



DAY / TIME	CLASS / WORKSHOP	VENUE **	BAD WEATHER	TEACHER
DAY 1: FRIDAY 30 AUGUST				
14h00 - 15h15	Inspire Welcome	Hôtel de la Poste	Chalet Orny	Lisa Nicholas
	Yoga Movement Workshop: Structural Stability for Energetic Flow	Hôtel de la Poste	Chalet Orny	Lisa Nicholas
16h15 - 17h30	Hatha Yoga Masterclass	Le Hameau	Le Bec	David Gaillard
	Restorative & Nidra Yoga	Chalet Orny	Chalet Orny	Larah Davis
18h30 - 19h30	Sanskrit Mantras & the Power of Sound	Chalet Orny	Chalet Orny	Tapashi Devchoudry
	Mellow yoga with Mountain Meditation	Hôtel de la Poste	Wholeycow	Jeff Phenix
20h00 - 21h30	INSPIRE WELCOME FESTIVAL FEAST	Le Bec		Everyone
DAY 2: SATURDAY 31 AUGUST				
07h00 - 08h00	Sunrise Yoga	Hôtel de la Poste	Chalet Orny	David Gaillard
	Pranayama & Meditation	Chalet Orny	Wholeycow	Lisa Nicholas
08h00 - 09h00	BREAKFAST	-		-
09h30 - 11h00	Flow & Glow	Hôtel de la Poste	Chalet Orny	Larah Davis
	Awaken the 'body of light'	Mouton Noir	Le Bec	Jeff Phenix
	Channelling Chi	Le Hameau	Hôtel Montpelier	Tapashi Devchoudry
11h30 - 13h30	BRUNCH	Arctic/Le Bec/ Le Hameau/ GMV		-
14h00 - 15h30	Energetic Anatomy Workshop: Asian insights	Arctic Café	Arctic Café	Lisa Nicholas
	Sound Healing Workshop	Chalet Orny	Chalet Orny	Pia Dyson
	Mind over Matter	Wholeycow	Wholeycow	Penney Megginson
	Community Yoga - FREE CLASS FOR ALL	Hôtel de la Poste	Hôtel Montpelier	By Wholeycow
16h15 - 17h30	Awaken the 'body of light'	Le Hameau	Le Bec	Jeff Phenix
	Introduction to Mantra Chanting & Japa Yoga	Chalet Orny	Chalet Orny	David Gaillard
	Shiva meets Shakti - Connecting the body to consciousness	Hôtel de la Poste	Wholeycow	Tapashi Devchoudry
18h30 - 19h30	Evening Pranayama & Meditation	Le Hameau	Hôtel Montpelier	Lisa Nicholas
	Release and Reconnect	Wholeycow	Wholeycow	Anita Jetzer
	Therapeutic Yoga Flow	Chalet Orny	Chalet Orny	Larah Davis
20h0 - 22h00	INSPIRE FESTIVAL FEAST	Le Bec		Everyone
DAY 3: SUNDAY 1 SEPTEMBER				
07h00 - 08h00	Sunrise Yoga	Hôtel de la Poste	Chalet Orny	Jeff Phenix
	Traditional Hatha Vinyasa	Le Hameau	Le Bec	David Gaillard
	Pranayama & Meditation	Wholeycow	Wholeycow	Lisa Nicholas
08h00 - 09h00	BREAKFAST	-		-
09h30 - 11h00	Pancha Vaayu - the 5 Directions of Energy Flow	Le Hameau	Wholeycow	Tapashi Devchoudry
	Arm Balance & Inversion Party!	Mouton Noir	Chalet Orny	Jeff Phenix
	Flow & Glow	Hôtel de la Poste	Le Bec	Larah Davis
11h30 - 13h30	BRUNCH	Arctic/Le Bec/ Le Hameau/ GMV		-
14h00 - 15h00	Energetic Anatomy Workshop: Asian insights	Arctic Café	Arctic Café	Lisa Nicholas
	Sound Healing Workshop	Chalet Orny	Chalet Orny	Pia Dyson
	Release & Reconnect	Wholeycow	Wholeycow	Anita Jetzer
16h15 - 17h30	Atelier Kirtan & Bhakti Yoga	Chalet Orny	Chalet Orny	David Gaillard
	Mind Over Matter	Arctic Café	Arctic Café	Penney Megginson
	Moving Stillness - Tools for Meditation	Hôtel de la Poste	Wholeycow	Tapashi Devchoudry
18h00	Closing Ceremony & Bhajans led by Lisa Nicholas	Hôtel de la Poste	Chalet Orny	Lisa Nicholas & ALL