



Gili Bangkit Festival

from

**15TH
JUNE**
to
**15TH
JULY**

from

**20TH
JUNE**
to
**24TH
JUNE**

Slow Food & Yoga Festival

#GILIBANGKIT #SLOWFOODANDYOGAFESTIVAL #GILIAIRFESTIVAL

Gili Bangkit Festival

Gili Air, June 15 - July 15, 2019

15/6 Opening Ceremony (GA Harbour)

16/6 Stick-fighting (GA Harbour)

20-24/6 Slow Food and Yoga Festival
(GA Night Market)
Gili Air Cooking Competition

29/6 Pasar Malam (GA Harbour)

30/6 Stick-fighting (GA Harbour)

7/7 Gili Air Triathlon (GA Harbour)

12- 14/7 The 3 Gili island's Cooking
Competition

14/7 Food Carnival

13/7 Pasar Malam (GA Harbour)

14/7 Stick-fighting and Closing Ceremony

PERFORMANCES

Kids' Angklung concert
Silat Workshop
Traditional Dance
Stick-fighting
Gendang Belek
Rudat

*Gili
Bangkit*
Festival

PROGRAM

from
**15TH
JUNE**
to
**15TH
JULY**

Slow Food & Yoga Festival

A five day festival incorporated in to the Gili Bangkit Festival, presenting the unique synthesis of local/regional Indonesian culture and newer international offerings to be found on Gili Air. Slow Food & Yoga festival will be held from **June 20-24**.

Slow
Food & Yoga
Festival

PROGRAM

From
**20TH
JUNE**
-
to
**24TH
JUNE**

DAILY YOGA CLASSES

- Sunrise Yoga
- Sunset Yoga
- Yoga
- SUP Yoga
- Handstands
- AcroYoga
- Sound Healing Bath
- Meditation
- Zumba Party
- Ecstatic Dance

DAILY FESTIVAL THEME FOR SLOW FOOD AND ARTISAN MARKET

- Farmers' Market and Slow Movement
- Eco Warriors and Zero Waste Island
- Gili Air's Vibrant Community
- The Yoga Lifestyle

FOOD WORKSHOPS AND LIFESTYLE TALKS

- Gili Cooking Competition
- Gili Jamu Competition
- Slow Food Bali (SILVINA MIGUEL)
Talk about Slow Food and how we can become coproducers of the food system
- Slow Living Talk: A talkshop on how to Stress Less & Live More. Learn tips on how to bring more lightness, gentleness & calmness to your life and the world
- Compost Training (KADEK SUARDIKA & SILVINA MIGUEL)
A training for local producers and Gili Air residents
- Permaculture Design (SILVINA MIGUEL & KADEK SUARDIKA)
An introduction to permaculture ethics, principles and design
- Presenting Daur Project: The precious plastic recycling-machine made it to Gili Air! Bring us your hard plastic! (IHRAM & JOE)

Celebrity Chefs



Chef Ragil

- ▲ An edible story of Indonesia
- ▲ Asian Cuisine Chef of the Year 2018

@nusagastronomy (JAKARTA)
@spicygeg (BALI)



Chef Hero

- ▲ Healthy Local Food Gili Air
- ▲ Indonesian cooking classes
- ▲ Warung Sunny
- ▲ SFYF co-organizer

@warungsunny



Chef Simon J.

and team New Earth Cooking

- ▲ Food forestry
- ▲ Earth Custodian
- ▲ Exec Chef, Zest Ubud
- ▲ New Earth Cooking

@newearthcooking (BALI)

@zestubud

@new.earth.school

www.newearthcooking.com



Chef Arif

- ▲ Health store
- ▲ Local medicinal herbs
- ▲ Traditional Jamu
- ▲ Tisane
- ▲ Herbal Tea and natural products "Follow what nature intends"

@djamoeke

@chefarifsprings

www.arifsprings.com



International Yoga Instructors



Tori Mclarty (AUS)

- ▲ AcroYoga
- ▲ Performances
- ▲ Flying Trapeze
- ▲ Granny Yoga
- ▲ Yoga

@fireflightyoga
www.facebook.com/PerthAcroyoga



Catie Foroughi (UK)

- ▲ Yoga
- ▲ Handstands
- ▲ Backbends
- ▲ Arm-balances
- ▲ Acro
- ▲ Meditation

@cyogalove
www.cyoga.co.uk



Nadine Mcneil (JAM)

- ▲ Public Figure
- ▲ Founder of BadAsana Series: yoga with free weights
- ▲ Yoga Instructor
- ▲ Transformation Coach
- ▲ Public Speaker
- ▲ Woman's Circle Global Facilitator

@universalempress
www.badasanaseries.com
www.theyogabarn.com



James "Fish" Gill (AUS)

- ▲ Facilitator & Yoga Instructor
- ▲ Making yoga relatable
- ▲ Supporting #tonicmasculinity
- ▲ Enabling social emotional learning
- ▲ Transforming conflicts
- ▲ Empowering business change

@james_fish_gill
www.creativeteams.com.au



Sharni Quinn (RSA)

- ▲ Life & Personal Brand Coach
 - ▲ Gentle Flow Yoga Teacher
 - ▲ International Speaker
 - ▲ Author
-

@sharniquinn_yogicoach
www.sharniquinn.com



Steffi Gonzalez (HK)

- ▲ Wellbeing Consultant
 - ▲ Teacher & International Speaker
 - ▲ Lululemon Legacy Ambassador
-

@steffi_yourlifeyourplayground
www.yourlifeyourplayground.com



Anna Sohana (RUS)

- ▲ Soundhealing bath
 - ▲ Breathwork
 - ▲ Women's circle - open the voice
 - ▲ Open the heart meditation
-

@anna_sohana_bali
www.sohanaspirit.com



Simón & Claudia (CHL)

- ▲ Yoga Teachers & Trainers
 - ▲ Yoga
 - ▲ AcroYoga
 - ▲ Meditation
-

@yogasoulmonkeys

Cultural Evenings

Indigenous Film Screening

- DAVID METCALF -

Co-founder of Bali Indigenous Film Festival / Film Producer / Photography Teacher / Photography Tours in Bali /
David Metcalf Photography
@davidmetcalfphotography
@indigenous.international
www.davidmetcalfphotography.com

- SANNE VAN OORT -

Founder of Mother Jungle / Film Producer @motherjungle
www.motherjungle.org

Gili Talent Show - Open MIC Renegade Show

Ambient DJ's

Acoustic Concert

Kids' Space

Little Seeds (KADEK SUARDIKA & SILVINA MIGUEL)

A workshop for children on how
to grow our own food

Food carving & upcycling
workshop

AcroYoga for kids

Circus workshop

Music workshop

Bum tickets

Charity Event

All the proceeds from Slow Food & Yoga Festival will be supporting educational initiatives in Gili and Lombok to include a zero-waste permaculture garden project to be set up at the local school as a way of fostering long-term sustainability initiatives for the Gili Islands. Sustainability is a big theme of the festival and the festival ground will have zero plastic or throwaway containers or packaging.

DAY TICKET: 50K (IDR)

FULL FESTIVAL TICKET, 5 DAYS (4+1 free): 200K (IDR)

includes Yoga, Food workshops, lifestyle talks, cultural evenings, kids' space, performances and access to the Slow Food & Artisan Market.

VOLUNTEER / PARTICIPATE

Buy tickets or apply on :

www.giliairfest.com - @slowfoodandyogafestival - info@sorayafoundation.com