

ARCTIC YOGA CONFERENCE

15 - 17 JUNE 2018, BODØ NORWAY

PROGRAM

	FRIDAY JUNE 15TH Thon Hotel Nodlys 6th floor	SATURDAY JUNE 16TH Thon Hotel Nodlys 6th floor, Bodø Cathedral & Bodø pier
08.00		
08.30		SOMATICS IN FLOW (NO) <i>Laila Marie Pedersen</i> Thon 6th floor area 2
09.00	OPENING CONFERENCE <i>ACY founder Kristin Vikjord Paternotte</i>	MANTRA MEDITATION (NO) <i>Silje Wangberg</i> with good weather at the pier otherwise at Thon 6th floor area 1
09.30	MIND BODY HEALING: BRIDGING THE SCIENCE AND PRACTICE OF YOGA (EN) <i>Dr. Deborah Norris</i>	BODY ZEN: A HOLISTIC DETOX METHOD WITH 3 PILLARS, FOOD, EXERCISE AND MINDSET. INCLUDES BREATHING (EN) <i>Tim van der Vliet</i> Thon 6th floor area 1
10.00		
10.30		ASHTANGA FLOW LED (NO) <i>Lea Loncar</i> Thon 6th floor area 2
11.00		PRACTICE SESSION (EN) <i>Dr. Deborah Norris</i> Thon 6th floor area 1
11.30		
12.00		
12.30		
13.00	EMBODIMENT THROUGH YOGA: IMPLICATIONS FOR PERSONAL AWARENESS AND RELATION TO THE WORLD (EN) <i>MSc Psychology Lea Loncar</i>	
13.30		
14.00	YOGA AS PSYCHOTHERAPY (EN) <i>Prof. Silje Wangberg</i>	HOLISTIC YOGA (NO) <i>Anneli Mjøen</i> Thon 6th floor area 1
14.30		THE BRAIN & YOGA (NO) <i>Eivor Øines</i> Thon 6th floor area 2
15.00	DEBATE WITH ALL SPEAKERS (EN) <i>How to balance Passion & Purpose in your life</i>	
15.30		
16.00		JIVAMUKTI: WHY ASANA? (NO) <i>Karina Kibsgård & Camilla Tønne</i> Thon 6th floor area 2
16.30		YOGA PRACTICE (NO) <i>Silje Wangberg</i> Thon 6th floor area 1
17.00		
17.30		
18.00	OFFICIAL OPENING AYC 2018 & MANTRA MEDITATION	YOGA SERMON (NO) <i>Minister Karoline Astrup</i> Bodø Cathedral
18.30		
19.00	THE SCIENCE AND PHYSIOLOGY OF BREATHING AND THE WIM HOF (ICEMAN) METHOD (EN) <i>Tim van der Vliet</i>	
19.30		
20.00		

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SUNDAY JUNE 17TH

Thon Hotell Nodlys 6th floor, Yogakollektivet and Bodø pier



Keynote or talk



Practice and talk



Practice or meditation class only

Program might be subject to small change.
Follow us on Facebook to stay updated.

LOCATIONS:

Thon Hotel Nordlys
Moloveien 14, 8003 Bodø

Bodø Cathedral
Torvgata 12, 8006 Bodø

Bodø Pier
Moloveien 8003, 8003 Bodø

Yogakollektivet
Storgata 32, 8006 Bodø