

JÄRNA YOGADAG	LÖRDAG 25 aug 2018			
tid	stora salen	eurytmi stor	eurytmi mindre	caféet
5:00 - 7:30	Sadhana			
7:30 - 8:30	FRUKOST			
8:30 - 9:45	Yogic Body Language <i>Jiwan Shakti</i> (Eng)	Hälsfrämjande arbetsplatser <i>Linda Öhman</i>		Nystart i livet med Auyr Veda <i>Tia Jumbe</i>
9:45 - 10:00	PAUS			
10:00 - 11:15	Sacred Earth <i>Workshop med Prem & Jethro</i> (Eng)	Sacred Spine <i>Petra Kalla</i>	Kundalini Yoga and the 10th Guru <i>Hari Arti Kaur</i> <i>Sat Karam Singh</i> (Eng)	Psykiatri & Yoga i Vardagen <i>Anchi Fredman</i>
11:15 - 11:30	PAUS			
11:30 - 12:30	Yoga of the Future <i>Siri Sadhana & Dharma Singh</i> (Eng)			
12:30 - 13:30	LUNCH			
13:30 - 14:05	Gongbad			
14:05 - 14:15	PAUS			
14:15 - 15:30	Self Regulation through the Science of Ky <i>Dharma Singh</i> (Eng)		Sat Nam Rasayan <i>Annika Waldenström</i>	
15:30 - 16:00	PAUS			
16:00 - 18:00	Nätverksträff Yogalärare, SKY, alla välkomna	Mjuk Yoga		
18:00 - 19:30	MIDDAG			
19:30 - 21:00	Concert and Mantra Singing, in memory of Sada Sat Singh <i>Siri Sadhana</i>			