

	MAIN STAGE	THE SHALA	SPEAK EASY	THE HAVEN	THE UNCOMMONS	KULA MARKETPLACE
7:00 AM	07:00 - 08:00 108 MANDALA CREATION WITH LARA ZILIBOWITZ					GET YOUR MORNING COFFEE AT THE TRUE NORTH CAFE SERVED BY COFFEE ON CUE
8:00 AM	08:00 - 08:45 AMPLIFIED YOGA WITH DONOVAN MCGRATH			08:00 - 14:00 10 MINUTE SOUND BATH SESSIONS WITH DIDGERIDOO, SINGING BOWLS, GONGS, WINDCHIMES AND TINGSHAW PRESENTED BY SING BOWLS	08:00 - 10:00 AERIAL YOGA CHANTELLE RAWLINGS	WANDERBOWL SERVED AT THE TRUE NORTH CAFE - ALL DAY
9:00 AM	08:45 - 09:00 PRE-RUN STRETCH				HOOPING CAITLIN SPINJOY	09:00 - 16:00 HIT FM FLOWER CROWNING - ALL DAY
9:00 AM	09:00 - 10:10 5K RUN (OR WALK, SKIP OR STROLL) <i>Triathlon - Part One</i>	09:00 - 10:00 FLOW ATHLETIC POP-UP	09:00 - 09:45 THE POWERFUL BODY AT 50 AND BEYOND KELLY DOUST, DR JOANNA MCMILLAN, DR GINNI MANSBERG, MAGGIE HAMILTON			
10:00 AM	09:10 - 09:50 SOUND BATH WITH PHOEBE JOEL					10:00 - 16:00 SEEDLIP GARDEN OASIS OPEN FROM 10AM - 4PM
10:00 AM	10:15 - 10:30 INTENTION SETTING LARA ZILIBOWITZ	10:15 - 11:15 WIM HOF METHOD JOHANNES ENGLEBERT	10:00 - 11:00 BEAUTY FOOD WITH LOLA BERRY			
11:00 AM	10:30 - 11:30 YOGI ROCKSTAR EOIN FINN <i>Triathlon - Part Two</i>					
11:00 AM	11:30 - 11:45 CIRCLE OF LIGHT EOIN FINN	11:30 - 12:00 FIND YOUR SLEEP WORKSHOP THE GOODNIGHT CO	11:15 - 12:15 THE SPACE BETWEEN BY KATE KENDALL			
12:00 PM	12:00 - 12:45 MEDITATION BIET SIMKIN <i>Triathlon - Part Three</i>					12:00 - 12:30 NON-ALCOHOLIC COCKTAIL MASTERCLASS SEEDLIP GARDEN OASIS
1:00 PM	12:45 - 13:00 THE IMPORTANCE OF YOGA KATE KENDALL					WANDERBOWL SERVED AT THE TRUE NORTH CAFE SEEDLIP GARDEN OASIS HIT FM FLOWER CROWNING ALL CONTINUE TO 4PM
1:00 PM	13:00 - 14:00 MUSIC BY GAWURRA	13:00 - 13:45 YOGA LARA ZILIBOWITZ & BENNY HOLLOWAY	12:45 - 13:45 SUPER CHARGE YOUR GUT LEE HOLMES COOKING DEMO		13:00 - 15:00 AERIAL YOGA CHANTELLE RAWLINGS	
2:00 PM					HOOPING CAITLIN SPINJOY	13:30 - 14:00 NON-ALCOHOLIC COCKTAIL MASTERCLASS SEEDLIP GARDEN OASIS
2:00 PM	14:00 - 15:00 FIND YOUR YOGA POSE EOIN FINN	14:00 - 16:00 POWER LIVING TAKE-OVER PRESENTS FROM YIN TO VIN WITH DUNCAN PEAK	14:00 - 14:45 SISTER TRIBE LOLA BERRY, KATE KENDALL, BIET SIMKIN & LARA ZILIBOWITZ		HIGHWAY TO HANDSTAND CHRISTIAN RALSTON	WANDERBOWL SERVED AT THE TRUE NORTH CAFE SEEDLIP GARDEN OASIS HIT FM FLOWER CROWNING ALL CONTINUE TO 4PM
3:00 PM					ACRO YOGA YOGABEYOND	
3:00 PM			15:00 - 15:45 DIALLING DOWN ON ANXIETY JODIE LOWINGER			
4:00 PM						

Free!

General Admission, Premium & VIP access

Premium & VIP access

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