

General program

Wednesday, March 14th

11:30AM - 2:00PM	Lunch available
6:30-7:30PM	Opening Ceremony w/Anidan drummers
7:00PM-9:00PM	Dinner available

Thursday, March 15th

11:30AM-2:00PM	Lunch available
5:00PM-6:30PM	Dune Walk (start from Banana House. Everyone, including all yoga teachers (festival and non-festival), invited to attend.
7:30PM-9:30PM	Swahili Dinner (Ticket A) Prepared by local women.

Friday, March 16th

11:30AM-2:00PM	Lunch available
5:15PM-7:00PM	Sunset Dhow Meditation Meet at Shela jetty. (Ticket A).
7:00PM-9:00PM	Dinner available
8:30PM-9:30PM	Kirtan & Music (free)

Saturday, March 17th

11:30AM-2:00PM	Lunch available
5:00PM-6:00PM	Tusitiri Dhow Meditation. Meet at jetty by 5PM. Pre-registration required.
7:00PM-7:15PM	Transport to Manda for Dinner at Majlis. Meet at jetty.
7.30PM-11.00PM	Dinner, 5 Rhythms Dance and Music at Majlis. (Ticket A). Beverages will be available for purchase.

Sunday, March 18th

10:00AM-1:00PM	Bazaar Open
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All events take place at the Bazaar unless otherwise noted.

Musicians not to be missed!

Inspector Ras is joining us again from Nairobi. He will be drumming at various yoga sessions, the Swahili dinner, Friday Kirtan session, and at the Majlis dinner.

Mahul Pandit is joining us directly from the Art of Living ashram in India! He will be performing on his guitar throughout the festival at the Bazaar, the Friday Kirtan session, and the Majlis dinner.

Thursday 15th of March

Shela

Time	Shela Bazaar	Shela Beach	Banana House	Kijani House	Fatuma's Tower	Msafini Hotel	Peponi Palm Garden	Mkunguni Garden	Jua House
6.30-7.30		Early Bird Yoga/Leyla						Dynamic Meditation/ Payal	
6.45-7.30			Pranayama/ Anurag Ji		Pranayama/ Yoga Nidra Inka				
8.15-9.30			Dharma Vin- yasa/ Oriane	Kundalini Flow/ Christel	Aroma Thera- py/ Madhvi	Dru yoga & meditation/ Paul		Intense Shakti flow/ Saman- tha	
10.15-11.30			Soul flow Hatha/ Salim	Kundalini for Healing/ Amanda	Sound Bath/ Kathy	Aerial/ An- drea **	Therapeutic Acro/ Marina	Freedom dance/ Joanne	
11.30-3.00	Meet & Lunch*								
3.00-4.30									
3.30-4.45			5 Tibetan/ Christel	Vinyasa/ Leyla	Bikram/ Di- onne till 5.00	Aerial/ An- drea **	Art of Living/ Megbar, till 4.30	Partner yoga/ Samanta	TIMBo Program/ Elizabeth till 5pm
5.00-6.00		Dunewalk meditation/ Monika. Start at Banana hs.	Intense Shakti Flow/ Saman- tha	Asthanga/ Richard	Mindfulness 1/ David	Power Vinya- sa/ Sally	Capoeira/ Salim		
7.30-9.30	Swahili Din- ner ***	Till 6.30.							

Manda

Time	Majlis BEACH	Majlis	La Marelle House	Diamond Beach	Beach Tower
8.00-8.30					
8.00-9.00	SUP yoga ** / Alexandra				
9.00-10.00	SUP yoga **/ Alexandra				
9.30-10.45		Chakra balancing hatha flow/ Nina	Chanting Asanas/ Samanta		Power vinyasa/ Sally
11.00-12.15		Asthanga/ Rich- ard		Yin Yang/ Payal	
Lunch					
3.30-5.00		Hatha/ Madhvi	Pranayama -Yoga Nidra/ Inka	Dharma Vinyasa/ Oriane	Dance Trance/ Joanne
4.00-5.00	SUP yoga** / Marina				

Lamu

Gallery Baraka	Subira Hs
	Zen meditation
Art of Living Hatha/ Megbar	
Kundalini for stress/ Amanda	

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Manda

Time	Majlis BEACH	Majlis	La Marelle House	Diamond Beach	Beach Tower
8.00-8.30					
8.00-9.00	SUP yoga ** / Marina				
9.00-10.00	SUP yoga**/ Marina				
9.30-10.45		Awakening to your 10 bodies workshop till 11/ Amanda	Art of Living/ till 11 Megbar	Hatha/ Inka	Kundalini Vitality Flow/ Samantha
Lunch					
3.30-4.45		Dharma vinyasa/ Oriane	Asthanga/ Richard	Know your mind/ Anurag Ji	Zumba/ Alexandra
3.45-4.45	SUP yoga **/ Kelly				

Lamu

Gallery Baraka	Subira Hs
	Zen meditation
Power Vinyasa/ Sally	
Aroma therapy/ Madvhi	



Manda

Time	Majlis BEACH	Majlis	La Marelle House	Diamond Beach	Beach Tower
8.00-8.30					
8.00-9.00	SUP yoga **/ Alexandra				
9.00-10.00	SUP yoga** / Alexandra				
9.30-10.45		Vinyasa/ Leyla	Journey to head-stand workshop till 11.45/ Kathy	Asthanga/ Richard	Dance Yogi/ Joanne
Lunch					
3.30-5.00		Psychich development -	Hatha flow/ Nina		Yin yoga with massage/ Salim
4.00-5.00	SUP yoga **/ Marina	Dharana & yoga nidra/ Oriane			

Lamu

Gallery Baraka	Subira Hs
	Zen meditation
Hatha/Christel	
Yin Yang/ Payal	

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Sunday 18th of March

Shela

Time	Shela Bazaar	Shela Beach	Banana House	Kijani House	Fatuma's Tower	Msafini Hotel	Peponi Palm Garden	Mkunguni Garden	Jua House
6.30-7.30		Early Bird Yoga/Anurag Ji						Dynamic Meditation/ Payal	
6.45-7.30			Pranayama / Megbar		Mindfulness 6/ David				
8.15-9.30			Hatha Fire flow till 9.45 / Nina	Dharma Vinyasa/ Oriane	Bikram/ Dionne till 9.45	Dru Yoga & meditation / Paul		Power vinyasa/ Sally	
10.15-11.30			Soul flow Vinyasa/ Salim	Kundalini Vitality Flow/ Samantha	Yoga Core/ Alexandra	Aerial/ Andrea **	Therapeutic Acro/ Marina	Yin Yoga / Kathy	
12.30-2.00	Meet & Lunch*								

Manda

Time	Majlis BEACH	Majlis	La Marelle House	Diamond Beach	Beach Tower
8.00-9.00	SUP yoga ** / Kelly				
9.00-10.00	SUP yoga ** / Kelly				
9.30-10.45		Kundalini for Conscious Communication/ Amanda	Vinyasa / Leyla	Hatha/ Inka	

Lamu

Gallery Baraka	Subira Hs