

## Community Events

All community events are complimentary, registration not required  
 \*\* Special events are paid events, ticket and registration is required

Time Slot	Title	Presenter	Description	Location
<b>Thursday 8 June</b>				
1:00pm - 2:00pm	<b>Shaktipat Meditation</b>	Gabriel Cousins	Shaktipat initiation is the safest and classical approach to awakening the Kundalini or divine force resting as potential within us. Once activated, it begins to spontaneously move through our body, spiritualizing every cell, every aspect of the DNA, every chakra, every nadi, every organ, every tissue, and the koshas.	S221 (Level 2)
1:00pm - 2:00pm	<b>The Diet of Enlightenment (Lecture + Book Signing)</b>	Sharon Gannon	An insightful, optimistic and non-judgmental exploration into Patanjali's five Yamas and how they relate to the food we eat, and how that in turn affects personal issues: of violence, self-esteem, wealth or poverty, and physical health.	Theatre 2
1:35pm - 1:55pm	<b>Trybe Acro Flow</b>	Stephanie Lee	Acro Flow is a dynamic exploration of your body's potential.	Exhibition Stage
5:05pm - 5:25pm	<b>Raw food Medley by noodfood</b>	Chef Moise	Raw Food Demonstration "Happy Apple"	Exhibition Stage
7:30pm - 7:50pm	<b>Sound Healing</b>	Martina Lee	Singing Bowl - is modern, ancient because the use of metallic objects to produce healing sounds goes back millennia. Addressing physical and psychological issues through the use of sound has moved from the purely esoteric to the area known as CAM (complimentary and alternative medicine). Sound healing studies are being done and positive results have been reported.	Exhibition Stage
7:50pm - 8:00pm	<b>Lucky Draw Announcements</b>	Asia Yoga Conference	Don't miss the opportunity to claim some nifty prizes from our fabulous sponsors!	Exhibition Stage
<b>Friday 9 June</b>				
1:00pm - 1:45pm	<b>Documentary: Yoga of Change</b>		There are many ways that Yoga can create empowerment that go far beyond the walls of any Yoga studio. Join us on a journey from Inner Change to Outer Change with Seane Corne, Janet Stone, Tommy Rosen, Kia Miller and many more.	Theatre 2
1:00pm - 2:00pm	<b>Shaktipat Meditation</b>	Gabriel Cousins	Shaktipat initiation is the safest and classical approach to awakening the Kundalini or divine force resting as potential within us. Once activated, it begins to spontaneously move through our body, spiritualizing every cell, every aspect of the DNA, every chakra, every nadi, every organ, every tissue, and the koshas.	S228 (Level 2)
1:35pm - 1:55pm	<b>Handstand Balance &amp; Music Pan Performance</b>	Miguel Sant'ana & Chor Lai	Miguel Sant'ana - Handstand artist traveling the world. Chor Lai - Handpan and Mouth Harp player in Hong Kong.	Exhibition Stage
5:05pm - 5:25pm	<b>Raw food Medley by noodfood</b>	Chef Moise	Raw Food Demonstration "Sattvic Raw Coconut Yogurt"	Exhibition Stage
7:30pm - 7:50pm	<b>Acoustic Music Performance</b>	Martina & Mikey	Guitar, Music, Sound of Nature	Exhibition Stage
7:50pm - 8:00pm	<b>Lucky Draw Announcements</b>	Asia Yoga Conference	Don't miss the opportunity to claim some nifty prizes from our fabulous sponsors!	Exhibition Stage
<b>Saturday 10 June</b>				
10:30am - 2:15pm	<b>**Daybreaker for Evolution!</b>	Various Presenters, Live Performers and Artists	We are teaming up with Daybreaker to shake things up for glorious celebration of the big decade for Evolution! This will be one of the most high energy morning's Hong Kong's ever seen. So get ready for a morning sprinkled with crazy surprises and live performances. So don your brightest colors — and get ready to sweat, connect, celebrate and love. This is one you won't want to miss!	Convention Hall B
12:00pm - 12:30pm	<b>Raw food Medley by noodfood</b>	Chef Moise	Raw Food Demonstration "Kosha Layered Cacao-Vanilla Chia Porridge"	Exhibition Stage
12:45pm - 1:00pm	<b>Book Signing</b>	Sri Dharma Mittra		Exhibition Stage
12:45pm - 2:00pm	<b>What is Real (Documentary Feature)</b>	Sharon Gannon, David Life	The story of Jivamukti Yoga. Tells the real-life story of two visionaries, Sharon Gannon and David Life, who have inspired and continue to inspire, a world of change through a method called, Jivamukti Yoga.	Theatre 2

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12:45pm - 2:15pm	<b>The Astrology of the Year 2017: The Rooster's Call for Action</b>	Gahl Sasson	Teach yourself how to surf life's synchronicities and become a master of your own destiny.	S221 (Level 2)
1:00pm - 2:00pm	<b>Opening Keynote: Power, Love and Wisdom. The Unity of Yoga</b>	Aadil Palkhivala	In tribute to the 10th year anniversary of Evolution, hear the grandmaster of yoga speak about the three great Yogas as they relate to your body and your life. Realize the beauty and power of the unity that is, a unity we forget in our high-tech rapidly evolving world today.	Theatre 1
1:00pm - 2:00pm	<b>Shaktipat Meditation</b>	Gabriel Cousins	Shaktipat initiation is the safest and classical approach to awakening the Kundalini or divine force resting as potential within us. Once activated, it begins to spontaneously move through our body, spiritualizing every cell, every aspect of the DNA, every chakra, every nadi, every organ, every tissue, and the koshas.	S228 (Level 2)
2:30pm - 3:00pm	<b>Gong Bath</b>	Martha Collard	Gong Bath is a form of sound therapy where the gong is played in a therapeutic way to bring about healing	Exhibition Stage
4:35pm - 5:00pm	<b>Drum Jam</b>	Kumi Masunaga	Kumi Masunaga is a professional percussionist, hand-drum tutor, and founding director and leading facilitator of Drum Jam.	Exhibition Stage
7:10pm - 7:40pm	<b>Kirtan</b>	Clayton Horton	Kirtan is a very simple & powerful way to meditate. It's effortless & joyful; the music does the work for you as you flow with the melody & rhythm.	Exhibition Stage
7:45pm - 7:55pm	<b>Lucky Draw Announcements</b>	Asia Yoga Conference	Don't miss the opportunity to claim some nifty prizes from our fabulous sponsors!	Exhibition Stage
<b>Sunday 11 June</b>				
10:30am - 12:30pm	<b>The Wealthy Yogi</b>	Ashley Turner	A collaboration of the best business trainings and tools from 20 years of entrepreneurship to help you design your ideal vision, implement a strategy to achieve it, reach your fullest potential in, be in service and to be wealthy beyond your wildest dreams.	Theatre 2
12:00pm - 12:30pm	<b>Indian Dance</b>	Mudra Dance Academy	Indian Classical Dance Performance	Exhibition Stage
12:45pm - 2:15pm	<b>Panel Discussion: Modern Yoga - More Breadth, Less Depth?</b>	David Swenson, Aadil Palkhivala, Sharon Gannon, Paul Dallaghan, Sri Dharma Mittra, Carlos Pomedra	Join a panel discussion between six of modern Western yoga's most respected teachers as they share their experience, thoughts and ideas on the modern development of yoga.	Theatre 2
12:45pm - 2:15pm	<b>Ashtanga Foundations</b>	Clayton Horton	Experience how coordinating breath, movement and attention is the key to embracing and enjoying our practise of sun salutations, standing, seated and finishing poses of the Ashtanga tradition.	Convention Hall B
1:00pm - 2:00pm	<b>Crystalline Sound Journey</b>	Martina Lee	Be immersed in pure angelic tones from a symphony of world-class alchemy crystal singing bowls. Its pure vibration helps to relax the body-mind, clear blockages, promote healing and re-align our system to its optimal state.	S221 (Level 2)
1:00pm - 2:00pm	<b>Shaktipat Meditation</b>	Gabriel Cousins	Shaktipat initiation is the safest and classical approach to awakening the Kundalini or divine force resting as potential within us. Once activated, it begins to spontaneously move through our body, spiritualizing every cell, every aspect of the DNA, every chakra, every nadi, every organ, every tissue, and the koshas.	S228 (Level 2)
1:00pm - 2:00pm	<b>Family Yoga</b>	Jenny Smith	Welcoming children (ages of 4-12 yrs) with their mums and dads, siblings, grandparents...the combinations and opportunities are endless! Using a combination of partner poses, Yoga games and an adventurous theme, this class will build strength and flexibility, be fun-loving and energetic!	Convention Hall C
2:05pm - 2:25pm	<b>SoulSongs LIVE</b>	Daphne Tse and friends	Immerse yourself in the soulful soothing sounds of mantra infused world music with acoustic guitar, percussive beats and vocal harmonies. Come experience the vibrations of peace, love and joy through Bhakti yoga & kirtan to open and expand your heart chakra.	Exhibition Stage
4:35pm - 5:00pm	<b>Raw food Medley by noodfood</b>	Chef Moise	Raw Food Demonstration "Prana Yogi Bars"	Exhibition Stage
7:15pm - 8:00pm	<b>Meet &amp; Greet Faculty/ Group Photo</b>	Faculty	Meet & Greet with Faculty, Asia Yoga Conference Group Photo	Exhibition Stage

