



Yoga Aotearoa | International Yoga Teachers Association New Zealand

Nelson 2020 Gathering – Connect- Share – Celebrate
A Celebration of Sangha – 50 Years

Itinerary

Nelson/Tasman Branch = NTB
Reflect, Connect, Rest Break = RCR
Sn. = Sannyasin

WED JAN 22

4:30 – 6:30 pm Arrivals
– Transport from airport to College provided from Nelson/Tasman Branch. (NTB) Please advise of travel details on registration form.
– Welcomed by NTB, registration and Evolve tickets given.

Meeting Room:

6:45 – 7:45 Official welcome and Opening Circle in led by NTB
7:45 – 8:30 Light nibbles and drinks
8:30 – 9:00 Havan (fire ceremony) outside. If not suitable weather, havan inside using petals. Led by Sn. Prabhavananda.

THURS JAN 23

7:00 - 8:30 Morning Sadhana shared by NTB – Main Hall
8:30 - 8:45 RCR
8:45 - 9:45 Breakfast - Dining Hall
9:45 - 10:00 Mindful Walk connection to Gaia – John Massey
10:00 - 11:00 Interconnectedness – Inner and Outer Ecology – John Massey
11:00 – 11:15 RCR
11:15 – 12:15 Yoga for Recovery - Addiction and Trauma: Moving From Separation to Connection - Jeanette Ida
12:15 – 12:30 RCR

12:30 – 1:30 Lunch - Dining Hall

1:30 – 2:30 Neuroplasticity: New Connections. Exploring the Potential to Learn and Change – Sn. Prabhavananda
 2:30 – 2:45 RCR
 2:45 – 3:45 Connection through Yin Yoga – Practice shared by Debbie Sumner
 3:45 – 4:45 Connection through Pranayama, Yoga Nidra, Meditation – Practice shared by Sn. Prabhavananda

BREAK

6:00 – 7:00 Celebration Dinner – Dining Hall

Main Hall:

7:00 – 8:00 Celebration Kirtan – Sn. Prabhavananda, Swami Karma Karuna, Sn. Atmabhava and Guests.

8:00 – 9:00 A celebration of connection through free movement – Jeanette Ida and Debbie Sumner

FRI JAN 24

7:00 – 8:30 Morning Sadhana shared by NTB – Main Hall

8:30 – 8:45 RCR

8:45 – 9:45 Breakfast – Dining Hall

Main Hall:

09:45 – 10:45 Connecting through the Chakras – Theory and Practice – Swami Karma Karuna

10:45 – 11:00 RCR

11:00 – 12:00 Connecting through the Chakras – Theory and Practice - Swami Karma Karuna

12:00 – 12:45 Lunch – Dining Hall

12:45 – 1:45 NZ Yoga – Exercise NZ : Connecting Yoga in NZ with Affiliation, Insurance, Accreditation – Richard Beddie

1:45 – 2:00 Q&A /RCR

2:00 – 3:00 Connection through Dru Yoga – Practice shared by Sue Cleaver

3:00 – 3:30 IYTA:

IYTA NZ – President – Nicole Busbridge

IYTA AUS – President – Astrid Pickup

3:30 – 4:00 Closing Integration and Meditation NTB

4:00 – 4:30 Sound Healing with Franceska Francina (requested by Maureen McKain to share this for her as Maureen is unable to attend)

4:30 – 5:00 Closing Celebration Music with 'ZAF' and Farewell.

Friday night program at Evolve Festival for those attending.