

Slow Food & Yoga Festival - Gili Air

PROGRAM

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		Thursday	Friday	Saturday	Sunday	Monday	
	THEME	Farmers' Market & The Slow Movement	Eco Warriors & Zero Waste Island	Gili Air's vibrant community	Gili Air's vibrant community	The Yoga Lifestyle	
		20-june-19	21-june-19	22-june-19	23-june-19	24-june-19	
6:15 - 7:15	YOGA	Slow Flow / Sharni/ Biba Beach	SUP Yoga / Sharni / 3W	Slow Flow / Sharni/ Biba Beach	Slow Flow / Catie / Biba Beach	Slow Flow / Catie / Biba Beach	
8:00 - 10:00	YOGA	Acro Yoga / Tori / Slow Spa	Acro Yoga / Tori / Slow Spa	Acro Yoga / Tori / Slow Spa	Acro Yoga / Tori / Slow Spa	Men's only Flow and Restore / Fish / Slow Spa	
11:15 - 12:15/45	YOGA		Power Yoga / Nadine / Flowers & Fire	Ashtanga / Marilu / Flowers & Fire	Meditation & Chanting with musician / Marilu / Flowers & Fire	Carolina Smilas Mind and Movement Medicine Yoga / Flowers & Fire	
12:00 - 14:00	SLOW FOOD	Theme: Farmers' market & Slow Food Movement	Theme: Eco Warriors & Zero Waste Island JUMAT	Theme: Gili Air's vibrant community	Theme: Gili Air's vibrant community	Theme: The Yoga Lifestyle	
	FOOD & MARKET	Food stalls & Lombok Farmers' market	Food stalls, Eco warriors & Zero waste solutions	Food stalls & showcasign artisans of Gili Air's vibrant community	Food stalls & showcasign artisans of Gili Air's vibrant community	Food stalls & The sweetest desert on the Gili's	
		Sasak Food Stalls & Farmers Market / EAT & SHOP	Sasak Food Stalls & Eco Warrior Market / EAT & SHOP	Sasak Food Stalls & Gili Air's Vibrant Community Market / EAT & SHOP	Sasak Food Stalls & Gili Air's Vibrant Community Market / EAT & SHOP	Sasak Food Stalls & Gili Air's Vibrant Community Market / EAT & SHOP	
	SASAK CULTURE	Local shows & performances	Local shows & performances	Local shows & performances	Local shows & performances	Local shows & performances	
13:00		Performance: Gendang Belek	Performance: Traditional dance		Performance: Acro Yoga	Angklung Concert - Gili Kids Bale Ethnic fusion concert	
12:00-13:30	ACTION	TALK: Sharni - Slow Living (30min @13:00)	14:00 Photo Exhibition Contest	Raw Food Cooking class with Chef Arif Springs	Deep Food Connection with Chef Simon and New Earth Cooking School Team	TALK: Steffi - The Yoga Lifestyle	
14:45-14:30		12:45- 13:15 TALK: Slow Food Bali (SILVINA MIGUEL) Talk about Slow food (30min)	13:15 - 13:45 TALK: Ihram - Daur Project Precious Plastik (30min)				
			14:00 -14:30 TALK: Joe - Daur Project - Composting for your business, the journey to a Zero Waste island 🌱 (30min)				
		13:30- 15:00 Tempe Making / Chef Ragil / GA Night Market (90min)	14:45-15:15 TALK Zero Waste to Landfill with Positive Impact Forever PIET VAN ZYL (30min)				
13:30 - 15:00	YOGA	Yin Yoga / 7- chakra flow / Fish / Flowers & Fire Yoga Garden	Open your heart meditation / Anna / Flowers & Fire Yoga Garden	Handstand / Catie / Flowers & Fire Yoga Garden	Handstand & Backbends / Catie / Flowers & Fire Yoga Garden	Handstands & arm balancing / Catie / Flowers & Fire Yoga Garden	
13:30-15:30	YOGA	13:30 Ying & Yang flow + Thai massage / Claudia & Simon / Slow Spa (120min)	13:30 Acro Yoga Class / All levels / Claudia & Simon / Slow spa (120min)	The Goddess Flow + Woman circle / Claudia & Simon / Slow spa (120min)			
15:00 - 17:00	SLOW FOOD	Gili Chef Competition PT 1 / Judges: Celebrity Chefs / GA Night Market (90min)	Gili Chef Competition FINAL / Judge: Celebrity Chefs / GA Night Market (90min)	Compost Training and permaculture design / Silvina & Kadek / GA Night Market (90min)		Gili Jamu Competition / Judge: Chef Arif Springs (90min)	
16:00				16/00 Stickfighting (harbour)			
15:00-17:00	KID SPACE	16:00 Little Seeds / Kadek & Silvina / GA Night Market (60min)	16:00 Acro For Kids / Tori & Mick / GA Night Market (60min)	16:00 Food Carving / Nad Brama / GA Night Market (60min)	15:00 Circus workshop / Ajie / GA Night Market (60min)	15:00 Music Workshop / Midy / GA Night Market (60min)	
			16:30 Visit Gili Air's elementary school, brainstorm on permaculture garden / SD	16:30 Gili Air Community Beach clean up / Trash Heroes Gili Air / Oceans 5			
17:30 - 18:30	YOGA / Life DJ		Slow Flow / Sharni / Camila Beach / Live DJ	Ecstatic Dance / Marilu / Camila Beach / Live DJ	Yoga / Nadine / Camila Beach / Live DJ	Yoga / Steffi / Camila Beach / Live DJ	
			Acro Jam / Camila Beach / Live DJ	Acro Jam / Camila Beach / Live DJ	Acro Jam / Camila Beach / Live DJ	Acro Jam / Camila Beach / Live DJ	Acro Jam / Camila Beach / Live DJ
			Sunset Yoga Photoshoot	Sunset Yoga Photoshoot	Sunset Yoga Photoshoot	Sunset Yoga Photoshoot	Sunset Yoga Photoshoot
			DJ Botanic Beats	DJ Abstract / Ambient	DJ José	DJ Abstract	DJ Botanic Beats
19:00 - 20:00	YOGA	Restorative Yoga / Fish / Flowers & Fire	Women circle / Nadine / Flowers & Fire	Soundhealing bath / Anna / Flowers & Fire	Soundhealing bath / Anna / Flowers & Fire	Restorative Yoga / Fish / Flowers & Fire	
20:15 - 22:15	SLOW FOOD	Grand Opening Night	Gili Indigenous Tribes Evening / GA Night Market	Gili Indigenous Tribes Evening / GA Night Market	Acoustic Concert: Soul and Kith	Open Mic / Gili Talent Show	
		Salsa Party / GA Night Market	Movie screening	Movie screening	Ambient concert	Ambient DJ Abstract	
			Presenter: David Metcalf from Bali Indigenous Film Festival	Presenter: Sanne Van Oort from Mother Jungle			
			Movie 1: Small Island Big Song www.smallislandbigsong.com	Invited: Wetu Telu Culture and Dayak tribe member			
		Movie 2: The journey Back www.thejourneyback.info	Movies: Sacred Water (Lombok) and Voices of the jungle (Kalimantan) www.motherjungle.org				



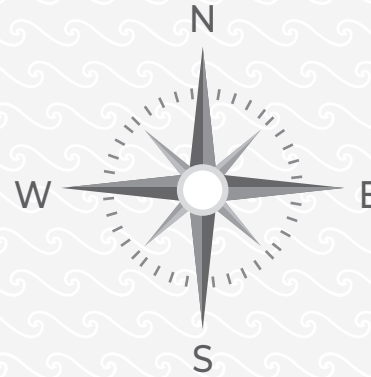
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