



YOGA
New Zealand

Hauora Yoga Conference 2021

	MAIN HALL	ACTIVITY STUDIO	MEETING ROOM	ONLINE RECORDINGS
8:30 — 8:50	WELCOME CEREMONY			<p style="text-align: center;">International Sessions</p> <p style="text-align: center;">10+ hours of pre-recorded sessions available on Heysummit from 07/11/2021</p> <p style="text-align: center;">Featuring:</p> <p style="text-align: center;">Ana Davis (Australia)</p> <p style="text-align: center;">Leanne Davis (Australia)</p> <p style="text-align: center;">Ganesh Mohan (India)</p> <p style="text-align: center;">Charlotta Martinus (United Kingdom)</p> <p style="text-align: center;">Carlos Pomedá (USA)</p> <p style="text-align: center;">Marc Holzman (USA / Europe)</p>
9:00 — 10:00	KEYNOTE SPEAKER — Dr Jane Hardcastle: Professionalism and Yoga.			
10:00 — 10:30	Morning break			
10:30 — 12:30	<p>Experiential workshop</p> <p>Donna Farhi — Sequential Flow: Origins of alignment.</p>	<p>Presentation</p> <p>Live online</p> <p>Carlos Pomedá — The Bhagavad Gita: Turning the activities of body, intellect, and heart into spiritual evolution.</p>	<p>Presentation</p> <p>Three perspectives — How to be a successful outlier: working against popular expectations.</p> <p>Veronica King: 10:30 — 11:00am</p> <p>Derek LeDayn: 11:10 — 11:40am</p> <p>Daneil Peter Cunningham & Dr Mark James Hamilton: 11:50 — 12:20pm</p>	
12:30 — 1:30	Lunch break			
1:30 — 2:30	<p>Asana class</p> <p>Tilak Raj — Self discovery.</p>	<p>Experiential workshop</p> <p>Swami Karma Karuna — Yoga and the art/science of gratitude.</p>	<p>Presentation</p> <p>Aaron Marshall — Yoga: Panacea or risk of injury?</p>	
2:40 — 3:40	<p>Experiential workshop</p> <p>Daneil Peter Cunningham & Dr Mark James Hamilton — Para Shakti Flow.</p>	<p>Experiential workshop</p> <p>Saraseva Sawyer — Freeing the inner voice.</p>	<p>Presentation</p> <p>Jeanette Ida — The role of bandhas in stabilising the pelvis & spine, and yoga applications.</p>	
3:40 — 4:00	Afternoon break			
4:00 — 5:00	<p>Experiential workshop</p> <p>Chaitanya Deva — Ego: The great death for more life!</p>	<p>Experiential workshop</p> <p>Ali Hale Tilley — Pairs & partners.</p>	<p>Presentation</p> <p>Dr Felicity Molloy — Chakras in yoga work.</p>	
5:10 — 5:30	Closing ceremony			

Instructions for accessing sessions via Heysummit will be emailed to you once the live event commences.

For full event information, head to:

HauoraYoga.org.nz