



BYRON SPIRIT FESTIVAL

FOR TICKETS AND INFO WWW.SPIRITFESTIVAL.COM.AU



Friday 20th April			
Time	Event / Workshop	Presenter	Venue
1:00 - 2:30pm	5Rhythms* Movement Meditation	Geash Bowler	Cavanbah - Silent Disco
1:00 - 2:30pm	Nature Mandala Ritual	Katie Manitsas	Cavanbah - Mountain
1:00 - 2:30pm	Kundalini Yoga with Live Music	Sophie Sôfrêe	Cavanbah - Ocean
1:00 - 2:30pm	Serotonin Shot	Gwyn Williams	Cavanbah - Main Space
3:00 - 4:30pm	Breath of Bliss: Feel More Ecstasy	Christabel Zamor	Cavanbah - Main Space
3:00 - 4:30pm	Partner Yoga - Stretch Your Pleasures	Angel & Gopala	Rainbow Yoga Yurt
3:00 - 4:30pm	Empathy Heals	Chrissy Firemane	Cavanbah - Mountain
3:00 - 4:30pm	Beautifully Blissed Out - Yin Yoga	Tymy Howard	Cavanbah - Ocean
3:00 - 4:30pm	The Power of Breath in Vinyasa	Flo Fenton	Cavanbah - Silent Disco
6:30 - 10:30pm	Yoga, Chant & Dance! Opening the HuMandala Concert	Temple Step Project	Cavanbah - Silent Disco

Saturday 21st April			
Time	Event / Workshop	Presenter	Venue
8:00 - 9:30am	The Art Of Meditation & Mindfulness	Gary Gorrow	Cavanbah - Mountain
8:00 - 9:30am	Voice your Freedom	Lulu & Mischka	Elements - Banksia
8:00 - 9:30am	Fear to Freedom	Gwyn Williams	Cavanbah - Ocean
8:00 - 9:30am	Kids Yoga: Trust & Balance	Rainbow Yoga	Rainbow Yoga Yurt
8:00 - 9:30am	Lifeguard your Life	Dean Gladstone	Elements - Belongil
8:00 - 9:30am	Prana Vinyasa Body Mandala	Delamay Devi	Cavanbah - Silent Disco
8:00 - 9:30am	Purna Yoga - Flow Masterclass	John Ogilvie	Cavanbah - Main Space
8:00 - 9:30am	Unlocking your Neck & Shoulders	Beth Borowsky	Cavanbah - Sky
10:00 - 11:30	Guitar Meditation	Paul Teodo	Cavanbah - Mountain
10:00 - 11:30	Ecstatic Embodiment Journey	Rob Weber	Cavanbah - Main Space
10:00 - 11:30	Sacred Salty Rain Dance	Tommy Franklin	Cavanbah - Silent Disco
10:00 - 11:30	Didgeridoo Pranayama	Si Mullumby	Elements - Banksia
10:00 - 11:30	Ashtanga Yoga for the curious	Dena Kingsberg	Elements - Belongil
10:00 - 11:30	Family Yoga: Giving & Receiving	Rainbow Yoga	Rainbow Yoga Yurt
10:00 - 11:30	Intro to Acro Yoga	Zoe Braithwaite	Cavanbah - Sky
10:00 - 11:30	Kundalini Yoga	Harjiwan	Cavanbah - Ocean
1:00 - 2:30pm	Generate Rapture through Breathwork	Christabel Zamor	Cavanbah - Main Space
1:00 - 2:30pm	Embodying The Sacred Masculine	Hamilton Barnett	Cavanbah - Sky
1:00 - 2:30pm	Sacred Earth - Mantra Workshop	Sacred Earth	Elements - Banksia
1:00 - 2:30pm	Extreme Wellness	Dr. Marc Cohen	Cavanbah - Mountain
1:00 - 2:30pm	Teens to Queens - A modern rites movement - Rite to the light	Miranda Chance	Elements - Belongil
1:00 - 2:30pm	Intro to Kids Yoga: Discussion & Practice	Rainbow Yoga	Rainbow Yoga Yurt
1:00 - 2:30pm	Masterclass: Asana is Hatha Yoga	Mark Whitwell	Cavanbah - Silent Disco
1:00 - 2:30pm	Yoga for the Doshas	Rachel Zinman	Cavanbah - Ocean
3:00 - 4:30	Diving into the dream!	Suebee Fae	Cavanbah - Silent Disco
3:00 - 4:30	Love is What We Came Here For - A Dreamtime Journey	Jeremiah Abrams	Cavanbah - Sky
3:00 - 4:30	Love-olution Cacao Journey	Ixchel Love & Dustin Brooks	Cavanbah - Main Space
3:00 - 4:30	Stepping through the Sun Gate	Jemma Gawned	Elements - Belongil
3:00 - 4:30	Sound of Yoga	Franko Heke & Nikki Rhodes	Cavanbah - Ocean
3:00 - 4:30	How to Become a Successful Yoga Teacher	Charles Du	Cavanbah - Mountain
3:00 - 4:30	Kids Yoga: Unwind & Relax	Rainbow Yoga	Rainbow Yoga Yurt
3:00 - 5:00	Breathe Into Beauty - Yin Yoga Journey	Steve Mazabow, Vanessa Forbes &	Elements - Banksia
6:30 - 10:00	Unifying through Music & Dance Concert - Amaru, Tijuana Cartel		Cavanbah - Main Space

Sunday 22nd April			
Time	Event / Workshop	Presenter	Venue
8:00 - 9:30am	Sacred Tantric Dance	Franko Heke & Nikki Rhodes	Cavanbah - Silent Disco
8:00 - 9:30am	Awaken to Embodied Gratitude	Dr Lauren Tober	Cavanbah - Mountain
8:00 - 9:30am	Ziran Qi Gong - 5 Element Qi Gong	Paul Dumais	Elements - Belongil
8:00 - 9:30am	Sacred Sound Journey	Dr Didge Arpana & ShamanaTara	Elements - Banksia
8:00 - 9:30am	Artistry of the Soul Yoga	Kathryn Riding	Cavanbah - Sky
8:00 - 9:30am	Flying Dragon Sleeping Swan	Beth Borowsky	Cavanbah - Ocean
8:00 - 9:30am	Kids Yoga: Rainbow Yoga	Rainbow Yoga	Rainbow Yoga Yurt
8:00 - 9:30am	The Big Exhale	Gwyn Williams	Cavanbah - Main Space
10:00 - 11:30	Awakening the God/Goddess Within	Xavier & Issia	Cavanbah - Mountain
10:00 - 11:30	Sacred stance through the Maori voice	Matiu Te Huki	Cavanbah - Ocean
10:00 - 11:30	Power yoga and Guitar	Paul Teodo	Elements - Banksia
10:00 - 11:30	Acro Yoga Progressions Workshop	Zoe Braithwaite	Cavanbah - Main Space
10:00 - 11:30	Explore Inversion (Intermediate Level)	John Ogilvie	Cavanbah - Sky
10:00 - 11:30	Family Yoga: Saying I Love You	Rainbow Yoga	Rainbow Yoga Yurt
10:00 - 11:30	Light on Moksha - Yoga's Next Wave	John Weddepohl	Elements - Belongil
10:00 - 11:30	Rise Up Sunshine! Ecstatic Dance	Sophie Sôfrêe, Rob Weber, Jemma Gawned	Cavanbah - Silent Disco
1:00 - 2:30pm	The Yoga of Radical Love	Ixchel Love & Dustin Brooks	Cavanbah - Silent Disco
1:00 - 2:30	Creating Awe	Travers Ross	Cavanbah - Ocean
1:00 - 2:30	Ancient Movement & Sexual Archetype	Ella Noah Bancroft	Cavanbah - Sky
1:00 - 2:30	Spiritsong Shamanic Choir (Women)	Rebekah Ray	Cavanbah - Main Space
1:00 - 2:30	Voices of Man	Murray Kyle	Cavanbah - Main Space
1:00 - 2:30	Spirit on the Breath (Sound Healing)	Dena Kingsberg	Elements - Banksia
1:00 - 2:30	Meeting the Shadow in Love	Jeremiah Abrams	Cavanbah - Mountain
1:00 - 2:30	Beach Yoga	Dean Gladstone	Elements - Belongil
1:00 - 2:30	Intro to Kids Yoga	Rainbow Yoga	Rainbow Yoga Yurt
3:00 - 4:30	Afro-movement Dance Class	Gabriel Otu	Cavanbah - Main Space
3:00 - 4:30	Sound Healing Journey	Benjamin Last, Rob Weber	Elements - Banksia
3:00 - 4:30	The Evolutionary Entrepreneur	Jeff Slayter	Cavanbah - Mountain
3:00 - 4:30	iRest Yoga Nidra	Dr Lauren Tober	Elements - Belongil
3:00 - 4:30	Kids Yoga: Being Present	Rainbow Yoga	Rainbow Yoga Yurt
3:00 - 4:30	Super Soul Flow	Tymy Howard	Cavanbah - Silent Disco
3:00 - 4:30	The New Feminism: Yoga as a Tool for Collaboration Between Men & Women	Mark Whitwell	Cavanbah - Ocean
3:00 - 4:30	The Power of Breath in Vinyasa Yoga	Flo Fenton	Cavanbah - Sky
6:30 - 10:00pm	Uniting the Collective Heart Concert		Cavanbah - Main Space

Spirit Village Stage Free Entry	
FRIDAY 20TH APRIL	
11:00 am	A Sound Life - Dome Blessing
12:00 pm	MUSIC - Edo Kahn & Friends
1:00 pm	The Superfeast Sessions w/ Mason Taylor
1:45 pm	MUSIC - Hatha & Harp with Amrita and Shunya
2:30 pm	PERFORMANCE - Bollywood Sisters
2:45 pm	PANEL - Wellbeing In and Out Mason Taylor / Jemma Gawned / Dom Liv Kamal & Guests
4:00 pm	DRUMMING CIRCLE - Gabriel Otu
5:00 pm	ARAKWAL - WELCOME TO COUNTRY
5:15 pm	MUSIC - Matiu Te Huki
SATURDAY 21ST APRIL	
9:00 am	MUSIC - Kate B - Chanting & Heartsongs
10:00 am	DANCE WORKSHOP - Bollywood Sisters
10:45 am	The Superfeast Sessions w/ Mason Taylor
11:15 am	A Sound Life - Deep Relaxation Healing
11:30 am	Conscious Touch with Tamara Green
12:00 pm	MUSIC - The Twine Family band
1:00 pm	THE VILLAGE SPEAKS
1:15 pm	PANEL - The Co-Creation of Community MC: Christopher Dean / Ella Goninan Byron Mayor Simon Richardson / Shayne Sylvanspring/ Brandon Saul
2:15 pm	SPOKEN WORD with Fleassy Malay
2:45 pm	MINI WORKSHOP - Ayurveda for Women's Health with Katie Manitsas
3:15 pm	Wild Food as Medicine w/Peter Hardwick
4:00 pm	A Sound Life - Meditation
4:15 pm	YOGA WEAR WALK OFF Tommy Franklin MC & Ladi Abundance
5pm	MUSIC - Nikau Te Huki
SUNDAY 22ND APRIL	
9:00 am	MUSIC - Shrine River w/ Alice Miyagawa
9:45 am	A Sound Life - Yoga Class/live music
10:15 am	Re Wilding with Ella Noah Bancroft
11:00 am	The Superfeast Sessions w/ Mason Taylor
11:30 am	MINI WORKSHOP - How Bathing can Save the World with Dr Marc Cohen
12:00 pm	MUSIC - Lulu and Mischka
1:00 pm	THE VILLAGE SPEAKS
1:15 pm	PANEL - Non-Ordinary States of Consciousness with MC: Nyck Jeanes Dr Marc Cohen / Christabel Zamor / Alex Grant / Julia George / Jeff Slayter
2:15 pm	PSYCHIC DEVELOPMENT - Julia George
2:45 pm	MINI WORKSHOP - Mandala drawing with Jade Weatherill
3:00 pm	Harmonizing Movement - Iolani Grace
3:30 pm	MUSIC - Gypsy Dreaming
4:15 pm	A Sound Life - Chakra Meditation
4:45 pm	MUSIC - Jesse Whitney
6:00 pm	SPIRIT STAGE PROGRAM ENDS

Event Type: TALK DANCE YOGA MUSIC HEALING TANTRA

Friday Night - Cavanbah

Our opening concert honours the traditions of Yoga, Chanting & Dance by creating the ultimate unifying experience to welcome you to the festival and create shared a intention to enter the HuMandala. Connect, Celebrate, Dance!



Temple Step Project with DJ RAI0, Murray Kyle, Si Mullumby, Gopala Amir, Rebekah Ray) 6:30pm - 10pm

Saturday Night - Cavanbah

This evening we journey to connect, understand and deeply honour our role as co-creators. We are all creating our shared experience in this moment, past, present and future. Honour, Expand, Rise Up!



Amaru Pumac Kuntur Edo Kahn & Friends Tijuana Cartel 6:30pm - 10pm

Sunday Night - Cavanbah

Join us as we celebrate the power of Unity as experienced through the collective sharing of meditation, music and dance. May we truly know ourselves as one and yet inherently unique. Embody, Grace, Gratitude!



Sacred Earth Travers Ross OKA 6:30pm - 10pm

A 4-DAY RESIDENTIAL BUSINESS-COACHING RETREAT

COCREATE BYRON BAY

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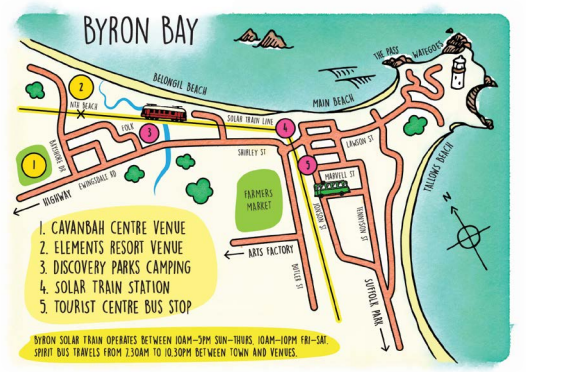
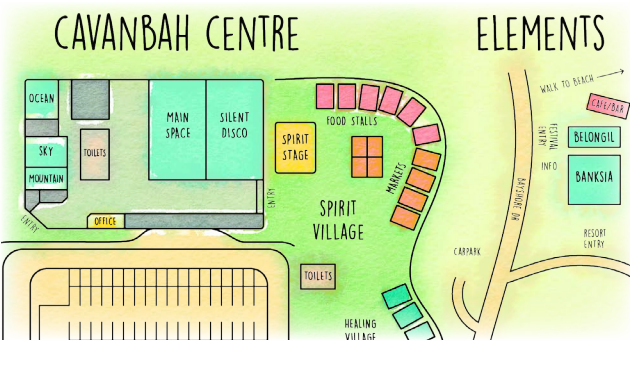
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WWW.COCREATEBYRONBAY.COM

BREATHFEST

APRIL 23, 2018
BYRON BAY, AUSTRALIA

A ONE DAY FESTIVAL OF MIND-BLOWING, HEART-OPENING ECSTATIC BREATHWORK PRACTICES.



Supported by the

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Byron Shire Council

Superfeast

Tiwari

rainbow yoga

Kamucha Café

a sound life