

	MAIN STAGE	THE SHALA	ETTITUDE HAVEN	SPEAK EASY	TRUE NORTH CAFÉ	FIND YOUR TRUE FORK	THE UNCOMMONS
7:00 AM				07:00 - 12:00 TRIBAL MARKINGS			
8:00 AM	08:00 - 08:45 YOGA JAM CHRISTIAN RALSTON						08:00 - 10:00 AERIAL YOGA CHANTELLE RAWLINGS
9:00 AM	PRE-RUN STRETCH LEAD BY LOLA BERRY						HOOPING - CAITLIN - SPINJOY
	09:00 - 10:10 5K RUN (OR WALK, SKIP OR STROLL) <i>Triathlon - Part One</i>	09:15 - 10:15 FIND YOUR YOGA POSE MARK LAWS	09:00 - 09:45 CACAO CEREMONY & MEDITATION CLAIRE KENNA	09:00 - 09:45 MAKING YOUR HORMONES HAPPIER DR NAT & SONJA MCKAY			
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 BUILDING PERSONAL POWER PART 1 - KEMI NEKVAPIL	10:00 - 10:30 TALK: EXPLORING THE SACRED SITES WITH JACINTA NICOLE	10:00 - 11:00 BUILDING A DISH WITH SENSORY IMPACT ADAM RICE & CARLY MEADEN	10:00 - 10:30 AFRICAN DRUMMING WELLNESS WORKSHOP
11:00 AM	10:30 - 11:45 YOGA: BOYS OF YOGA <i>Triathlon - Part Two</i>		11:00 - 11:45 FIND YOUR GOOD PLACE MINDFULNESS MEDITATION RAY GOOD		11:00 - 11:30 WILD ORGANGE WELLBEING MINDFUL PHOTOGRAPHY WITH SONJA MCKAY		
12:00 PM	11:45 - 12:00 THE IMPORTANCE OF YOGA TALK PRESENTED BY DUSTIN & NOVA BROWN			11:30 - 12:00 GOAL DIGGING - MIGOALS		11:15 - 12:15 RAW VEGAN MARS BAR SHOKUIKU COOKING DEMO	
	12:00 - 12:45 MEDITATION: BIET SIMKIN <i>Triathlon - Part Three</i>		12:00 - 12:45 FINDING FREEDOM WITH VEDIC MEDITATION LAURA POOLE	12:00 - 12:30 JOURNAL YOUR WAY MIGOALS AND RACHEL KABLE	12:00 - 16:00 WANDERBOWL FEAST & VEGAN BBQ SIZZLE		
1:00 PM	12:45 - 14:45 MASTER CLASS ACRO YOGA WITH WARRIOR ONE	12:45 - 13:45 WARRIOR ONE PRESENTS RESTORATIVE YOGA	13:00 - 13:45 THE GIFT OF BREATHWORK SIAN PASCALE	12:45 - 13:15 THE MINDFUL KIND RACHEL KABLE		13:00 - 13:45 BEAUTY FOOD LOLA BERRY COOKING DEMO	13:00 - 16:00 AERIAL YOGA CHANTELLE RAWLINGS
2:00 PM		14:00 - 14:45 YOGA PHILOSOPHY TALK WITH DUNCAN PARVAINEN	14:00 - 14:45 IN CONVERSATION WITH BIET SIMKIN & JEREMY CARNE	13:30 - 14:15 BUILDING PERSONAL POWER PART 2 - KEMI NEKVAPIL		14:00 - 14:45 SUPER CHARGE YOUR GUT LEE HOLMES COOKING DEMO	HOOPING - CAITLIN - SPINJOY
3:00 PM	15:00 - 16:00 LICENCE TO CHILL - WIM HOF ASHER PACKMAN	15:00 - 16:00 RAJA YOGA ELISE CARR	15:00 - 15:45 JUST BREATHE MICHAEL JAMES WONG	14:30 - 15:15 SISTER TRIBE KEMI NEKVAPIL, LOLA BERRY, RACHEL KABLE & SONJA MONTAGUE MACKAY		15:00 - 15:45 AYURVEDIC COOKING ALEX KLEIN COOKING DEMO	HIGHWAY TO HANDSTAND CHRISTIAN RALSTON
4:00 PM				15:30 - 16:00 DOTEERA PRESENTS ESSENTIAL OILS WORKSHOP TAYA MOSKALJUK			
5:00 PM					16:00 - 17:00 PLANT DISCO WANDERING JUNGLE	16:00 - 17:00 REWILD YOUR GUT 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