


	MAIN STAGE	THE SHALA	ETTITUDE HAVEN	SPEAK EASY	KULA MARKETPLACE	FIND YOUR TRUE FORK	THE UNCOMMONS
7:00 AM							
8:00 AM	08:00 - 08:45 <b>YOGA JAM</b> CHRISTIAN RALSTON	08:00 - 09:00 <b>WARRIOR ONE YOGA</b> EMMA MAIDMENT		08:15 - 08:45 <b>TALK: EXPLORING THE SACRED SITES</b> WITH JACINTA NICOLE			08:00 - 10:00 <b>AERIAL YOGA</b> CHANTELLE RAWLINGS
9:00 AM	PRE-RUN STRETCH						<b>HOOPING</b> CAITLYN WOODS - SPINJOY
	09:00 - 10:10 <b>5K RUN (OR WALK, SKIP OR STROLL)</b> <i>Triathlon - Part One</i>	09:15 - 10:15 <b>FIND YOUR YOGA POSE</b> MARC LAWS	09:00 - 09:45 <b>CACAO CEREMONY &amp; MEDITATION</b> CLAIRE KENNA	09:00 - 09:45 <b>MAKING YOUR HORMONES HAPPIER</b> DR NAT & SONJA MACKAY			
10:00 AM	10:10 - 10:30 INTENTION SETTING CEREMONY SIAN PASCALE		10:00 - 10:30 CRYSTAL INTENTION SETTING WORKSHOP - ULUNA	10:00 - 11:15 <b>BUILDING PERSONAL POWER</b> PART 1 - KEMI NEKVAPIL		10:00 - 11:00 <b>BUILDING A DISH WITH SENSORY IMPACT</b> ADAM RICE & CARLY MEADEN	10:00 - 11:00 <b>AERIAL YOGA</b> CHANTELLE RAWLINGS
11:00 AM	10:30 - 11:45 <b>YOGA: BOYS OF YOGA</b> <i>Triathlon - Part Two</i>	10:30 - 12:30 <b>DISCOVER THE THREE TREASURES OF VITALITY</b> TRUTH ROBINSON	10:45 - 11:30 <b>FIND YOUR GOOD PLACE MINDFULNESS MEDITATION</b> RAY GOOD		11:00 - 11:30 <b>WILD ORANGE WELLBEING MINDFUL PHOTOGRAPHY</b> WITH SONJA MACKAY		
	11:45 - 12:00 THE IMPORTANCE OF YOGA TALK PRESENTED BY NOVA BROWN AND MICHAEL JAMES WONG		11:45 - 12:45 <b>LICENCE TO CHILL - WIM HOF</b> ASHER PACKMAN	11:30 - 12:00 <b>GOAL DIGGING - MIGOALS</b>		11:15 - 12:15 <b>RAW VEGAN MARS BAR SHOKU IKU</b> COOKING DEMO	
12:00 PM	12:00 - 12:45 <b>MEDITATION</b> BIET SIMKIN <i>Triathlon - Part Three</i>			12:00 - 12:30 <b>JOURNAL YOUR WAY</b> MIGOALS AND RACHAEL KABLE	12:00 - 16:00 <b>GRAB YOUR WANDERBOWL, VEGAN BBQ OR OTHER HEALTHY OPTIONS</b>		
1:00 PM	13:00 - 14:00 <b>GAWURRA</b>	12:45 - 13:45 <b>WARRIOR ONE YOGA PRESENTS RESTORATIVE YOGA</b>	13:00 - 13:45 <b>THE GIFT OF BREATHWORK</b> SIAN PASCALE	12:45 - 13:15 <b>THE MINDFUL KIND</b> RACHAEL KABLE		13:00 - 13:45 <b>BEAUTY FOOD</b> LOLA BERRY COOKING DEMO	13:00 - 16:00 <b>AERIAL YOGA</b> CHANTELLE RAWLINGS
2:00 PM	14:15 - 16:15 <b>MASTER CLASS ACRO YOGA</b> WITH WARRIOR ONE YOGA <i>1/2 HR SESSIONS</i>	14:00 - 14:45 <b>YOGA PHILOSOPHY TALK</b> WITH DUNCAN PARVIAINEN	14:00 - 14:45 <b>IN CONVERSATION</b> WITH BIET SIMKIN & JEREMY CARNE	13:30 - 14:15 <b>BUILDING PERSONAL POWER</b> PART 2 - KEMI NEKVAPIL			14:00 - 14:45 <b>SUPER CHARGE YOUR GUT</b> LEE HOLMES COOKING DEMO
3:00 PM		15:00 - 16:00 <b>RAJA YOGA</b> ELISE CARR	15:00 - 15:45 <b>JUST BREATHE</b> MICHAEL JAMES WONG	14:30 - 15:15 <b>SISTER TRIBE</b> KEMI NEKVAPIL, LOLA BERRY, RACHAEL KABLE & SONJA MONTAGUE MACKAY			<b>HIGHWAY TO HANDSTAND</b> CHRISTIAN RALSTON
4:00 PM				15:30 - 16:00 <b>ESSENTIAL OILS WORKSHOP</b> TAYA MOSKALJUK			
5:00 PM					16:00 - 17:00 <b>PLANT DISCO</b> WANDERING JUNGLE	16:00 - 17:00 <b>REWILD YOUR GUT</b> THE FERMENTARY COOKING DEMO	

 Free!

 General Admission, Premium & VIP access

 Premium & VIP access

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