

Slow Food & Yoga Festival

17TH-20TH OCTOBER, 2019



YOGA INSTRUCTORS



SHARNI QUINN

South Africa / Yoga, Life Coaching & Wellness Travel / @sharniquinn_yogicoach

Sharni is passionate about spreading sparkle & bliss wherever she goes. She believes that every human is meant to shine, to live their best life and to share their light. Her mission is to inspire the world to be 'Living Yinly' through her newly launched Online Yoga & Wellness Studio where she brings Bali bliss to you!

Classes at SFYF: Yin Yoga, SUP Yoga & Sunset Flow.



LEVI BANNER

US / Yoga / Breathwork / Astrology / @levi.banner

Levi went from being dedicated to breakdancing and hip hop, to being passionate about yoga, breathwork and astrology. Levi brought his shamanic work and pranayama work together, which has been a profound experience for him. For Levi, true yoga resides in the breath. It's the difference between simply stretching and opening a channel to profound realization.

Classes at SFYF: Breathwork, Sunset Flow, Ecstatic dance & Cacao Ceremony



EMILY CHRISTIAN

Australia / Founder of Flowers & Fire Yoga Garden / @flowersandfireyoga

Emily's teachings are inspired by a non-dualistic tantric lineage that conceives of the material world and the body as an expression of divine consciousness. As founder of Flowers and Fire Yoga, her aim is to weave together the disciplines of yoga, meditation and creative manifestation to support the transformative journey towards a mindful and creative state of well-being

Classes at SFYF: Harvesting energy from where you are at



LUCY FOSTER-PERKINS

UK / Co-owner Pineapple House Bali / @lucyfoosterperkins / @pineapplehousebali

Yin Yoga and meditation has helped Lucy to stay in alignment and care for herself. Her focus in life is to remember that she doesn't need to "Do More" in order to "Be More". She is hugely influenced by the teaching from Ayurveda and 5 Element Theory from Traditional Chinese Medicine, which she weaves into her Yin Yoga practice and classes.

Classes at SFYF: Yin Yoga & The Art of Slowing Down



NADINE MCNEIL

Jamaica / Transformation Coach / Public Figure / @universalempress

Nadine discovered yoga while working for the UN and practiced regularly to respite from the job's physical and emotional demands. Nadine wish to inspire possibility to people around the world and her mission is to share yoga with diverse and underserved communities.

Classes at SFYF: Power Yoga, Reggae Flow & Women's circle.



MARILU CASALINO

Peru / Authorized KPJAYI Teacher / Ashtanga / Prenatal Yoga / @ashtangamarilu

Marilu started teaching yoga in 2004. She later achieved her 200 hours of Power Yoga in 2011 and teacher training of Prenatal Yoga in 2012. Marilu has committed her way of life to the Ashtanga Practice, traveling frequently to Mysore India to study with her Guru Sharath Jois. Marilu is an authorized KPJAYI Teacher.

Classes at SFYF: Ashtanga Yoga, Ecstatic Dance, Meditation & Chanting Session

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SHANNON NENDICK

Australia / Movement artist / Acro Addict / @shannonnola

Shannon has been practicing yoga for 5 years. Her love for yoga branches from her fundamental love of movement and play. This developed into a full fledged passion for hanging out upside down, either doing acro yoga or standing on her hands. Shannon completed her TT at Inyoga in Sydney.

Classes at SFYF: AcroYoga, Handstands, & Vinyasa Flow.



BRANDEE JOHNSTON

Canada / Co-Founder of Kenza Yoga, Gili Air / @brandeelejohnston

Brandee has been a student of yoga since 2000, teaching since 2007, and holds certificates in Power, Hatha, Vinyasa, Anusara & Forrest Yoga. Her classes are fueled by the love of mantra, and dynamic, alignment based asana. At Kenza, Brandee brings joy and compassion to her classes, and works to hold space for students to feel safe and supported to grow. She is forever grateful for the transformational practice of yoga.

Classes at SFYF: Journey Into Power



JACK HAMILTON

Australia / Movement artist / Contact Impro / @jacko_acro

Jack's movement journey began with swing dancing, then moved onto a love of burlesque. He began exploring the Feldenkrais Method, a somatic body awareness technique. This led to his discovery of the dance form Contact Improvisation, which he developed a deep and profound love for. The past 4 years, AcroYoga has been Jack's main focus.

Classes at SFYF: AcroYoga & Contact Improvisation



SHERYL SHARASWHATY

West Java / Acro Yoga / Thai Massage / @sherylsharaswhaty

Sheryl moved to Bali in 2012 and rediscovered the meditation and mantras her Indian grandfather taught her when she was young. Sheryl did her first TT in 2015, and since then she has passionately shared her love of yoga. She continued her journey as a student and assistant in many teacher's training. Nowadays, Sheryl is more focused on teaching Vinyasa, Acroyoga, Thai Massage and Fly High Yoga.

Classes at SFYF: AcroYoga



ERNA ANGGRETA

Yogyakarta / Founder of Social Project Space / @erna_yoga_hijabi

Erna has been teaching yoga for 2 years. Through her Social Project Space, she's passionately sharing her love of yoga by facilitating karma projects and various other inspiring social movements. Among others, she taught yoga within a Women's Correctional Facility (Female Prison).

Classes at SFYF: Pop Yoga & Kriya Yoga



THOMAS MANGIN

France / Cirque Du Soleil Performer / Life Coach / Healer / @tom_aerial_magic

Multiple times National French Champion within gymnastics and several years of performances with some of the leaders of the entertainment world such as Cirque Du Soleil & Dragone. Thomas has developed his acrobatic skills over many years, and today he's helping people reclaim their energy through coaching.

Classes at SFYF: Partner stretching & Handstand Intermediate Classes

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VANESSA HOLLIDAY

South Africa / Sound Practitioner /
Vocal Sound Healer / @she.is.sound

Vanessa has been working with Sound & Music for over a decade. She describes her transformational music journey as a return back to the Origins of Sound. "Everything in life comes full circle". Vanessa aspires to making ancient sound remedies available to everyone. She loves teaching people how to fully connect to their voice so they can feel more radiant, confident and free. Her sound medicine is deeply nourishing and transformative.

Classes at SFYF: Sound healing

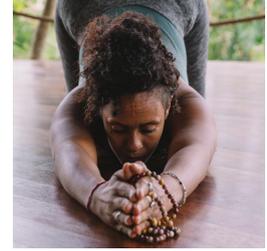


GEMMA BALICKI

England / Vinyasa Yoga /
@gembalickiyoga

Having trained primarily in Vinyasa yoga, Gemma's teaching style is fluid and dynamic, which allows stuck energy to surface, move through, and be released effectively. To Gemma, yoga is a catalyst for growth and transformation. Yoga gave Gemma hope at a time of struggle in her life, and it's her passion to spread her understanding of yoga to others.

Classes at SFYF: Tremors of the heart - Dynamic Vinyasa Flow



GIZELLE KENNEL

South Africa / Reiki Practitioner /
Vinyasa & Aeria / @sanctuary.yoga

Reiki practitioner, yoga teacher, and professional chef. Gizelle believes that her role is to help and heal others. She has founded Sanctuary Yoga on Nusa Penida in order to create a safe space for people to begin or continue along their journey of self discovery. Reiki is a powerful and intuitive practice that she believes can be used in every facet of life.

Classes at SFYF: Reiki Circle & Meditation



FATHAN TODJON

Indonesia / Vinyasa / Yin / Thai
Massage / @todjon

Todjon was originally drawn to yoga as a spiritual practice for the soul as well as a mindful exercise for mind and body. Though his main practice at the moment is Ashtanga Vinyasa and Yin, Todjons practice is always a mix of various disciplines. Todjon have been sharing his passion and love for yoga in many studios, workshops, and festivals.

Classes at SFYF: Sunset Flow & Thai Massage



KATE PARROTT

UK / Reiki Practitioner / Meditation
/ @the_space_between_healing

Kate has been working as a Reiki Master, yoga and meditation teacher at H2O Gili Air the last 7 months. She offers an approach that is practical, accessible and utterly from the heart. She has a broad range of experience in various healing modalities, yoga and meditation, that she combines holistically. Her greatest desire is to inspire and help others to become the empowered, happy, healthy individuals they wish to be.

Classes at SFYF: Reiki Circle

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TALKS & WORKSHOPS

SLOW INTIMACY - AN EXPERIMENT WITH CONNECTION

With Colleen Schell / Love & Intimacy Coach / @colleenschell

This experience is part workshop, part experiment with games and exercises teaching you how to have more joy, love, and intimacy in your life in a light and playful atmosphere. The workshop will create a heart opening connecting experience and give us a more profound sense of each other.

COUCHSURFING, BACKPACKING AND TRAVEL SHARING

With Erna Anggreta / Founder of Social Project Space / @erna_yoga_hijabi

Experience couch-surfing, travel sharing and gain some awesome travel tips with Erna as she hosts a discussion about traveling and backpacking. Erna will share her knowledge of couchsurfing, and a story of how one local family in Yogya has hosted more than 150 travelers.

ZERO WASTE: SIMPLE SWAPS

With Silvija / Founder of Zero Waste Bali / @zerowastebali

Air pollution, plastics filling our oceans, and global warming are just a few of the environmental issues, we are facing. While we may not be able to solve all the world's problems - we can each make simple changes in our daily life to make a difference. Join Silvija as she shares simple swaps you can incorporate into your life to reduce your impact on the environment.

THE ART OF SLOWING DOWN

With Lucy Foster-Perkins / Co-owner Pineapple House Bali / @lucyfosterperkins

This workshop explores the tools and benefits to slowing down. Most of us get into a habit of rushing from place to place and never truly experience the slow moments, unaware of the effect on our lives and wellbeing. Slowing down allows us to notice our intuition more closely and to listen to the subtle and beautiful changes around us. When we're in a rush, we often miss out on the good stuff!

FOOD WASTE AND COMPOST

With Davide / Zero Waste Projects / Positive Impact Forever

Have you heard of composting, but not too sure what it's all about? Join this workshop as Davide shares his knowledge of the art of recycling organic resources. Learn how you can make a difference by not only reducing your food waste, but also preventing it from reaching landfill through composting in your own garden.

UPCYCLING NON RECYCLABLE PLASTIC

With Davide / Zero Waste Projects / Positive Impact Forever

Curious about how you can make a difference? What about making a difference and getting creative at the same time? Join Davide, one of our amazing eco warriors, as he shares with you some great ways you can creatively upcycle plastic.

CREATE A JOB IN WORKPLACE WELLNESS

With Griet Johanna / Digital Nomad / @healingmirror

This workshop will teach you how to create a job within Corporate Wellness. Like Social Media Managers were questioned 10 years ago, Griet will tell you why Corporate Wellness is the future within every company. Learn how to align yourself with company values and potentially become a nomad working with Corporate Wellness like Griet.

DETOX: MAKE YOUR OWN SCRUB

With Silvija / Founder of Zero Waste Bali / @zerowastebali

Why would you want to make your own beauty products? Simply to have the peace of mind knowing exactly what's in your scrub - no hidden nasties! Use only organic ingredients - because some things just can't beat nature! Learn how to save the environment from harmful pollutants while having fun. Join Silvija as she shows you how you can make your own scrub.

A DIGITAL SHIFT INTO A PEOPLE-POWERED WORLD

With Jeff Kirdeikis / Serial Entrepreneur / Founder of Uptrendd.com / @jeff.kirdeikis

Curious about Cryptocurrency? Join Jeff Kirdeikis, serial entrepreneur and founder of Uptrendd.com, as he explores how new technology is fueling a revolution towards collective sovereignty. Learn about the ways you can join the movement to shift the wealth from the corporations, back to the people.

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TALKS & WORKSHOPS

LIVE YOUR BEST LIFE

With Sharni Quinn / Speaker / Author / Yoga, Life Coaching & Wellness Travel / @sharniquinn_yogicoach

Create more balance, freedom & bliss! In this motivating workshop you will be inspired & empowered to create more balance, freedom & bliss in ALL areas of your life. Sharni will share her 5-Step Path on 'Living Yinly' so you can slow down, tune in, let go & wake up... and live your best life but without burning out in the process!

DISCOVERY THROUGH CIRCUS & PLAY

With The Fiery Pixies / Shaheen & Shouniez / Circus Artists / @thefierypixies

We'll have fun learning and playing with the fundamentals of hooping and learn a series of tricks, connecting it all into a fluid and flowing dance of self expression. We'll be sharing an exploratory movement workshop using different exercises and games. This workshop is a fun and playful guided movement journey. No experience required - Just an open mind to have fun.

UPCYCLING

With Chef Rosie / Nad Brahma / Ayurveda / @nad.brahma.gili.air

This workshop is about recycling or upcycling from discarded materials like tins, plastic bottles, paper bags, and scraps you can find on the beach. Then we use these scraps and other materials to creatively combine, making something new and useful such as purses, clamps, candle holders, and lights. Your only limitation is your imagination. This is the art of upcycling.

KID'S WORKSHOP

With Lisa Renee & Julie Thonnard / Movement Artist @lady_lee / Hula Hoop, Entrepreneur, Traveler @askjulie.travel

Come enjoy a fun and playful workshop, when Julie & Lisa brings out their Hula Hoops and inner clowns to create an hour of joy and playfulness with kids and adults. This workshop is all about body movement, fun and clowning for all ages.

FOOD JOURNEY FOR LOCAL CHEFS

With Chef Simon / New Earth Cooking / Zest Ubud / @newearthcooking

This workshop is about how local chefs can empower themselves through regenerative cuisine. How can we take care of our environment, our people and our future and still create a thriving restaurant business? Chef Simon J. welcomes all local chefs to come learn from his experience - taking Zest Ubud as a real life example.

JAMU MAKING

With Chef Arif Springs / Raw food specialist / Founder of DJAMOEKOE / @chefarifsprings / @djamokoe

Jamu is Indonesia's traditional herbal medicine, made from natural materials, such as roots, bark, flowers, seeds, leaves and fruits. It dates back thousands of years and has some similarities to Ayurveda. The term 'jamu' originates from two words: 'Djampi', which means healing and magic and 'Oesodo' which means health. Come learn how to make your own Jamu.

RAW FOODISM

With Chef Arif Springs / Raw food specialist / Founder of DJAMOEKOE / @chefarifsprings / @djamokoe

Join this workshop as celebrity Chef Arif takes you on a Raw Food Journey. Raw foodism, also known as rawism, is the dietary practice of eating only or mostly food that is uncooked and unprocessed.

A FOOD JOURNEY

With Chef Arif / @djamokoe / Chef Ragil / @nusagastronomy / @spicygeg

Experience a local food journey like no other with award winning celebrity chefs Arif Springs and Ragil. Join Chef Arif Springs, renowned for his raw food creations, together with Chef Ragil, founder and owner of Nusa Gastronomy Jakarta, as they create a magical food journey. Experience the hidden delights of the Indonesian kitchen.

AYURVEDA

With Chef Rosie / Nad Brahma / Ayurveda / @nad.brahma.gili.air

Ayurveda is one of the world's oldest holistic systems. It is a sophisticated and powerful mind-body healing system. Ayurveda translates to science of life. It places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs.

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TALKS & WORKSHOPS

MEDICINAL HERBS HARVESTED ON THE ISLAND

With Chef Hero and Wife / Owner of
Warung Sunny, Gili Aie

Herbalism, the use of herbs for medicinal purposes, has been used throughout ancient civilisations and continues to support healthy and holistic lifestyles today. Join this workshop as Chef Hero and his wife take you on an exploration of the medicinal benefits of local herbs found on Gili Air.

THE STORY OF SAMBAL

With Chef Darma / Warung Alam
Damai / @waroengalamdamai

Sambal is a chili pasta or sauce. Is it originally Javanese, but can be found all over Asia. Traditional sambals are freshly made using traditional tools such as stone, pestle or mortar. There are more than 212 variants of Sambal in Indonesia. Come learn how to make some of them with Chef Darma at Warung Alam Damai.

KOMBUCHA

At Mexican Kitchen /
@mexicankitchengiliair

Kombucha is a healing tea, originally used in China back in 2021 BC - it has been known as the Tea of Immortality. Kombucha is a source of probiotics, and is well known for its benefits to gut health, including digestion, inflammation and weight loss. Come learn how to make your own Kombucha tea.

TRIATHLON

Gili Triathlon / Gili Trawangan
Saturday, October 19th 2019
14.00pm: Registration
18.00pm: Finished

Join us for Gili Strong Triathlon,
when Gili Eco Trust hosts a 5km run,
7km cycle, and 600m swim.