

What's On

Your essential guide to what's on in the yoga world

Australian Yoga Therapy Conference

Sydney May 14-15

Australia's premier yoga therapy event features Amy Weintraub, a pioneer in the field of yoga and mental health and author of *Yoga for Depression* and *Yoga Skills for Therapists: Effective Practices for Mood Management*. Learn from leading international and Australian yoga therapists all under the one roof. Limited to 180 participants. www.yogaaustralia.org.au

Renewu Retreat

Nelson Bay May 27-29

Join yoga teachers Cindra Banks and Carrie Chiasson for a weekend of DIY workshops designed to restore, refresh and renew. Learn how to make your own bodycare products, indulge in healthy treats and enjoy sunrise and sunset hikes, restorative yoga, meditation and conversation in beautiful Nelson Bay. www.aquaresort.com.au/renewu

Lulu & Mischka Australian Tour

March-May (see website for dates and locations)

Kirtan duo Lulu and Mischka are performing at various events throughout Australia, from yoga teacher trainings to chant circles and festivals. Enjoy Mischka's humble guidance as he creates a supported space to remind us of our inner light and Lulu's enchanting voice which purifies and inspires. Their chants are derived from ancient mantras in English and Hindi and folksy melodies including violin and harmonium. www.luluandmischka.com/events

Yogathon for world peace

Byron Bay, Newcastle, Melbourne, Sydney, Sunshine Coast, Byron Bay May 22

This eight-hour yoga challenge includes eight one-hour practices taught by local teachers. The challenge is to dedicate the practice to world peace, social change and the end of slavery on the planet. The yogathon raises funds for the Art2Healing Project which works directly with survivors of human sex trafficking in Asia. www.yogathonforpeace.org

Wanderlust 108 Brisbane

Brisbane May 28

Combining running, yoga and meditation, this mindful triathlon is a field day for the mind, body and soul. www.wanderlust.com/108-events

80-Hour Women's Yoga Teacher Training



Byron Bay May 25- June 3

Facilitated by yoga for women's health expert, Ana Davis, who has almost two decades of teaching experience, this course focuses on yoga for all phases of menstruation, fertility, times of depletion, menopause and more. The Bliss Baby training allows students to learn how to practice and teach a feelgood, feminine approach to yoga which embraces feminine bodies, emotions and psyches. www.anadavis.com

Yin Techer Training with Tara Fitzgibbon



Byron Bay May 8-13

Brisbane June 10-12 + June 17-19

Yin is becoming more and more popular as a way to balance our yang lifestyles with rest and stillness. Deepen your knowledge during this 50-hour course by studying the fascia, meridians, nadis, chakras and yoga nidra as well as deepening your yin yoga practice. The course is available as an intensive at Byron Yoga Centre or over two weekends at One Family Yoga & Fitness in Brisbane. www.terrafirmayoga.com

Peace Yoga Rainforest Retreat

Springbrook May 20-22

This retreat is an opportunity to enjoy the tranquil serenity of the rainforest, allowing nature to heal you. Escape the hustle and bustle of modern-day life and find time and space for quiet reflection and true stillness while on this weekend retreat. Relax into a weekend of guided meditations, yoga, rainforest walks, workshop, sacred ceremony, treatments and healing. www.peaceyoga.com.au

ISHTA Bliss Retreat with Alan and Sarah Finger



Bali June 4-10 (week one) and June 12-18 (week two)

Hosted by Tamara Yoga, this retreat offers a rare opportunity to learn from Tamara's teacher, Kavi Yogiraj Alan Finger and Yogiraj Sarah Platt-Finger who are travelling from New York City to co-teach. Eat delicious, healthy food with like-minded friends after blissful yoga and meditation practices with master teachers. Spend your free time indulging in treatments, exploring Ubud, visiting the monkey forest or resting. www.tamarayoga.com/ishta-retreat/

International Yoga Day Festival



Adelaide, Brisbane, Darwin, Gold Coast, Sydney June 21

Join the worldwide celebrations for the United Nations International Day of Yoga at this annual Yoga Day Festival, held in various locations around Australia. These free community events feature fun and flowing yoga asana classes, deep relaxation, yoga breathing, exciting games for children, live music and deep peace meditation. asmy.org.au/united-nations-international-yoga-day-festival-june-19-2016/

Shakti Durga Satsang

Sydney May 29

Shanti Mission is a school for the soul, a not-for-profit charity offering quality programs and centres of excellence in energy healing and multi-faith spirituality. Come alive with radiant energy as you illuminate your mind during this insightful discussion with founder Shakti Durga. www.shantimission.org

Got an event on? Send your event details to jess@yogajournal.com.au along with a high-resolution image.