

WLBC Open Day Schedule

Saturday 5th January 2019

Time	Small Shrine Room	Main Shrine Room	The Studio
10.00 – 10.50	Mindfulness for Stress Ben	Mindfulness of Breathing Meditation Abhayadevi	Iyengar Yoga Emmanuelle
11.00 – 11.50	Buddhism in the City Sudurjaya	Kindness Meditation (Metta Bhavana) Dharmavadana	Hatha Yoga Kiki
12.00 – 12.50	Mindfulness of Breathing Meditation Sudurjaya	Introduction to Buddhism Hanka	Beginners Yoga Kiki
13.00 – 13.50	Practical Buddhism Lilamani	Mindfulness for Health Sophie	Feldenkrais Sophie
14.00 – 14.50	Kindness Meditation (Metta Bhavana) Lilamani	Introduction to Trauma and Tension Release Exercises Vilasamani	Yin and Restorative Yoga Donna
15.00 – 15.50	Mindfulness for Stress Sophie	Walking and Sitting Meditation Tarakarunya	Vinyasa Flow Yoga Sev
16.00 – 16.50	Buddhist Chanting Tarakarunya	Mindfulness of Breathing Meditation Vilasamani	Ashtanga Yoga Sev