

2018 COMMUNITY EVENTS

**All Community events are complimentary and open to general public

**Registration not required

Time	Title	Presenter	Description	Location
Thursday 7 June				
12:45pm-2:15pm	Rise & Shine with a Healthy Spine	Samrat Dasgupta	Learn the right approach for strengthening the spine and core for better quality of life, daily function and advancing your asana practice.	S221
1:35pm-1:55pm	Raw Food Medley by noodfood	Chef Moise	Raw Vegan Food Demonstration "Smokey Brownies"	Exhibitions Stage
7:35pm - 8:20pm	Young Living Raindrop Technique®	Shimmy Choo	Young Living's proprietary Raindrop Technique® combines unique, targeted massage and energy approaches with pure, authentic essential oils for a deeply harmonizing, rejuvenating, and relaxing experience.	Exhibitions Stage
Friday 8 June				
10:30am - 10:40am	Airborne: Handbalancing Performance	Miguel Sant'ana	Be inspired by Miguel balancing on one hand while teaching his body to bend at amazing angles, with his strength and balance to perfect his gravity-defying moves.	Exhibitions Stage
1:00pm-1:45pm	Oceans of Connection Community Meditation	Eoin Finn	Find deep peace, sustaining happiness and interconnection in this meditation to celebrate our planet's precious and mystical wellspring of life: the oceans.	S228
1:35pm-1:55pm	Crystal Ball & Contortion Performance	Hong Kong Circus	Feel the synchronisation between the agile yet graceful movements of crystal ball juggling and contortion, performed by Jonasun from Japan and Joey from Hong Kong.	Exhibitions Stage
5:05pm - 5:25pm	Kirtan & Heart Songs with Clayton & Friends	Clayton Horton & Friends	Bhakti Yoga is a devotional style of yoga which includes music and call and response chanting of English verse and Sanskrit mantras.	Exhibitions Stage
5:30pm-7:30pm	A Face Speaks	Eric Standop	A face can tell about your feelings and thoughts, health and nutrition, personality and talents. It is also a lie detector and advisor for our path and life purpose.	Theatre 1
7:35pm - 7:55pm	Singing Bowls Sound Healing	Martina Lee	Singing Bowl is a modern, ancient because the use of metallic objects to produce healing sounds goes back millennia.	Exhibitions Stage
Saturday 9 June				
12:45pm-2:15pm	Astrology 2018: Year of the Dog	Gahl Eden Sasson	Get your must have guide to all the major astrological aspects of the year 2018 and the tools you need to make the best of the Year of the Dog.	Theatre 2
12:45pm-2:15pm	Yoga Remedies: Natural Healing Yoga	Rodney Yee & Colleen Saidman	It is the nature of the mind-body to heal so most of the time we need to get out of the way, conserve energy and let it work it's own magic.	Convention Hall B
12:45pm-2:15pm	Gong Bath	Martha Collard	After a short mantra meditation, lie down and be transported into a state of deep relaxation that defies description.	S221
12:45pm-2:15pm	Getting The Life You Want, Step by Step	David J Bookbinder	The strategies used by David for helping people envision their ideal lives and get them started on the process of reaching this goal one step at a time.	S223
12:45pm-2:15pm	How to Run a Successful Yoga Business	Sylvia Chiang	Analyse trends in the international yoga industry and the mentality and ambitions of investors, budget preparation, required team skills, marketing strategy and other operational considerations. (MANDARIN ONLY).	S226-227
12:45pm - 1:15pm	Soul Spirit Songs: Hang in the Bhav	Masood Ali Khan	Hang out and relax with Masood Ali Khan and enjoy the rejuvenating vibrations of the famous Hang Drum infused with sacred mantras.	Exhibitions Stage
1:20pm - 1:25pm	LED Hula Hoops Performance by Turning Circles	Emma Brown	Hoop dance is a great exercise which tones core and shoulder muscles, and improves coordination and focus. See how Emma connecting different tricks and ways to move with her LED hoops.	Exhibitions Stage
1:25pm - 1:35pm	LIVE LIFE YOGA: Yoga Demo	Jennifer Tu	Jennifer is a devoted yoga practitioner and student of Master Samrat. She is also a three-time International Yoga Championship gold medalist.	Exhibitions Stage
1:40pm - 1:55 pm	Kuchipudi Dance Performance	Hari Om's students	A traditional South Indian classical dance from Andhra Pradesh, India: Kuchipudi is known for its dramatic histrionics, round bodied movements and fleet footwork.	Exhibitions Stage
2:05 pm - 2:25pm	Raw Food Medley by noodfood	Chef Moise	Raw Vegan Food Demonstration "Almond Pesto Stuffed Cherry Tomatoes".	Exhibitions Stage

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4:40pm - 4:55pm	Forming Physical Dialogue Capoeira Performance	GCBHK Capoeira Hong Kong	Capoeira is the art form Brazil that incorporates elements of Martial arts, dance and gymnastics to create a dynamic and fun game.	Exhibitions Stage
5:15pm - 5:25pm	Rebounder Cardio Performance by Bounce Limit	BounceLimit Rebounding Training Studio	Watch a duo from BounceLimit's instructor dream team perform fun, high intensity moves on the rebounder. See why rebounding has become celebrities' go-to exercise for cardio and weight loss.	Exhibitions Stage
7:40pm - 7:50pm	Go with the Flow Yoga Demo	Seri Wang	Create a connection of flowing and balancing through Vinyasa.	Exhibitions Stage
Sunday 10 June				
10:30am-12:30pm	The Art of Balance	David J Bookbinder	Learn how to stay on top of the forces that unbalance us, how to recover if you do get knocked down, and how to build resilience .	Theatre 2
12:45pm-1:45pm	Kids Family Yoga	Hema Mirpuri	Kids aged 4-10 years old, with moms, dads or any loved ones. Join us for a fun filled family yoga class!	Convention Hall A
12:45pm-2:15pm	Ahimsa Vegan Lifestyle	Yogini Kaliji	Inspired by her love for animals, Kaliji has practiced the vegan plant-based lifestyle for over 40 years, presenting information on the ahimsa trinity of animal rights, human health and ecology.	Theatre 2
12:45pm-1:45pm	Urban Priestess: Women's Sacred Circle	Sianna Sherman	Learn to wield power in the feminine way – with an authentic voice, intuition, deep wisdom, beauty and inner confidence.	Convention Hall B
12:45pm-1:45pm	Thai Yoga Therapy	Jonas Westring	Thai Yoga Therapy enhances energy flow; improves flexibility and blood circulation; releases excessive muscle tone; relaxes the mind.	Convention Hall C
12:45pm-1:45pm	How to Brand Yourself as a Successful Yoga Teacher	Sylvia Chiang	The essentials in interaction between studios, students and teachers. Learn to combine current trends with successful internet self marketing to be a popular teacher in the yoga. (MANDARIN ONLY).	S226-227
12:45pm - 1:15pm	Soulsongs Music Experience	Daphne Tse & Friends	Join this healing music experience that uses ancient Sanskrit mantras and world music to bring community together.	Exhibitions Stage
1:20pm - 1:30pm	SharedSpace Movement Flow Performance	SharedSpace, Clare and Aaron	Brought to you by the founders of SharedSpace, Clare and Aaron will be moving in an connected flow, drawing inspiration from Dance, Acrobatics and Yoga. Come and be inspired.	Exhibitions Stage
1:35pm - 1:55 pm	Oasis of Dreams Bellydancing Performance	Oasis Dance Centre	Belly Dances from the Middle East, North Africa and Mediterranean .	Exhibitions Stage
2:00pm - 2:10pm	ANAHATA • UNSTRUCK: Yoga Demo	Marcus Wong	An improvisation that weaves together Hatha Vinyasa, Ashtanga, hand-balancing, movement and deep flexibility curiosities. Marcus is a long-time student of Master Samrat Dasgupta.	Exhibitions Stage
2:15pm - 2:35pm	Kirtan: Singing Your Way to Happiness	Kapil Rajiv & students	Kirtan is the practice of chanting Mantras to a melody to find focus of mind and an expression for the heart.	Exhibitions Stage
4:35pm-4:50pm	Alchemy of Plants by Jahmu	Katharina Bleinis	An introduction to the alchemy of herbs: a concept of extracting the life force of plants by transforming them into remedies that heal.	Exhibitions Stage
5:00pm-7:00pm	Closing Kirtan & Meditation	Masood Khan	A beautiful event to close off our final session of a powerful four-day experience for the the 11th Evolution Asia Yoga Conference.	S221
7:15pm - 7:35pm	Live Performance: I AM LOVE	Ariel Tang	Experience the healing magic of chanting where we let sound invoke the deep love within us in this cosy session	Exhibitions Stage
7:45pm	2018 AYC Closing Photo with Faculty	AYC Community & Friends	Calling AYC community - don't miss this 2018 AYC closing group photo with your faculty.	Convention Hall B

