

CHRISTCHURCH YOGA EXPERIENCE

SATURDAY 5 DECEMBER

TIME	GYM	DINING ROOM	AUDITORIUM
9.00	JESSICA CAMPBELL 9.45 - 10.45 <i>AN INTRODUCTION TO TRAUMA INFORMED MINDFULNESS - 60 MINS</i>	CHARLOTTE PATTERSON 9.30 - 11.00 <i>BALANCE THE VAYUS - KUNDALINI INSPIRED VINYASA FLOW - 90 MINS</i>	TIFFANY FLEETWOOD-BIRD 9.15 - 10.45 <i>ĀTAPA KRAMA (SUNSHINE SEQUENCE) - 90 MINS</i>
10.00	A gentle but educational introduction to mindfulness & how we can use it to better understand & support our nervous system. Introducing the window of tolerance, how we might recognise when we are outside of it, & simple resourcing and grounding practices that can help us move towards greater regulation.	Bringing together two practices: the flowing, breath-synchronised movement of Vinyasa & the dynamic postures & powerful breathwork of Kundalini. Vinyasa strengthens & stretches, Kundalini invigorates, building & stabilising the subtle energy within the body. Together, they make for an energising and inspiring Saturday morning practice to start your festival day right. This class draws on the Vayus – the five vital winds that govern the flow of life force through the body. All levels welcome with some minimal experience.	Start the day with a steady flowing vinyasa practice rooted in the tradition of Ashtanga, it offers a more balanced & accessible approach, emphasizing strength, mobility & mindful movement. The sequence weaves together standing postures, hip & shoulder opening moving towards backbends.We will finish with a grounding Pranayama technique, leaving you feeling open & energised for the rest of the day. Suitable for practitioners with some yoga experience.
11.00	CAROLYN BRUCE 11.05 - 12.10 <i>CONNECTING VINYASA TO NOURISHING YIN - 65 MINS</i>	ALANA JOE (AJ) 11.15 - 1.05 <i>CULTIVATING CALM & QI WORKSHOP - 110 MINS</i>	HAMISH KENWORTHY 11.05 - 1.00 <i>BADDHAS & BANDHAS WORKSHOP -115 mins</i>
12.00	We will connect with our bodies through mindful flow of movement & breath. The second half of the class will transition into a nourishing Yin Yoga Practice, allowing time to slow down, release tension & cultivate deeper awareness & relaxation. The combination of dynamic movement and stillness creates a beautiful opportunity for participants to feel both energised and grounded.	This workshop is designed as an accessible & experiential introduction to Qigong and Ren Xue, suitable for people with no previous Qigong experience. An overview of Qigong & the Ren Xue system, its approach to life cultivation, & the role of Qi in supporting health, wellbeing and personal growth. Learn the principles, followed by a full guided practise. An opportunity for Q & A to end.	A balanced and authentic Hatha Yoga practice suitable for students of all levels. The class combines asana, pranayama and meditation, allowing participants to cultivate strength, flexibility, balance, and inner awareness. The pace is steady and mindful, creating space to explore the practice with attention and presence while honouring the traditional roots of yoga.
1.00	REBECCA DEVA 12.30 - 1.30 <i>YOGA MOVES - 60 MIN</i>	ALEX BALLAGH 1.20 - 2.50 <i>BOLD HEART - A CREATIVE VINYASA JOURNEY - 90 MINS</i>	AYMAN KHATIB 1.20 - 2.50 <i>HATHA MASTER CLASS - 90 MINS</i>
2.00	Breath, movement & music come together in this uplifting blend of asana and inspired dance. Ground your body, lift your spirit & reconnect with the joy of movement.	This thoughtfully crafted creative vinyasa class weaves together breath, movement & reflection around the theme of courage: the courage to trust yourself, move beyond self-imposed limits, & show up fully as you are. Expect an intelligently layered flow with plenty of options & modifications, making the practice equally welcoming for experienced yogis and those newer to vinyasa.	A balanced & authentic Hatha Yoga practice suitable for students of all levels. The class combines asana, pranayama & meditation, allowing participants to cultivate strength, flexibility, balance & inner awareness. The pace is steady & mindful, creating space to explore the practice with attention & presence while honouring the traditional roots of yoga.
3.00	RAA 1.50 - 2.50 <i>DANCING WITH MY SHADOWS - EXPLORATIVE DANCE - 60 MINS</i>	LUCY TAYLOR 3.10 - 4.25 <i>YIN - SUBMERGE AND SETTLE - 75 MINS</i>	JULIE STEPHENS 3.15 - 4.45 <i>EXPLORING THE INNER LANDSCAPE - MOVING THOUGH THE FIVE KOSHAS - 90 MINS</i>
4.00	A class designed to move unseen parts of you into awareness through intentional movements that guide you into a free flow state. Dance through classic 90's house music to invoke freedom within our cells, as well as affirmational music to anchor our energy. No dance experience required - just come with an open heart.	Unwind & drop into deep calm. Inspired by the still, quiet depths beneath the ocean surface, Submerge & Settle invites you to slow down, release deep-seated physical tension, & soothe your nervous system. Through long-held postures, this practice focuses on conscious breath as you anchor into grounded stability, creating time & space to quiet the mind & restore natural balance. Expect a quiet space, yield to gravity,emerge completely refreshed.	An embodied journey from the physical to the subtle layers of awareness. An exploration of mindful movement, breath, self enquiry and fully experiencing how each layer influences you. It is an invitation to move beyond the physical structure of practicing asanas and perhaps get a glimpse of who you really are under the layers.
5.00	LESLEY ROY 3.10 - 4.10 <i>FLOW & FOUNDATION HATHA - 60 MINS</i>	CHAITANYA DEVA 4.45 - 6 <i>BREATH - THE BRIDGE - 75 MINS</i>	ABBIE PETERS 5 - 6 <i>FULL BODY FLOW - 60 MINS</i>
6.00	A progressive hatha class that will build strength, calm & breath connection, finishing with deep relaxation. Suitable for all levels.	The breath is the easiest system in the body that runs itself all day and still hands you the controls the moment you want them. In this practical session, we look to pick them up. We'll work through a small kit of breathing techniques you can use. Bringing energy up when you're flat, settling the system down when it's wound tight or anxious, steadying the mind before something that matters. Old tools, taught plainly & clearly, with time for questions.	This full body flow will touch all parts of the whole mind and body to feel clearer and more connected. This full body practice allows the mind to let go and the body to follow and breathe.
	XIMENA 4.30 - 6 <i>A JOURNEY OF DEEP RELAXATION: GENTLE YOGA, MEDITATION & CRYSTAL SOUND BOWLS - 90 MINS</i>	No experience needed and nothing to perform.	
	This late afternoon calming session is designed to help you slow down, reconnect with yourself & deeply relax. The experience will include a blend of gentle yoga, calming breathwork, a meditation with the mantra Om, & a soothing crystal bowl sound bath.		

CHRISTCHURCH YOGA EXPERIENCE

SUNDAY 6 DECEMBER

TIME	GYM	DINING ROOM	AUDITORIUM
9.00	GUILLAUME FRAPPIER-RICHARD & ALANA JOE (AJ) 9.20 - 11.00 <i>CULTIVATING NATURAL STRENGTH THROUGH REN YUAN - 100 MINS</i>	TIFFANY FLEETWOOD - BIRD 9.15 - 10.45 <i>CHANDRA KRAMA (MOON SEQUENCE) - 90 MINS</i>	LUCY TAYLOR 9.45 - 10.45 <i>SURGE & SOAR POWER VINYASA - 60 MINS</i>
10.00	Ren Yuan is a fluid moving practice that helps to stretch, strengthen & unify the body, Qi and Jingshen (heart, consciousness and Shen/True Self). - Works on the physical level, including the skin, muscles, tendons, blood vessels, bones and all of the organs - Opens the channels in the body and promotes the flow of Qi - Effects deep change on Qi directly in these physical parts & structures is beneficial for the prevention of illness & improvement of overall health	Start the day with this slow, meditative vinyasa practice developed to complement the more dynamic Sunshine Sequence. Designed to cultivate calm, balance & deep mobility, it combines mindful movement with longer-held postures, gentle backbends, hip opening, twists. Guided by the breath, the practice encourages nervous system regulation, self-awareness & a sense of spaciousness, leaving practitioners feeling grounded, refreshed, and deeply restored. Suitable for all levels.	Ignite your morning with this purposeful Power Vinyasa practise. Inspired by the raw power and fluid transitions of the ocean, Surge & Soar is designed to awaken your entire body, clear your mindful the day ahead, and leave you ready to soar.Expect a fluid, powerful sequence that encourages you to work to your edge, unlock your personal power on your mat, and cultivate true freedom in your movement. All levels welcome, you are ready now.
11.00	AYMAN KHATIB 11.20 - 12.50 <i>THAI MASSAGE - AN INTERACTIVE PARTNER WORKSHOP - 90 MINS</i>	SAMA 11.05 - 12.30 <i>DYNAMIC MEDITATION WORKSHOP - 85 MINS</i>	CHAITANYA DEVA 11.10 - 12.40 <i>VINYASA FUN: PRESS DOWN TO LIFT UP - 90 MINS</i>
12.00	An interactive partner workshop introducing the foundations of traditional Thai Massage. Participants will learn simple & effective techniques including assisted stretches, acupressure & mindful body mechanics that they can safely practise with a partner. The workshop is designed to be accessible to everyone & offers a unique opportunity to experience the therapeutic & meditative qualities of Thai Massage.	This energizing and joy-filled experience weaves together two styles of breathwork, playful, freeing laughter yoga, expressive movement & dance, & a soothing sound journey to close. Expect a journey that moves energy, releases emotion, uplifts the spirit & leaves you feeling alive, connected & renewed.	This is a playful, energising vinyasa that leaves you feeling strong, light & quietly chuffed with yourself. We'll build lift by pressing into the earth — using the ground to switch on the core, support the spine, and make “flying” shapes feel surprisingly achievable. Chai has a knack for breaking down complex asana into clear, doable steps, so rather than throwing yourself at poses, you'll feel how strength & lightness actually arise. Less forcing, more “ohhh... that works.” Expect flowing movement, a few fun challenges, and plenty of options to explore what lift feels like in your body. You'll leave feeling warm, steady & energised — grounded enough to take off, and relaxed enough to enjoy it.
1.00	MELANIE MORRIS 1.20 - 2.35 EXPERIENCE THE FLOW OF HANSA - MOVEMENT, MEANING & THE PHILOSOPHY BEHIND THE PRACTISE - 75 MINS	HAMISH KENWORTHY 12.55 - 2.35 <i>TRICKS & TRANSITIONS WORKSHOP - 100 MINS</i>	JESSICA CAMPBELL 1.05 - 2.35 <i>SOUND & FLOW (LIMITED TO 40 STUDENTS) - 90 MINS</i>
2.00	Haṅsa is the Sanskrit word for swan - a symbol of the inner guru, the quiet wisdom within each of us that knows how to discern, soften & heal. Rather than holding shapes, we explore circular, multi-directional movement with creative sequences, focus on the transitions between poses, the journey rather than the destination. All levels welcome.	In this fun and challenging workshop we will explore and practice ways of navigating around our mats & linking poses creatively & powerfully. In addition, we will try on some interesting & fun variations of poses & inquire into the realms of possibility in our practices.	Jess's signature Bloom Outdoors class. A yoga flow taught using silent disco headphones, rather than being a dance class, the headphones create an immersive yoga experience where participants can turn their attention inward, zone out from the outside world & experience their practice in a different way. The session includes a short meditation, pranayama & then a flowing vinyasa practice.
3.00	REBECCA DEVA 3.05 - 4.10 <i>YOGA MOVES - 60 MINS</i>	REBECCA BOOT 3.00 - 4.00 <i>GENERAL HATHA / VINYASA - 60 MINS</i>	LESLEY ROY 3.00 - 4.30 <i>HIPPY LOVE - YIN - THE HIPS & THEIR SIX FUNCTIONS - 90 MINS</i>
4.00	Awaken your body, breath & sense of play in this vibrant fusion of yoga & Nia-inspired movement. Explore flowing asana, expressive dance, & breath as you move between grounding and energising practices. A joyful invitation to let go, tune in & reconnect with the natural rhythm of your body.	Opening the heart & finding strength in vulnerability.This session will explore the fundamental principles for safe backbends. Unlocking shoulders, to bring freedom to the thoracic spine and neck. Understanding core strength to build resilience and inner balance. Building into poses that lengthen the spine, open the chest & enhance spinal health. Modifications given, so all levels welcome.	A Mandala journey of the hip: yin poses using a functional approach to restore natural joint range, ease of movement & physical liberation rather than just deep stretching.
5.00	GEMMA & LETITIA 4.30 - 6 <i>STILLNESS & SOUND - 90 MINS</i>	JULIE STEPHENS 4.20 - 6 <i>AWAKENING THE FIVE VAYUS - 100 MINS</i>	SAMA & NELSON 5 - 6 <i>KIRTAN & BHAJAN (CHANTING) - 60 MINS</i>
6.00	A Yin & crystal bowl sound journey - Students will be directed into the poses, intentionally leaving spacious silences between cues. This minimal guidance ensures you can connect deeply with your own breath & body, free from external distractions. The room will be bathed in the vibrations of crystal singing bowls, calming your nervous system & clearing mental clutter. You will leave feeling entirely grounded, spacious and relaxed. All levels welcome.	Discover the subtle currents of energy that move through every breath, movement and experience. In this embodied workshop, we'll explore the five Vayus — the directional movements of Prana — & how they influence our physical, energetic & emotional states. Come and explore what happens when we stop trying to control the energy and learn to move with it.	Join Sama and Nelson for an uplifting hour of Kirtan & Bhajans: a joyful blend of sacred chanting, live music & community connection. Whether you choose to sing along or simply listen, this heart-opening session invites you to slow down, be present, and share in the power of music.