



Dynamic

Slow/soft

Energy work / meditation

Talk

PROGRAM

DJUPET

9.00-
10.30

PRIMAL YOGA FLOW

El Ri Flatås

NO/ENG

10.45-
12.15

YINYASA + YOGA NIDRA

Astrid Salthaug

NO

12.30-
14.00

ASHTANGA YOGA

Mikkel Dahl Lund

NO

14.15-
15.45

LIQUID FLOW - EMBODIED YOGA

Leika Mark Noppenau

NO/ENG

16.00-
17.30

TSALUNG

Henrik Lysøe

NO/ENG

17.45-
18.30

MANTRA CIRCLE

Many contributors

NO/ENG

LANGHUSET

THE POWER OF SIMPLICITY - HATHA

Anne Devismes

ENG

BREATH OF LIFE

Sanni Parkkinen

ENG

THE TRANSFORMATIVE POTENTIAL OF YOGA

Lea Loncar

NO/ENG

ADVANCED HATHA YOGA

Oksana Musiyenko

ENG

SOULFUL HEARTSPACE - YIN YOGA

Ingrid Qvam Loe

NO

Changes to the
program are
possible.