

Stairway to Heaven

(Castle Courtyard)

Take your yoga mat
Festival Pass / Day pass

Rain Room

Wiedemanni 15

Take your yoga mat
Additional contribution 5 €

12.00	OPENING CEREMONY Laughter yoga with Ananda Das (India)									12.00
12.30										12.30
13.00	STONG WILD AND FREE with Justin Michael Williams (USA)									13.00
13.30										13.30
14.00										14.00
14.30										14.30
15.00	VOCAL JOURNEY with Hedvig Hanson	DEEP MEDITATION WORKSHOP with Ananda Das (India)								15.00
15.30										15.30
16.00										16.00
16.30										16.30
17.00	YOGAFUNC + JAGASPACE LIVE with Jocke Salokorpi	MEDITATION FOR PEOPLE WHO CAN'T STOP THINKING with Justin Michael Williams (USA)								17.00
17.30										17.30
18.00										18.00
18.30										18.30
19.00	CONCERT OF BELOVED ESTONIAN JAZZ MUSICIAN Hedvig Hanson	FULLVINYASA with Jocke Salokorpi								19.00
19.30										19.30
20.00										20.00
20.30	EXTATIC DANCING									20.30
21.00										21.00
21.30										21.30
22.00										22.00
22.30										22.30
23.00	NIGHT MEDITATION AND LIVE MUSIC with Justin Michael Williams (USA) 23:00 - 23:30	GONG NIGHT with Jagaspace 23:50 - 07:00								23.00
23.30										23.30
00.00										00.00

The organizer reserves the right to make changes to the program. The festival pass or day-ticket includes the program in the Castle courtyard, in-door events have a 5 € surcharge. Please be on-time for in-door events. Parents are responsible for their children participating in the children's program, we do not offer childcare.

Stairway to Heaven

(Castle Courtyard)

Take your yoga mat
Festival Pass / Day pass

Rain Room

Wiedemanni 15

Take your yoga mat
Additional contribution 5 €

06.00										06.00
06.30										06.30
07.00										07.00
07.30										07.30
08.00										08.00
08.30										08.30
09.00										09.00
09.30										09.30
10.00										10.00
10.30										10.30
11.00										11.00
11.30										11.30
12.00										12.00
12.30										12.30
13.00										13.00
13.30										13.30
14.00										14.00
14.30										14.30
15.00										15.00
15.30										15.30
16.00										16.00
16.30										16.30
17.00										17.00
17.30										17.30
18.00										18.00

YIN-YANG YOGA
with Liisianne Kruusmägi

ACRO YOGA
with Ingmar Ploom and Kristin Hansen

LOVE & GRATITUDE FLOW
with Justin Michael Williams (USA)

KUNDALINI YOGA
with Ananda Das (India)

**FIND YOUR PASSION,
ROCK YOUR PURPOSE**
with Justin Michael Williams (USA)

WHAT IS REAL YOGA?
Ananda Das (India)

WOMB YOGA FOR WOMEN
with Katri Ristal

The organizer reserves the right to make changes to the program. The festival pass or day-ticket includes the program in the Castle courtyard, in-door events have a **5 €** surcharge. Please be on-time for in-door events. Parents are responsible for their children participating in the children's program, we do not offer childcare.