

Slow Food & Yoga Festival – PROGRAM

		DAY 1 – Thursday	DAY 2 – Friday	DAY 3 – Saturday	DAY 4 – Sunday	DAY 5 – 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
DATE		20-June-19	21-June-19	22-June-19	23-June-19	24-June-19
6:15 - 7:15	YOGA	Slow Flow Yoga / Sharni – 2	SUP Yoga / Sharni – 8	Slow Flow Yoga / Sharni – 2	6:00 Sunrise Yoga Photoshoot – 2 6:15 Slow Flow Yoga / Catie – 2	Slow Flow Yoga / Catie – 2
		Acro Yoga / Tori & Mick – 3	Acro Yoga / Tori & Mick – 3	Acro Yoga / Tori & Mick – 3	Acro Yoga / Tori & Mick – 3	Men's only Flow and Restore Yoga / Fish – 3
11:15 - 12:15/45	YOGA		Power Yoga / Nadine – 4	Ashtanga Yoga / Marilu – 4	Meditation & Chanting with musician / Marilu – 4	Mind and Movement Medicine Yoga / Carolina Smilas – 4
12:00 – 14:00	FOOD & MARKET	Sasak Food Stalls & Farmers' Market / EAT & SHOP- 5	Sasak Food Stalls & Eco Warrior Market - Zero waste solution / EAT & SHOP- 5	Sasak Food Stalls & Gili Air's Vibrant Community Market / EAT & SHOP- 5	Sasak Food Stalls & Gili Air's Vibrant Community Market / EAT & SHOP- 5	The sweetest desert on the Gills Sasak Food Stalls & Gili Air's Vibrant Community Market / EAT & SHOP – 5
	SASAK CULTURE	Local shows & performances - 5	Local shows & performances - 5	Local shows & performances - 5	Local shows & performances - 5	Local shows & performances - 5
	ACTION	13:00 TALK: Sharni - Slow Living - 5	14:00 Photo Exhibition Contest - 5	Raw Food Cooking class / Chef Arif Springs - 5	Deep Food Connection / Chef Simon and Team New Earth Cooking - 5	
	SHOW	13:00 Performance: Gendang Belek - 5	13:00 Performance: Traditional dance - 5		13:00 Performance: Acro Yoga by Tori & Mick - 5	13:00 Angklung Concert / Gili Air Kids Bale Ethnic fusion concert - 5
12:45-14:30		12:45 TALK: Silvina Miguel / Slow Food Bali / Talk about Slow food - 5	12:00 TALK: Jeroen / Social Impakt / The water magician - 5 13:15 TALK: Ihram / Daur Project Precious Plastik - 5			
		13:30- 15:00 Tempe Making / Chef Ragil - 5	14:00 TALK: Joe / Daur Project / Composting for your business, the journey to a Zero Waste Island - 5			
13:30 - 15:00	YOGA	Yin Yoga / 7- chakra flow / Fish - 4	Open your heart meditation / Anna - 4	Handstand / Catie - 4	Handstand & Backbends / Catie - 4	Handstands & Arm balancing / Catie - 4
13:30-15:30	YOGA	Ying & Yang flow + Thai massage / Claudia & Simon – 3	Acro Yoga Class / All levels / Claudia & Simon – 3	The Goddess Flow + Women circle / Claudia & Simon – 3		
15:00 - 17:00	SLOW FOOD	Gili Chef Competition PT 1 / Judges: Celebrity Chefs - 5	Gili Chef Competition FINAL / Judge: Celebrity Chefs - 5	Compost Training and permaculture design / Silvina & Kadek - 5		Gili Jamu Competition / Judge: Chef Arif Springs - 5
16:00-17:00	KID SPACE	Little Seeds / Kadek & Silvina / A workshop for children on how to grow our own food - 5	16:00 Acro For Kids / Tori & Mick - 5	16:00 Food Carving / Nad Brama – 5 16:00 Stickfighting (Harbour)	Circus Workshop for kids / Ajie - 5	Music Workshop for kids / Midy - 5
			16:30 Visit Gili Air's elementary school, brainstorm on permaculture garden - 7	16:30 Gili Air Community Beach clean up / Trash Heroes Gili Air - 9		
17:30 - 18:30	YOGA / LIFE DJ	Acro Jam / Live DJ	Slow Flow / Sharni / Live DJ	Ecstatic Dance / Marilu / Live DJ	Yoga / Nadine / Live DJ	Mind and Movement Medicine Yoga / Carolina Smilas / Live DJ
		Sunset Yoga Photoshoot	Acro Jam / Live DJ	Acro Jam / Live DJ	Acro Jam / Live DJ	Acro Jam / Live DJ
		DJ Botanic Beats – 1	Sunset Yoga Photoshoot	–Sunset Yoga Photoshoot	Sunset Yoga Photoshoot	Sunset Yoga Photoshoot
			DJ Abstract / Ambient – 1	– DJ José – 1	– DJ Abstract – 1	– DJ Botanic Beats – 1
19:00 - 20:00	YOGA	Restorative Yoga / Fish – 4	Women circle / Nadine – 4	Soundhealing bath / Anna – 4	Soundhealing bath / Anna – 4	Restorative Yoga / Fish – 4
20:15 - 22:15	SLOW FOOD	Grand Opening Night Salsa Latino Party / All levels – 5	Movie screening	Gili Indigenous Tribes Evening Movie screening	Acoustic Concert: Soul and Kith Ambient concert – 5	Open Mic / Gili Talent Show Ambient DJ Abstract – 5
			Presentator: David Metcalf / Founder of Bali Indigenous Film Festival	Presentator: Sanne Van Oort / Mother Jungle		
			Movie 1: Small Island Big Song	Invited: Wetu Telu Culture and Dayak tribe member		
			Movie 2: Long Sa'an – 5	Movies: Sacred Water and Voices of the jungle – 5		

Locals can enter for free by bringing a reusable straw, bag and bottle! #sustainability

LOCATION : 1 : Camila Beach 2 : Le Bistrot 3 : Slow Villas&Spa 4 : Flowers&Fire Yoga Garden
5 : Gili Air Night Market 6 : Breadelicious 7 : Elementary School 8 : 3W Dive 9 : Oceans 5

DAY PASS : 50K (IDR)
FULL FESTIVAL PASS : 200K (IDR)



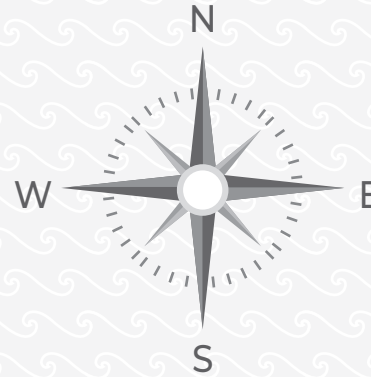
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