGA TALK
EOIN FINN

10:30 - 11:30
YOGI ROCKSTAR
EOIN FINN
Triathlon - Part Two

11:30 - 11:45
CIRCLE OF LIGHT
EOIN FINN

12:00 - 13:00
MEDITATION
Triathlon - Part Three
PLUS INTENTION SETTING
LARA ZILBOWITZ & BENNY HOLLOWAY

13:15 - 14:00
MEDITATE, MOVE + MUSIC
PRESENTED BY SHRI YOGA

14:15 - 15:00
BREATHWORK
PRESENTED BY FUSION HOT YOGA

09:00 - 10:00
BUILDING PERSONAL POWER PART 1 - KEMI NEKVAPIL

10:15 - 11:15
YOU ALREADY KNOW
HELEN JACOBS

11:30 - 12:30
MANIFESTING: MAKE IT HAPPEN
JORDANNA LEVIN

12:45 - 13:45
SUPER CHARGE YOUR GUT
LEE HOLMES
COOKING DEMO

14:00 - 15:00
BUILDING PERSONAL POWER PART 2 - KEMI NEKVAPIL

15:15 - 15:45
SISTER TRIBE
WITH LARA ZILBOWITZ, LEE HOLMES & JORDANNA LEVIN

08:00 - 10:00
AERIAL YOGA
CHANTELLE RAWLINGS

THE ROLL MODEL® METHOD SESSION
VIRGINIA CORPUS MCDERMOTT

13:00 - 16:00
AERIAL YOGA
CHANTELLE RAWLINGS

HOOPING
BRISBANE HULA HOOPS

THE ROLL MODEL® METHOD SESSION
VIRGINIA CORPUS MCDERMOTT

ACRO YOGA
EMMA MILLER

GET YOUR MORNING COFFEE AT THE TRUE NORTH CAFE SERVED BY COFFEE ON CUE

TRIBAL MARKINGS - CHANNEL 10

FLOWER CROWNING - HIT FM

WANDERBOWL - HAPPY SOUL BOWL

- ALL DAY

13:00 - 13:30
THE ESSENCE OF YOGA
PRESENTED BY FLEX HOT YOGA

Free!

General Admission, Premium & VIP access

Premium & VIP access

DON'T FORGET TO VISIT THE
Kula Marketplace
FOR AMAZING FOOD, WORKSHOPS AND MERCHANDISE