



DOMENICA 30	ATTIVITÀ	AREA
07,00 - 09,30	Piero Pranav Casanova: Pranayama e silent walk a PARCO N.	AREA 1: BEACH YOGA
08,00 - 11,00	Camilla Grassi: SUP YOGA	AREA 1: BEACH YOGA
08,00 - 09,30	Yog Sundari Kundalini	AREA 3: MASTERCLASS
09,00 - 11,00	Odaka Yoga SHOULDER BLISS	AREA 4: WORKSHOP
10,00 - 11,30	Yogrishi Vishvketu Pratica Akhanda sulla Dea Durga	AREA 9: AKHANDA
09,30 - 12,00	Piero Vivarelli Anusara	AREA 3: MASTERCLASS
11,00 - 13,00	Saul David Raye Awakening Heart ~ Healing Yoga, Meditation + Music for Transforming Times	AREA 4: WORKSHOP
12,00 - 13,00	Yogrishi Vishvketu Satsang talks	AREA 9: AKHANDA
13,00 - 14,00	Happy Buffet	AREA 7: BINARIO VERDE
14,00 - 15,30	Renza Bellei Hatha Flow	AREA 3: MASTERCLASS
14,00 - 15,30	Amber Brovelli Earth Aware Self Care	AREA 4: WORKSHOP
14,30 - 15,30	Anandi Yoga Nidra	AREA 9: AKHANDA
16,00 - 17,30	Yogrishi Vishvketu Pratica Akhanda	AREA 9: AKHANDA



 16,00 – 17,30	Piero Vivarelli Anusara	AREA 3: MASTERCLASS
 16,00 – 18,00	Bess Prescott ASCENT: seated to standing: an ode to the Tan- troktam Devisuktam. Asana, pranayama, mantra and meditation.	AREA 3: WORKSHOP
 16,00 – 18,00	Ago Piazzì & Alice Preti Workshop Acro & Yoga	AREA 5: ACRO BATS
 18,00 – 19,30	Federico Gagan Tedesco Movimento yogico come linguaggio	AREA 3: MASTERCLASS
 18,00 – 19,00	SATSANG KIRTAN E BHAJAN PER TUTTI a OF- FERTA LIBERA con Yogrishi Vishvketu, Morena Shree Sundari, Sergio Muniz, Saul David Raye, Jim Beckwith, Prema Kumar, Kishori	AREA 8: CUORE E MENTE

Yogrishi Vishvketu  
**Yogasana**  
L'Enciclopedia delle  
posizioni yoga

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