

# Tofino Yoga Festival

## Feb 17-19, 2012

*Friday February 17th* **Vocal Toning Workshop with Mada at 7:30 pm**

*Saturday February 18th:*

**8-9:15am Early Morning Restorative Workshop with Eliot May**

**9:30-10:45am Meditation and Awareness:  
A Richer Way to Experience Everyday Life with Dr. Liz Zed**

**11-12:00pm Healing with Food:  
Discover the 6 tastes and basic Ayurvedic principles with Pascale Froment**

**12:30-2:30pm Shoulder High Yoga Workshop with Eoin Finn**

**3-4:30pm What is Yoga Lecture with Natalie R. Horscroft**

**5-6pm Uncovering the Essential Breath Workshop with Mariah Armstrong**

**6:30-8pm Evening Yin Yoga Workshop with April Woods**

*Sunday February 19th:*

**8-9am Surf for Life Intro Workshop with Dawn Batenchuk**

**9:30-10:30am Meditation with Tracy Crocker**

**11-1pm Deep Roots, Wild Open Hearts:  
An Anusara Workshop with Natalie Horscroft**

**1:30-2:30pm An Exploration into Yoga and Recovery with Robert Kowatsch**

**3-4pm Yoga for Tuff Girls (girls 11-17 years) with Ashley Little**

**4:15-5:15pm Yoga for Groms ( boys 11-17) with Shandy Kariatsumari**

**5:30-7pm Level 1/Beginner Yoga with Mariah Armstrong**

**7:30-8:30pm Toning/Mantra Extravaganza with Mada!**

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