

Slow Food & Yoga Festival - Program

THEME : Treasurehunt / Slow Food Journeys & Movement / Join the moving feast!

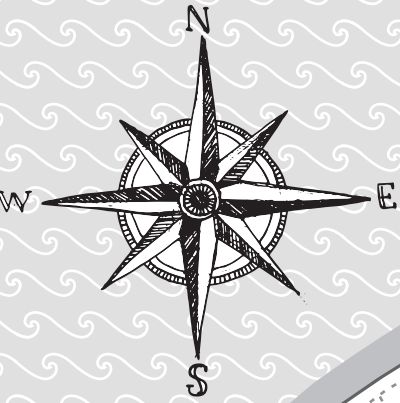
		Day 1 – Thursday	Day 2 – Friday	Day 3 – Saturday	Day 4 – Sunday
		17/10/19	18/10/19	19/10/19	20/10/19
6:15 – 7:15	YOGA	Opening Ceremony / Sharni – 1	Vinyasa Flow / Shannon - 1	Sunrise Flow / Erna – 1	SUP Yoga / Sharni - 2
7:30 – 8:30	YOGA		SUP Yoga / Sharni - 2		SUP Yoga / Sharni - 2
8:15 – 9:15	YOGA / KIDS	Journey into Power / Brandee - 5	Contact Improv / Jack - 5	Kids Circus Performance / Lisa & Julie & Pixies - 8 <i>*Please remember to cover shoulders and knees, as this is a muslim area. / BRING YOUR MATS.</i>	Open Circus Jam / Lisa & Julie & Pixies - 8 <i>*Please remember to cover shoulders and knees, as this is a muslim area. / BRING YOUR MATS.</i>
8:30 - 10:30	YOGA	Acro Yoga- Beginner / Sheryl - 9	Acro Yoga- Beginner / Sheryl – 9	Thai Massage / Fathan – 4	Thai Massage / Fathan – 4
		Handstands / Shannon & Thomas - 6	Handstands / Shannon & Thomas - 6	Handstands / Shannon & Thomas – 5	Handstands / Shannon & Thomas – 5
10:45 – 12:00	YOGA	Vinyasa - Harvesting energy from where you're at / Emily - 3	Dynamic Vinyasa Flow - Tremors of the heart / Gemma - 3	Soundhealing / Vanessa - 3	Power Yoga / Nadine - 3
11:15 - 13:00	YOGA/TALKS	Cryptocurrency Class / Jeff - 7	Slow connection & intimacy / Colleen - 7	Create a Job in Workplace Wellness / Griet - 7	Slow connection & intimacy / Colleen - 7
		The Art of Slowing Down / Yin & Chinese Medicine / Lucy - 5	Experience Couchsurfing - Backpacking & Travel sharing / Erna - 5	Live Your Best Life! How to create more balance, freedom & bliss / Sharni - 5	Awakening the Clown within / The Fiery Pixies - 5
12:00 – 13:00	YOGA/TALKS	Have your lunch at Warung Alam Damai - The Story of Sambal: Demo & tasting / Chef Darma - 12	Prayer Time	Have your lunch at Warung Sunny - Medicinal herbs harvested on the island / Chef Hero - 13	Have your lunch at Mexican Kitchen - Rawfoodism dieterian / Q&A about diet / Chef Arif – 11
13:30 – 14:45	YOGA		Soundhealing / Vanessa - 3	Ashtanga / Marilu - 3	Yoga Nidra / Uday - 4
13:30 – 15:00	YOGA / TRIATHLON	Acro Yoga - Intermediate / Shannon & Jack - 7	Acro Yoga - Intermediate / Shannon & Jack - 7	Triathlon at Gili Trawangan. Departure from Gili Air Harbour 14.00pm. Price: Team 300.000 IDR, individual 200.000 IDR - 16	Contact Improv / Jack - 5
14:15 – 15:30	FOOD	Ayurveda / Chef Rosie - 17	Jamu Making - Chef Arif - 11		Kombucha Making - 11
	YOGA	Discoveries through movement and play / The Fiery Pixies - 6	Fully immerse yourself into the playful movement of hoop dance / The Fiery Pixies - 6	Breathwork / Levi – 4	Reiki Circle max. 20p / Gizelle - 3
15:30-16:45	FOOD/YOGA	Pop Yoga / Erna - 8 <i>*Please remember to cover shoulders and knees, as this is a muslim area. / BRING YOUR MATS.</i>		Trash Hero Beach Clean Up / 16:30 - Meeting Point: Harbour - 16	Food Journey for Local Chefs / Chef Simon - 15
16:45 – 18:00	YOGA	Sunset Flow / Fathan - 9	Reggae Flow / Nadine - 9	Ecstatic Dance / Marilu - 9	Sunset Flow / Sharni & Levi - 9
17:00-20:00	SUNSET MARKET	SUNSET Market - Eco & Sustainability Shops – 9	SUNSET Market - Eco & Sustainability Shops – 9	SUNSET Market - Eco & Sustainability Shops – 9	SUNSET Market - Eco & Sustainability Shops – 9
17:00-18:00	ZERO WASTE	Upcycling workshop / Rosie - 17	Food waste to chicken, BSF, worm and chicken composting/ Davide - 9	Upcycling non recyclable plastic / Davide - 9	Glass Upcycling / Davide - 9
18:00-19:00	ZERO WASTE		Zero Waste: Simple Swops / Silvija - 9	Detox: Make your own scrub / Silvija - 9	
18:00 – 19:15	YOGA	Acro Jam/ Live DJ / DJ Botanic Beats – 9	Acro Jam/ Live DJ / DJ Iyara – 9	Acro Jam/ Live DJ / DJ José – 9	Acro Jam/ Live DJ / DJ Abstract – 9
19:00 – 20:15	YOGA	Yin Yoga - Lucy - 3	Yin Yoga - Sharni - 6	Women's circle / Nadine – 3	Closing Ceremony / Sharni & Levi - 3
		Healing yourself and others: Learning Reiki / Kate – 6		Meditation & Chanting with musician / Marilu – 5	
20:30 – 21:45	PERFORMANCES	Grand Opening Night - Salsa Party - 10	Ecstatic Dance & Cacao Ceremony / Levi – 10	Food Journey / Chef Ragil & Chef Arif - 15	Closing Reggae Concert / Gili Kustics - 10
ALL DAY	ART	Pondok Pitamin - Real live painting - Harbour Ticketing office - 16	Pondok Pitamin - Real live painting - Harbour Ticketing office – 16	Pondok Pitamin - Real live painting - Harbour Ticketing office - 16	Pondok Pitamin - Real live painting - Harbour Ticketing office - 16
		Gili Photo Exhibition – 1 & 18	Gili Photo Exhibition – 1 & 18	Gili Photo Exhibition – 1 & 18	Gili Photo Exhibition – 1 & 18

INFORMATION

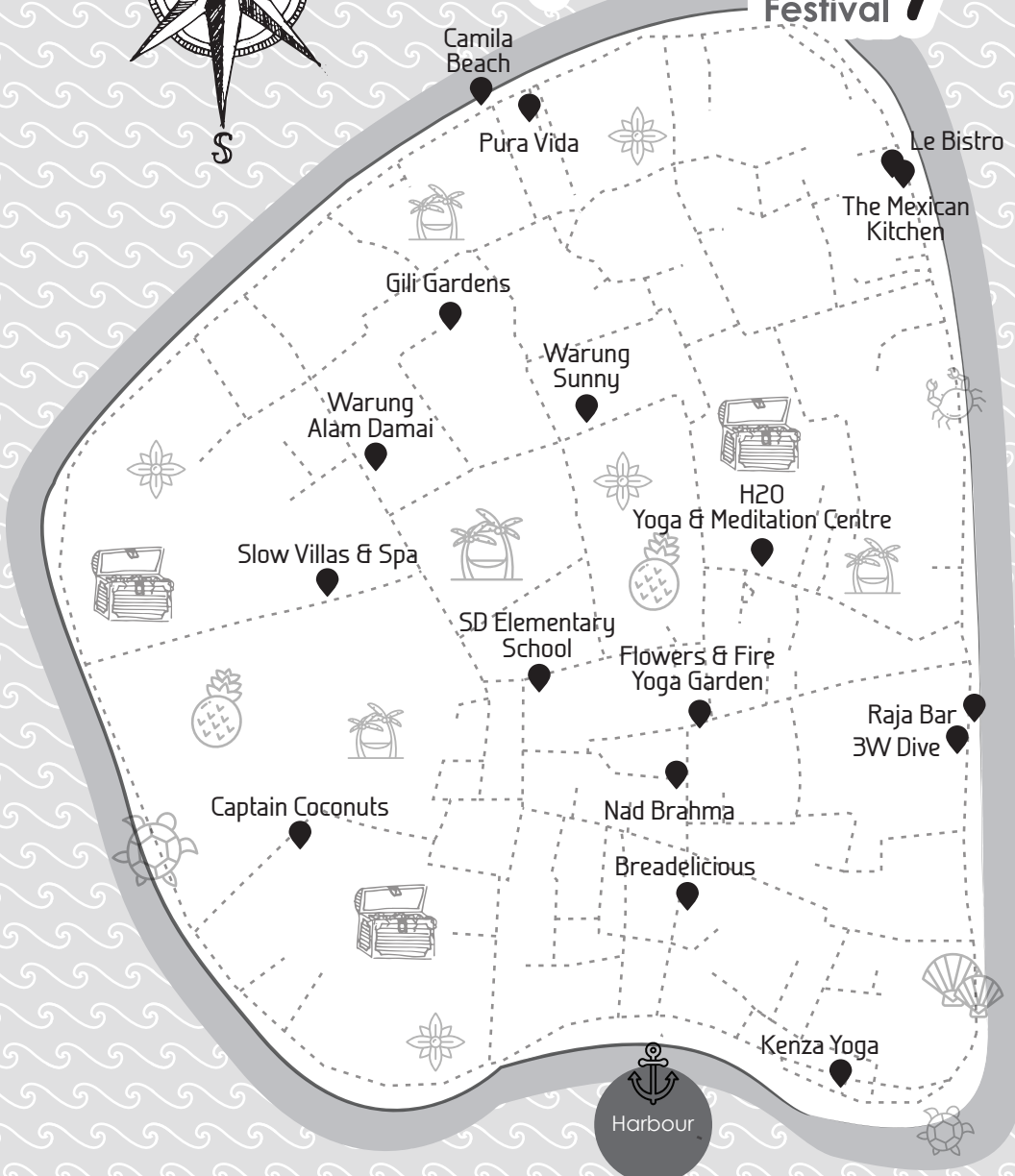
- Bring your own mats
- Remember you are on a muslim island, please cover up in the village
- All funds go to charity

LOCATIONS

- 1 Le Bistro - Art Exhibition
- 2 3W Dive
- 3 Flowers & Fire Yoga Garden
- 4 Slow Villas & Spa
- 5 KENZA Yoga
- 6 H2O Yoga & Meditation Centre
- 7 Captain Coconuts
- 8 SD Elementary School
- 9 Camila Beach
- 10 Pura Vida
- 11 Mexican Kitchen
- 12 Warung Alam Damai
- 13 Warung Sunny
- 15 Raja Bar & Restaurant
- 16 Harbour
- 17 Nad Brama
- 18 Breadilicious - Art Exhibition
- 19 Gili Gardens



Slow Food & Yoga Festival



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FUNDS GO TO



SPONSORS



Camilla Beach Restaurant | Drinks | Dayclub



mylombok



PACHAMAMA



H2O



Warung Alam Damai