

Open Day

Saturday 8 September

Time	Main Shrine Room	Small Shrine Room	The Studio	Treatment Room
10.00 – 10.50	Meditation: Body Awareness Abhayadevi	Mindfulness for Stress (Breathworks) Padmalila	Hatha Yoga Kiki	Applied Movement Neurology Hannah
11.00 – 11.50	Meditation: Mindfulness of Breathing Abhayadevi	Buddhism in the City Sudurjaya	Ashtanga Yoga Martha	Applied Movement Neurology Hannah
12.00 – 12.50	Talk: Dissatisfaction Guaranteed Hanka	Meditation: Cultivating Kindness (Metta Bhavana) Sudurjaya	Vinyasa Flow Sev	Applied Movement Neurology Hannah
13.00 – 13.50	Mindfulness for Health (Breathworks) Padmalila	Workshop: Buddhism and Beauty Yashobodhi	Feldenkrais Sophie	
14.00 – 14.50	Introduction to Trauma and Tension Release Exercises Vilasamani	Meditation: Mindfulness of Breathing Yashobodhi	Beginners Yoga Rose	
15.00 – 15.50	Meditation: Walking & Sitting Tarakarunya	Mindfulness for Stress (Breathworks) Padmalila	Iyengar Yoga Emmanuelle	
16.00 – 16.50	Meditation: Mindfulness of Breathing Vilasamani	Ritual: Buddhist Chanting Tarakarunya	Iyengar Yoga Emmanuelle	Esalen Massage Marimar