

### **Acro Flight School: FUNdamentals of Acroyoga**

An introduction to Acroyoga, focusing on the fundamentals that allow you to flow with ease, connect to others, and play! All levels; no partner required

Kaelyn Rogers, [www.upwardinertia.com](http://www.upwardinertia.com) | *Friday at 4:30 PM-6:30 PM in Buddha Moon*

### **An Herbalist's Assessment of Nutritional Deficiencies**

This class will dive into the world of vitamins and minerals, learning to recognize the bodies nutritional needs, and how to support nutritional repletion.

Lindsey Feldpausch, Plant Matters | *Friday at 12:15 PM-1:45 PM in Tea Shanti*

### **An Introduction into the Backbends of Second Series in Ashtanga Yoga**

Ashtanga Yoga as taught by Sri Pattabhi Jois in 1973. In this class we'll practice primary, or first series, with only a few modifications, as it was being taught in the early 1970s. The focus will be breath, bandha, internal focus, and having fun. There's less emphasis on athletic ability.

Understanding this helps open up the practice in order to create a personal practice that is flexible enough to take an individuals condition into account. To be able to tailor the practice to meet one's needs, desires, at any given point in ones life.

Jeff Tiebout, Sanctuary of the Light | *Saturday at 8:15 AM-10:15 AM in Shiva Love*

### **Anxious Warrior Yoga**

All levels Yin flow with principles for those who struggles with mental health or who need a sense of grounding.

Jessica Adams, Free Range Yoga VA | *Friday at 12:15 PM-1:15 PM in Ganesha*

### **Ashtanga foundations**

A foundational class for beginner ashtanga practitioners! Come and enjoy the benefits of the eight limbed practice of yoga!

Owl Rare, Imani Yoga studio | *Friday at 11:30 AM-12:30 AM in Shiva Love*

### **Autumnal Awakenings Morning Yoga**

Align with Autumn in this joyful, Ayurveda-infused, morning practice for all levels. Get grounded and inspired for the season ahead.

Hannah Levin, Heartfelt Wellbeing LLC | *Friday at 8:00 AM-9:00 AM in Shiva Love*

### **Balls & Yoga 101**

1/2 Yoga, 1/2 Balls. Balls Included! Come ROLL IT OUT & LET IT GO. Imagine Self Massage, Self Care, and Yoga all in 1 class.

Ann-Marie's Yoga, Ann-Marie's Yoga | *Thursday at 1:00 PM-2:00 PM in Brahma Nirvana*

### **Becoming Dimensional: Yoga as Origami**

Make origami, then move through an intentional flow to create folds in the body, ultimately transforming your physical form into a dimensional vessel.

Rebecca Storzbach, Mountain Pose Boone | *Sunday at 2:30 PM-4:00 PM in Shiva Love*

### **Body Liberation Journey**

Take a journey with me as we explore all the different ways our bodies climax in joy.

Oyámie Kali Ma'at, Body Liberation Journey | *Friday at 2:30 PM-3:30 PM in Brahma Nirvana*

### **Chair Flow Yoga**

All-levels chair flow including seated and standing work using the chair for balance. Warmup, strength and balance work concluding with savasana.

Terrie Thoma, namasterrie | *Sunday at 10:30 AM-11:30 AM in Dance Hall*

### **Chair with a Twist**

Chair classes are usually considered lame. I'd like to introduce a different way that is not lame.

Patrice Sorrell | *Saturday at 10:30 AM-11:30 AM in Dance Hall*

### **Chakra Balancing Flow**

Consider a flow focus on your chakras. Focused on the root, sacral, solar plexus, heart, throat, third eye and crown.

Courtney Gendron | *Saturday at 4:45 PM-5:45 PM in Shiva Love*

### **Chakra Dance**

Chakra Dance: Easy to follow targeted dance steps to get you aligned and energized. This offering is open to all!

Kat Harmon, Sol Harmony | *Thursday at 6:00 PM-7:00 PM in Brahma Nirvana*

### **Chakras and Sound Healing**

Katie Wells MFA and Rev Brien Egan join forces in an embodied sound experience.

This session balances and activates the chakras with special deep dives into the root, heart, and crown. With embodied stillness meditations, gentle motion, and karuna reiki, we attune to the medicine songs filled with crystal healing bowls and gongs.

Katie Wells, Interweave Conscious Movement | *Thursday at 9:00 PM-10:15 PM in Brahma Nirvana*

### **Connecting & Yin**

Art of listening- deep, meditative, non-muscular designed to make space in the more dense tissues of the body with long passive asanas, & inward focus.

Jesse Cassidy, The Grateful Yoga | *Friday at 8:00 PM-9:30 PM in Brahma Nirvana*

### **Cultivating a meditation practice: Moving into stillness**

How do we integrate and inspire meditation into our yoga practice? Exploring Zen meditation, dyana, and the magic of inner awareness. Let's practice.

Sarah McCarthy | *Friday at 10:30 AM-11:30 AM in Tea Shanti*

### **Cultivating a meditation practice: Moving into stillness**

Jagadisha Rotella | *Friday at 10:30 AM-11:30 AM in Tea Shanti*

### **Developing Intimacy**

Do you find yourself longing for a compassionate community and deeper connections? Join Jon, Life coach and co-founder of Awakening Harmony as he gently guides our group on the path to intimacy. We'll go through vulnerable activities, share in small and large groups, experientially explore intimacy safely and deeply and emerge feeling more connected to each other. You don't need to be in a partnership to attend and no one will be forced to do anything they don't want to, so come with a willing attitude to present and be received for who you authentically are.

Jon Handelman, Conscious Coaching | *Friday at 5:45:00 PM-7:00 PM in Tea Shanti*

### **Discussion on Heart Meditations**

We will discuss brahmavhiara meditation and its connection to Chapter 1 verse 33 in the Yoga Sutras--an excellent teaching to live by!

Lori Marsh, InStill Mindfulness | *Sunday at 8:00 AM-8:45 AM in Tea Shanti*

### **EcoJourney with Johnny**

EcoJourney with Johnny is guided imagery meditation through landscapes and ecosystems, in which you become a palpable part of Mother Nature's vibrant and pulsing processes.

Johnny Stowe | *Saturday at 7:00:00 AM-8:00 AM in OM Woods*

### **Ecstatic Dance**

Healing through the joy of movement with music from around the world! No experience necessary. Safe space for all ages and self expression.

Kim Henry | *Saturday at 6:00 PM-7:00 PM in Shiva Love*

### **Embodied Energetics**

Exploration of feminine/masculine energetics through a fusion of Kundalini Kriyas and harmonic vinyasa postures. Co-taught by husband/wife team sharing: breath-work kriya, vinyasa flow, deep meditation.

Chloe Craver Neil Craver, Lotus Yoga Academy | *Saturday at 1:45 PM-3:15 PM in Shiva Love*

### **Emotional Literacy, Fluency, and Intelligence**

This workshop teaches the basic language of emotions. It highlights the benefits of yoga poses for different emotions, and a 'Talking Circle' for empathetic sharing.

Rick Tan Jason Clemons, Radford University | *Friday at 8:30 AM-10:15 AM in Ganesha*

### **Empowered by Plants: A Mindful Medicinal Plant ID Walk**

Most can easily identify corporate logos, but not plants in their bio-region. Mindful walk of festival grounds pointing out various herbs/plants/trees and their medicinal-folk uses.

Ed Skopal Maya Skopal, I-TAL Acres | *Friday at 9:30 AM-10:30 AM in OM Woods*

### **Energy Medicine Yoga**

Energy Medicine was developed by Donna Eden combining 9 different healing energetic modalities with the practice of yoga for optimal health and wellness.

Nicole LaFon, In Balance Yoga | *Saturday at 3:00 PM-4:15 PM in Buddha Moon*

### **Exodus**

Get up, Stand Up!! Breath and flow with Yogi J Miles as we celebrate the life, music and message Bob Marley.

J Miles, Maha Vira Yoga | *Sunday at 3:00 PM-4:30 PM in Buddha Moon*

### **Finding your voice**

Your voice is a profound gateway to deeper aspects of yourself, and a conduit for expression and power. Most of us have been shamed regarding singing and believe we "can't sing". In truth, your voice is unique, beautiful and necessary to be heard. In this workshop, we will explore our voices, play challenging and fun music games, sing as a group, and have a lot of laughs too!

Jon Handelman, Conscious Coaching | *Sunday at 2:00 PM-3:30 PM in Tea Shanti*

### **Flow State Activation**

Want to harmonize Mind, Body, and Spirit and tap into a Flow State? Join us in playing a fun Movement game called Peace Sticks.

Kevin May, Sacred StoryWeavers | *Saturday at 3:30 PM-4:30 PM in Shiva Love*

### **Future of Psychedelics in Virginia Discussion**

We will discuss recent legislation proposed to decriminalize psilocybin and psychedelic plants in Virginia. Topics include: politics, research, and the mental health crisis.

Will Nelson, Decriminalize Nature Virginia | *Saturday at 6:30 PM-8:00 PM in Tea Shanti*

### **Gentle Integral Yoga with Extended Deep Relaxation**

This class consists of mostly mat-based gentle asanas combined with pranayama, chanting, and an extended yoga Nidra deep relaxation.

Dr. Mica Deckard, PhD, Virginia Community Yoga | *Friday at 7:30 PM-9:00 PM in Shiva Love*

### **Glow Yoga**

A traditional, beginner friendly yoga flow to reconnect your mind back to your body, using slow, conscious breath + movement.. with provided glow sticks!

Meredith Young | *Saturday at 8:30 PM-9:30 PM in Shiva Love*

### **Goddess Dance**

Goddess Dance with Katie Wells

Attune to the root chakra and goddess Gaia to experience a fuller aliveness. Learn how to truly inhabit your body through an array of embodiment practices.

Beginning on the mat, we drop deeply into the body with breath, sensation, visualization, and gentle movement. The second half of the class rises into connecting interactions and ecstatic dance to feel the vibrant life within us and around us. Men welcome.

Katie Wells, Interweave Conscious Movement | *Saturday at 1:15 PM-2:45 PM in Buddha Moon*

### **Guided Mindful Outdoor Experience**

Class Includes orientation to place, forest bathing, meandering in nature, awakening & expanding senses, nature meditation, fire, sharing nature stories, may include wildcrafting, fire building & more. Be prepared to carry these gifts home!

ShirleyAnn Burgess, Living Light River Studio | *Sunday at 10:30 AM-12:30 PM in OM Woods*

### **Handstands for all!**

Build the foundation for handstands and inversions. We will explore basics drills and conditioning and build the body awareness needed to move upside down.

Kaelyn Rogers, [www.upwardinertia.com](http://www.upwardinertia.com) | *Saturday at 11:15 AM-12:45 PM in Buddha Moon*

### **Happiest Hour Yoga**

Happiest Hour of your Summer! Uplifting Yoga Flow through sound, breath and movement

Scott Moss, The Yoga Loft of Bethlehem | *Friday at 4:00 PM-5:15 PM in Shiva Love*

### **Heart Meditation**

4-Facet Heart meditation by Isha Judd as presented in her book *Why Walk When You Can Fly*.  
Lori Marsh, InStill Mindfulness | *Sunday at 7:00 AM-7:45 AM in Tea Shanti*

### **Hey Baby, What's Your Dosha? Intro to Ayurveda Workshop**

Your elemental nature is the roadmap for being the healthiest and happiest YOU! Explore Yoga's Sister-Science, Ayurveda, in this fun and informative workshop.  
Hannah Levin, Heartfelt Wellbeing LLC | *Sunday at 9:30 AM-10:45 AM in Tea Shanti*

### **HIIT Yoga**

We will start with a yoga warmup then move a few HIIT circuits, transition to core work then a cool down.  
Sera Beth Weaver Gabriel Grant, SB YOGA | *Friday at 11:00 AM-12:00 PM in*

### **Hips and Splits**

Release tension, tightness, and stagnant energy in your hips, hamstrings, and lower back in this 2 hour workshop. Start to open up for the first time or learn to go deeper in your lunges, splits, and backbends. Perfect for anyone looking to build a strong foundation in your flexibility practice.  
Barri DeFrancisci, Motion Collective on the Avenue | *Friday at 4:00 PM-6:00 PM in Ganesha*

### **Home Mushroom Cultivation**

Class includes hands-on demonstrations that will give you the confidence to start growing mushrooms at home. Learn cultivation techniques for gourmet and medicinal mushrooms.  
Will Nelson, Decriminalize Nature Virginia | *Friday at 12:00 PM-2:00 PM in Tea Shanti*

### **Hot & Cold Flow**

An all levels up-regulating class with long, deep holds focusing on mobility or range of motion in joints. Fusion of Vinyasa and Yin.  
Jessica Adams, Free Range Yoga VA | *Thursday at 4:30:00 PM-5:30 PM in Brahma Nirvana*

### **Hot Haus Yoga**

The hot yoga sequence was developed by Jimmy Barkan. A beginner-friendly series practiced in heat to warm muscles and joints for a safer/deeper stretch.  
Devin Dausin | *Saturday at 2:30 PM-3:45 PM in Brahma Nirvana*

### **Integrating the Yamas (Ethics) On & Off the Mat**

This class will explore how to apply the yamas (ethics) in a way that is relevant to modern life, incorporating asana, meditation, discussion and self-reflection.

Jessica Ruff, Jessica Ruff Yoga | *Sunday at 5:45 PM-7:15 PM in Ganesha*

### **Introduction to Somatic Yoga: Focus on Our Festival Feet!**

Integrate the wisdom of somatic movement, contemplation & meditative yoga practices with sound healing recreating a calm state of mind, body and spirit.

[https://www.youtube.com/@cozmicwater/playlists?view=50&shelf\\_id=2](https://www.youtube.com/@cozmicwater/playlists?view=50&shelf_id=2)

Bill Price Tara Jeffers, Cozmic Water Yoga & Sounds | *Sunday at 7:00 AM-8:45 AM in Buddha Moon*

### **Introverts Unite!**

A chance for introverts (and everybody else!) to pull back, recharge and regain control of their energy. (a loving Vinyasa flow)

Marisa Freeman, Yoga in Lynchburg | *Friday at 1:15 PM-2:15 PM in Brahma Nirvana*

### **Intuitive Body Practice**

This practice synthesizes yoga, dance, energetic breathwork, and intuitive listening. Each participant will leave with a deeper understanding of their own hidden gifts, how to access their wise intuition, and tools for integration into their daily lives.

Marni Sclaroff | *Saturday at 4:30 PM-6:00 PM in Buddha Moon*

### **Invoking Shakti**

This Magical all-levels flow is aimed at awakening kundalini and clearing chakras. Focus is on establishing connection with higher-self, the spiritual-link between mind, body, spirit.

Marcus Cammuse, Ignite Your Life Yoga & Massage | *Friday at 6:30 PM-7:30 PM in Brahma Nirvana*

### **Ishka Kanqueb Yoga**

This class will be utilizing a variety of spinal movements to awaken the chakras and spirit, flow through Mayan based movement to enliven.

Salina Khanna, Beautiful Green Soul | *Sunday at 10:30 AM-11:45 AM in Ganesha*

### **Just Be**

Class will lead students through a slow vinyasa style class where the pause between breaths becomes the focus and how the body connects to breath.

Jennifer "Jenn" Hopper | *Thursday at 1:30 PM-3:00 PM in Buddha Moon*

### **Kundalini Bliss**

My Kundalini session focuses on therapeutic movements and breathing aimed toward collective wellness. We will chant to ease stress, manifest positivity, and improve our awareness.

Ravi Gill, Blacksburg Yoga Collective | *Friday at 9:15 AM-10:45 AM in Ganesha*

### **Let your love and light flow**

Vinyasa flow built on vibration healing techniques of movement, sound, visualization, and concentration. Healing and soul transformation is the aim of this class.

Saraswati Robin, Nourishing Life | *Friday at 2:45 PM-3:45 PM in Ganesha*

### **LGBTQ+ Affinity Yoga**

All students with an open mind and desire to breathe and move in community are welcome to this LGBTQ+ inspired flow.

Danielle Stern, Bhav Brigade | *Thursday at 2:15 PM-3:15 PM in Shiva Love*

### **LGBTQ+ Affinity Yoga**

All students with an open mind and desire to breathe and move in community are welcome to this LGBTQ+ inspired flow.

Danielle Stern, Bhav Brigade | *Friday at 1:00-2:15 PM in Shiva Love*

### **Love the Skin You're Yin: A Self-Compassion Yin Yoga Experience**

Join us for a self-compassion infused yin yoga experience. Release the tension

and self-judgement and let your loving presence shine.

Erin Sonn, eat.YOGA.drink.® | *Saturday at 5:30 PM-6:45 PM in Ganesha*

### **Lunar Restorative Flow**

Grace & Zen Within is a trio of humans with a passion for creating and connecting. Grace Millsap is a dynamic and powerful yoga teacher, with a background in neuroscience and a history of creating magic through creatively woven yoga classes. Katie Sutton and Josh Vogt are a husband and wife sound healing duo, and founders of Zen Within Academy. Together, this trio seamlessly weaves time-honored traditions of movement and sound to create harmony with the seasons, to clear blockages and restore vitality, and to allow for synchronization of the nervous system to initiate the body's own capacity to heal itself.

Grace Millsap Katie Sutton Josh Vogt, Grace & Zen Within | *Thursday at 8:00 PM-9:15 PM in Buddha Moon*

### **Making Plant Medicine- Sacred Herbal Traditions and Tincture/Oil/Salve Making Basics.**

We will explore some sacred ancient herbal traditions. The class will include information on growing, harvesting, preparing, and using medicinal herbs. Tincture making demonstration.

Ed Skopal Maya Skopal, I-TAL Acres | *Saturday at 12:30 PM-1:30 PM in OM Woods*



### **Meditation with Journaling**

Nitya offers a guided meditation incorporating chanting, pranayama, and self inquiry with journaling.

Nitya Griffith, Nitya Living | *Friday at 8:00 AM-9:00 AM in OM Woods*

### **Mindful Mornings**

Simple practices and an interactive discussion on ways to move through or create a morning routine with compassion, presence and intention.

Courtney Barr, InStill Mindfulness | *Friday at 8:45 AM-9:30 AM in*

### **Mindful Movement**

Gentle movements to tune our awareness to the present moment, slowly awaken the body and celebrate our own unique expression of the practice.

Courtney Barr, InStill Mindfulness | *Friday at 7:30 AM-8:30 AM in Tea Shanti*

### **Mindful Yoga**

The student will become aware of breath and body connections as you move through postures that could be challenging for the mind and body.

Jennifer "Jenn" Hopper | *Sunday at 1:00 PM-2:15 PM in Shiva Love*

### **Mindfulness 101**

Jamie Reygle leads an interactive discussion introducing the key concepts of mindfulness. The session introduces several techniques that can serve during the festival and IRL.

Jamie Reygle, InStill Mindfulness | *Saturday at 8:45 AM-9:30 AM in Tea Shanti*

### **Morning Buzz**

Meditation and Breath Work to help you arrive mindfully into your day, with a thorough explanation of classical yogic pranayama techniques.

J Miles, Maha Vira Yoga | *Saturday at 8:00 AM-9:00 AM in Buddha Moon*

### **Morning Gratitude Flow**

Good Morning! Come, start your day with a mixed level vinyasa with the focus of Gratitude & Movement. This will be a fun, funky flow to wake us up, get us grooving, and start our morning at Floyd. Join me and my harmonium for this morning gratitude adventure.

Ann-Marie's Yoga, Ann-Marie's Yoga | *Sunday at 7:00 AM-8:00 AM in Ganesha*

### **Nada Yoga Sound Meditation with Sarah and Jagadisha**

Classical Indian Music for quiet contemplation.

( We need more space to fully describe the music meditation! - Thanks!)

Jagadisha Rotella | *Saturday at 7:00 AM-8:15 AM in Brahma Nirvana*

### **Neuro-Yoga: Regulating Your Nervous System Through Yoga and Meditation**

This class focuses on how Neuro-Yoga improves emotional & physical health. Learn how to reset your nervous system and impact on stress, anxiety, depression.

Mala Cunningham, Positive Health Solutions | *Friday at 7:00 AM-9:00 AM in Ganesha*

### **New Yogi**

We demystified the belief that yoga is for flexible people by teaching the fundamentals of yoga postures from simple to complex, empowering the student.

Linda Osorio, House of Yoga Academy | *Friday at 9:30 AM-10:30 AM in Brahma Nirvana*

### **Panel Discussion w/ J Miles & OwlRare**

Join our FYJ yogis for a group panel on creating equity and inclusion of all in wellness!

J Miles Owl Rare, Maha Vira Yoga/Imani Yoga | *Saturday at 3:30 PM-5:00 PM in Tea Shanti*

### **Panel Discussion w/ J Miles, Mateo Daniel, & OwlRare**

Would love to host a group panel on creating equity and inclusion of all in wellness! We have done this in years past! But would love to have it as a set thing on the schedule instead of an impromptu thing!

Owl Rare, Imani Yoga studio | *Saturday at 3:30 PM-5:00 PM in Tea Shanti*

### **Passage Meditation**

You choose an inspirational passage from a wisdom tradition that embodies your highest ideals, and then repeat the words slowly and silently in your mind.

Joe Klein, Be Well Now | *Saturday at 7:00 AM-7:50 AM in Buddha Moon*

### **Planets + Chakras: Yogastrology**

Our restorative, gentle Hatha Yogastrology® practice will honor the Sun in Virgo (low abdomen) and Moon in Aries (head). We'll also nod to the grace of Venus + Jupiter: I'll outline why they are key right now and how to dovetail with them. Chakras will also play into these celestial orchestrations. Come embody and breathe the sky.

Jen Waine, Yoga, Astrology + Wellness with Jen Waine | *Saturday at 8:30 AM-9:30 AM in OM Woods*

### **Plant Spirit Yoga**

Weaving yogic & plant medicine together, we'll sip on and be with an herbal ally while breathing, moving, finding stillness, reflecting, and connecting.

Jenn Mintz, In True Nature, LLC | *Friday at 7:00 AM-8:00 AM in Brahma Nirvana*

### **Poetry of Yoga with Tara Eschenroeder**

I will accompany Tara Eschenroeder's poetry of Yoga class.

Narayani | *Saturday at 1:00 PM-2:15 PM in Shiva Love*

### **Power Partners Yoga**

Power Partners Yoga- 75 minutes

Co taught with my partner Gabriel Grant

Sera Beth Weaver Gabriel Grant, SB YOGA | *Sunday at 6:30 PM-7:45 PM in Brahma Nirvana*

### **Prana Dance**

Prana Dance is an exploration of flowing asana, mudra, pranayama, mindful movement and dance.

Leia Jones | *Friday at 11:00 AM-12:45 PM in Buddha Moon*

### **Prana/Qigong Intro & Flow**

Explore what it feels like to work with Universal Life Force Energy, allowing that Qi/Prana flow through and around you. Learn, Move, and Meditate

Kelly Little, Yoga with Kelly & Green Pure Health | *Friday at 1:30 PM-2:30 PM in Ganesha*

### **Pranayama & Vinyasa**

A heartfelt and dynamic vinyasa practice guaranteed to help you experience a full range of motion and emotion. Breathwork to bookend.

Jesse Cassidy, The Grateful Yoga | *Saturday at 9:45 AM-11:15 PM in Brahma Nirvana*

### **Prenatal Yoga**

Teaching trauma informed movement for pre or postnatal bodies.

Victoria McCargar | *Saturday at 9:00 AM-10:00 AM in Kidsville*

### **Psychedelic Breathwork**

Psychedelic Breathwork combines circular breathing, and evocative music. The emphasis is on creating a safe space to enter an expanded state of consciousness.

Monica McGee Kendall Selfe, Monica & Kendall Yoga | *Saturday at 7:30 PM-8:45 PM in Brahma Nirvana*

### **Psychedelic Sound Bath**

Attendees provided wireless headphone for full immersion experience that combines traditional sound bath with live electronic sound design resulting in layered and looped healing soundscapes

Art Taryan, Zen Steady | *Thursday at 6:00 PM-6:45 PM in Shiva Love*

### **Radiant Self-Care Through Ayurveda**

Learn the basics of Ayurveda, a system of self-care to renew your energy, restore your happiness, improve your relationships, and align with your purpose

Sheetal Ajmani, Radiant Living Institute | *Thursday at 2:30 PM-3:30 PM in Ganesha*

### **Resonance: A journey through the chakras**

Breath, movement, sound, and stillness entwine as we move from root to crown. Bowls sing as we travel through energy centers to balance and harmonize.

Jenn Mintz, In True Nature, LLC | *Thursday at 7:00 PM-8:00 PM in Shiva Love*

### **Rewilding ourselves through Plant Medicine**

Taking a wild plant into our bodies changes us, in this class we'll discuss perspectives of how plants connect us back to the natural world.

Lindsey Feldpausch, Plant Matters | *Saturday at 3:30 PM-5:00 PM in OM Woods*

### **Sacred Cacti & Succulents**

Learn how to grow sacred cacti and succulents. Info about the traditional uses of San Pedro (Huachuma). Class covers cultivation techniques and best practices.

Will Nelson, Decriminalize Nature Virginia | *Sunday at 9:00 AM-10:00 AM in Dance Hall*

### **Sacred Center Belly dance**

Enliven Your Center of Power with Ancient Healing Movements. This workshop will celebrate the natural sensuality and radiance that resides within.

Leia Jones | *Saturday at 10:30 PM-11:30 PM in Buddha Moon*

### **Sacred Sister Circle - theme: "Sister Wound Alchemy"**

Deepening sisterhood through circle.

In this 90 minute circle, we will meditate, breathe, journal & share to begin alchemizing our collective & individual sister wounds.

Leah Pegram, Her Sacred Circle | *Saturday at 2:30 PM-4:00 PM in OM Woods*

### **Sacred Sunset Sound Healing Experience**

Sunset sound healing is a transformative experience combining nature's beauty and healing sound vibrations to leave participants feeling renewed and inspired.

Shanna Latia Thornton, Sacred Vibes yoga, Healing & Wellness | *Friday at 7:30 PM-9:00 PM in Ganesh*

### **Sahyinidra EcoYoga**

Sahyinidra EcoYoga combines flow, yin and long savasana centering in Mother Nature's patterns, processes and parallels, and the people who are a part of them.

Johnny Stowe | *Friday at 7:00 AM-7:45 AM in Brahma Nirvana*

### **Samadhi, is it attainable?**

Patanjali, attainable? If it is, why would we want to practice it? So we'll discuss what it is and what it isn't. The levels or types of samadhi, and most importantly, how they can be experienced. As the foundation of our discussion we'll be referencing "Samadhi, the Ultimate Freedom" by Gregor Maehle.

Jeff Tiebout, Sanctuary of the Light | *Sunday at 12:30 PM-2:00 PM in Tea Shanti*

### **Science of Pranayama**

Science of Pranayama will introduce the basic science behind pranayama and will introduce key exercises from the tradition. Open to all levels. No experience required.

Dr. Sundar Balasubramanian, PranaScience Institute LLC | *Friday at 8:00 AM-9:00 AM in Brahma Nirvana*

### **Sensitivity is Sexy: Empaths, Highly Sensitive People & Psychic Abilities Workshop**

Are you sensitive to light, sounds or other stimuli? Do you love others but also feel drained by them simultaneously? Understand and support yourself and/or your "sensitive" people more fully by learning concrete, supportive tools for everyday living. Also explored will be how developing &/or honoring these personality traits can build your intuition.

Kilkenny Tremblay, Modern Mystic Inc. | *Saturday at 2:30 PM-3:30 PM in Tea Shanti*

### **Settling Into Stillness, Somatic Movement to Meditation**

In this class we will explore a somatic movement series to prepare the body for a sitting meditation practice.

Erin Larsen, Erin Larsen Yoga | *Friday at 9:30 AM-11:00 AM in Shiva Love*

### **Shapes vs Poses**

Learning about our anatomy, our shapes, and the 3 things

Well Grounded, Comfortable and a Want to Practice Regularly.

Patrice Sorrell | *Friday at 10:30 AM-11:30 AM in Dance Hall*

### **Shortcut to Nirvana: Plants and the Realm of Being**

A meditative-herbal-reasoning-session. The plant world embodies this realm of being and offers access to a much deeper knowledge, a more peaceful, sustainable way of BEING.

Ed Skopal Maya Skopal, I-TAL Acres | *Sunday at 12:30 PM-1:30 PM in OM Woods*

### **Sit Down Comedy: a Yogi's exploration of the ridiculous nature of Western Yoga**

Laughter is medicine. In the yoga tradition(s), teachers couched deep teachings in hyperbolic and funny stories making them sweeter and more easily remembered. Let's sit together for a few laughs.

Gina Hart-Smith | *Friday at 7:30 PM-8:30 PM in Tea Shanti*

### **Slow Flow + Sound Journey**

Grace & Zen Within is a trio of humans with a passion for creating and connecting. Grace Millsap is a dynamic and powerful yoga teacher, with a background in neuroscience and a history of creating magic through creatively woven yoga classes. Katie Sutton and Josh Vogt are a husband and wife sound healing duo, and founders of Zen Within Academy. Together, this trio seamlessly weaves time-honored traditions of movement and sound to create harmony with the seasons, to clear blockages and restore vitality, and to allow for synchronization of the nervous system to initiate the body's own capacity to heal itself.

Grace Millsap Katie Sutton Josh Vogt, Grace & Zen Within | *Thursday at 8:00 PM-9:15 PM in Buddha Moon*

### **Slow Flow to Ground and Grow**

This slow flow class will explore how we can link our breath and movement to better connect to our bodies and build stability and fluidity.

Kaelyn Rogers, [www.upwardinertia.com](http://www.upwardinertia.com) | *Sunday at 4:15 PM-5:45 PM in Shiva Love*

### **Soul Glow Flow**

Slow, soulful flow set to the tune of R&B/ Soul music. Restorative and relaxing in nature.

Dat Dude Jonny , Metta Mats | *Thursday at 2:15 PM-3:30 PM in Brahma Nirvana*

### **Soul Revival**

A vinyasa flow that sets your soul free. Let the spirit move you. Your body speaks, lean in and listen to it.

Jenn Newton | *Thursday at 4:30 PM-5:30 PM in Shiva Love*

### **Soulful Sunday**

We'll move and groove, connect and play AND co-create movement medicine. We'll use Nia's 52 moves, curiosity, and joy to make magic.

Marybeth Grinnan MARYBETH Grinnan, SoulShine Studios | *Sunday at 9:30 AM-10:30 AM in Shiva Love*

### **Sound Bath**

Lay on the Earth, close your eyes, listen to your breath, feel your heartbeat, connect to Pachamama and your inner Self. Allow Sound Healing instruments to infuse your physical body with healing vibrations as your Light body journeys into the timeless and spaceless Ethereal world.

Jack Howard | *Friday at 4:00 PM-5:00 PM in OM Woods*

### **Sound Meditation**

Joseph Schmidlin Michael Jay, Sonic Universe Now & Onetone Sonic Alchemy | *Friday-Sunday at Evening in Buddha Moon*

### **Spacious Awareness practice**

Jamie Reygle guides you to explore the relationship between form and the formless in this mindfulness-based meditation practice.

Jamie Reygle, InStill Mindfulness | *Saturday at 7:15 AM-8:15 AM in Tea Shanti*

### **Stand Like a Tree, Rooted in the Earth, Free Like the Wind**

Stand like a Tree, Rooted in the Earth, Free Like the Wind. Standing poses, one legged balance poses. Asana, philosophy & savasana.

Randy Boyd, Beauty Mountain Shir Yoga | *Friday at 4:00 PM-6:00 PM in Brahma Nirvana*

### **Star Talk + Water Ceremony**

Nestled between the beams of a Full Moon in Pisces and Venus completing her retrograde, we delight in coming together at Floyd Yoga Jam. During a short Star Talk, we'll gather to discuss how these cosmic allies support us as well as other choreographies unfolding in the sky right now. After the Star Talk, we'll make our way to the stream for Water Ceremony, bringing sky blessings down to earth.

Jen Waine, Yoga, Astrology + Wellness with Jen Waine | *Thursday at 5:30 PM-6:00 PM in Tea Shanti*

### **Stretching Your Faith: Finding God on the Mat**

Let this be a time of deepening your relationship with God as you breathe and move while listening to God's still small voice and what He may be wanting to share with you.

Megan Dillon, Awakened Hearts Yoga | *Sunday at 8:15 AM-9:15 AM in Shiva Love*

### **Summer of Joy**

Enjoy a Katonah yoga inspired yoga practice + breathwork healing session to support your body, mind, and spirit as you ground and restore from all the energy exchange of the Summer. Cool the Fire element from the active, playful Summer, and transition into the new energy of Fall season with gratitude, gentle curiosity, tenderness, and connected to Self.

Kathy Rivera, Tiny Warrior Wellness | *Saturday at 1:00 PM-2:15 PM in Ganesha*

### **Tantra/Thai Massage Jam**

A sweet self-love/other-loving adventure into the senses & body. Tantric practices using breath, mudra and body to delve into an experience of connection and co-regulation.

Chitra McDevitt, Chitra Yoga Therapy | *Saturday at 4:00 PM-6:00 PM in Brahma Nirvana*

### **The Alchemy Practice**

The practice of Alchemy engages the elements, the mechanisms of the soul, and the interconnected web of life. It is a natural process that we can engage with in a conscious and loving way. In this practice, we will generate a collective intention for healing, and positive transformation. As we move and generate internal heat, we face our fears of discomfort, we expand our capacity for presence, and we free blocked energy and emotion. There will be breathwork, yoga inspired movement, and an incredible soundtrack. Class will conclude with a deep and restorative yoga Nidra at the end.

Marni Sclaroff | *Sunday at 12:30 PM-2:30 PM in Buddha Moon*

### **The Art of Giving and Receiving**

In order to help facilitate and initiate the healing process, the practitioner must be aware of his or her own body, breath, movement and energy. Movements are subtle, yet for the practitioner it can be physically demanding. Along with learning how to offer comfort to those we love, this workshop aims to help the "giver" learn to move with grace and alignment, literally being in asana practice, while administering the Thai Yoga. With proper technique, compassion, and intuition, a healing session becomes therapeutic for both giver and receiver.

J Miles Rebekah Wood, Maha Vira Yoga | *Friday at 1:30 PM-3:00 PM in Buddha Moon*

### **The Business of Healing Arts and Where to Start**

Though Linda's experience has been primarily in the Wellness Industry, her approach and framework can apply to any business! Learn how to set up your business, online vs Store Front, marketing and advertising, sales-fascinate your clients! Bring a paper and pen to take notes.... and your questions as we will have a 10 minute Q & A! Upon completion of this wellness business crash course , you will walk away feeling more confident in your ability to do what you love and be successful at it with fresh ideas.

Linda Osorio, House of Yoga Academy | *Saturday at 5:15 PM-6:15 PM in Tea Shanti*



### **The Death Class Reading**

Being present with death, taking our own leave. A poetry duo reading that brings depth psychology and death mythology together and opens the way for contemplation and discussion.

Colleen Redman Katherine Chantal, Soulful Aging Poets | *Saturday at 1:45 PM-3:00 PM in Tea Shanti*

### **The Inner Smile Meditation**

A Daoist practice based on the belief that the human smile is a vehicle for healing energy.

Gina learned this from Liliás Folan of PBS.

Gina Hart-Smith | *Saturday at 7:00 AM-8:00 AM in Shiva Love*

### **The Organic Beat Lounge**

Soul Harmonizing flow, with my Sister @guidedbyanura dropping a delicious DJ set for us to vibe to.

J Miles ANÛRA, Maha Vira Yoga | *Thursday at 6:00 PM-7:30 PM in Buddha Moon*

### **The Poetry of Yoga + (Yoga to Live Music with Narayani)**

This is a journey of the senses; drinking in sacred sounds of music, we take that the ability to listen and feel even deeper within.

Tara Eschenroeder, Great Abiding Yoga | *Saturday at 1:00 PM-2:15 PM in Brahma Nirvana*

### **The Voice of Self Love**

In this interactive workshop you will learn techniques to reclaim the power of your voice to activate self love while releasing trauma & stuck energy.

Katie Sutton Josh Vogt, Zen Within Academy | *Saturday at 6:15 PM-7:30 PM in Buddha Moon*

### **The Yoga of Awe and Everyday Wonder: A Practice to Transform Your Life?**

Abhuta is the Sanskrit word for wonder, the beauty found in all of nature. Science has shown that the experience of wonder can transform your life. To access wonder you have to approach life with curiosity and be open to the little things that bring joy. Learn how subtle shifts based on precision alignment open your yoga poses and bring you into a state of Awe."

Randy Boyd, Beauty Mountain Shir Yoga | *Sunday at 10:45 AM-12:45 PM in Shiva Love*

### **Theraflow**

This Theraflow will provide movement, alignment, and release to create space for healing.

Therapeutic asana and breathwork cultivate self awareness, self love, and self acceptance.

Heather Chumley Heather Chumley, Live Well | *Saturday at 4:15 PM-5:15 PM in Ganesha*

### **TransZendance 2 Samadhi**

Transzendance 2 Samadhi unites dance and yoga and energy healing as one. It's a fusion of dance, yoga, meditation, prana energy balancing and breath work.

Daina Cockrell Daina Cockrell | *Saturday at 9:30 AM-10:45 AM in Ganesha*

### **Trauma-Sensitive Yoga: Taking Back Your Power Through Invitation and Opportunities**

The effects of trauma are far-reaching. Let this be a time to find your inner voice, trust, and connect your mind, body, and soul again.

Megan Dillon, Awakened Hearts Yoga | *Saturday at 8:00 AM-9:15 AM in Ganesha*

### **Tribal Flow Yoga with Live Music**

Join Narayani for Tribal Flow Yoga-an all-levels, live music, life-affirming, full-body Vinyasa Yoga experience. The rhythm brings us all together as one heartbeat- ONE TRIBE.

Narayani (Noelle) Whittington | *Sunday at 2:30 PM-4:00 PM in Brahma Nirvana*

### **Unity Flow Yoga**

This is a Reiki-infused Hatha Yoga class with a guided meditation and asana practice to awaken and unite your body, mind, breath, and spirit.

Kelly Hayes, Unity Haven LLC | *Sunday at 1:15-2:15 PM in Ganesha*

### **Vibrant Flow**

Vibrant Flow is a creatively curated Hatha style flow that focuses on alignment, breath and tapping into the body's innate intelligence.

Shonda Austin, Vibrant Thang Wellness LLC | *Align Yoga Rocks and Reiki | Saturday at 12:00 PM-1:00 PM in Brahma Nirvana*

### **Vin Nidra**

The power of vinyasa flow combines with the healing effects of yoga Nidra to create an experience that will rejuvenate and repair.

Jenn Newton Jenn Newton | *Friday at 2:30 PM-3:30 PM in Shiva Love*

### **Vinyasa Flow**

All Level Vinyasa flow class. Dynamic and light hearted designed to connect rhythm and movement.

Monica McGee Kendall Selfe, Monica & Kendall Yoga | *Sunday at 10:30 AM-11:30 AM in Brahma Nirvana*

### **Wake Yo Azz Up! Part 4**

Join J Miles for an energizing morning vinyasa flow with music to match the vibe! Let's find our flow and seize the day!

J Miles Druminyasa Yoga | *Saturday at 9:30 AM-11:00 AM in Buddha Moon*

### **Walking in the Wild**

A ramble through the woods with Johnny talking about Mother Earth and our place within Her and pointing out cool things.

Johnny Stowe | *Sunday at 9:00 AM-10:15 AM in OM Woods*

### **Weaving Sutra I:1 Into Flow**

Introduction to chanting and integrating yoga sutra into a flowing class, linking breath and movement. Posture, meditation, alignment and simple breathing techniques. Find comfort in the foundational postures.

Jason Clemons | *Thursday at 1:00 PM-2:15 PM in Ganesha*

### **Weaving Sutra I:2 Into Flow**

Introduction to chanting and integrating yoga sutra into a flowing class, linking breath and movement. Posture, meditation, alignment and simple breathing techniques. Find comfort in the foundational postures.

Jason Clemons | *Saturday at 2:30 PM-3:45 PM in Ganesha*

### **Yin Deep Stretch**

Yin Yoga is a practice that brings balance to active bodies and calms the mind using passively held floor poses.

Devin Dausin Devin Dausin | *Sunday at 6:00 PM-7:00 PM in Shiva Love*

### **Yin Yoga with Poetry**

Nitya offers a deeply rejuvenating Yin Yoga class infused with astrology insights and poetry for a refreshing and inspiring practice.

Nitya Griffith, Nitya Living | *Thursday at 4:00 PM-5:00 PM in Ganesha*

### **Yin/Yang Flow**

This hybrid fusion of body-opening yin postures, dynamic full-body flows, and centering pranayama to liberate you in body, mind, and spirit.

Detra Bennett Detra Bennett, Down Dog Yoga & Wellness | *Thursday at 1:00 PM-2:00 PM in Shiva Love*

### **Yoga 4 Social Justice Part 1 / Part 2**

(1) introduces students to social injustices in America, and how they are perpetuated in yoga; and (2) offers tools to incorporate social justice in practice.

Dr. Mica Deckard, PhD, Virginia Community Yoga | *Saturday at 10:00 AM-11:30 AM in Tea Shanti*

### **Yoga and Sound Healing**

Dante will lead a yoga class to prepare the body for sound meditation. Afterward, he will guide you through a meditation using sound healing instruments.

Dante Baker Dante Baker, I accept | *Saturday at 11:00 AM-12:45 PM in Ganesha*

### **Yoga for the Grieving Heart**

Yoga offers an ancient natural way to move the body-mind from sadness and grief toward healing, acceptance and even joy.

Rochelle Morris Norman Morris, Jingles' Promise (book title) | *Saturday at 7:15 PM-8:15 PM in Shiva Love*

### **Yoga for your Soul**

Yoga to reconnect your mind back to your body, using slow, conscious breath + mindful movement. Your soul will thank you!

Meredith Young Meredith Young | *Thursday at 8:30 PM-9:30 PM in*

### **Yoga Hike with Ryley**

With poetry and horticulture woven throughout, this is a celebration of the natural artistic ways of this planet and of the beauty of recognizing it.

Tara Eschenroeder Ryley Harris, Great Abiding Yoga | *Saturday at 10:30 AM-12:00 PM in OM Woods*

### **Yoga Journey With Dance**

Opens with meditation. Playful warm ups lead to slow then flow vinyasa. We'll balance, strengthen, howl, then open up into a guided ecstatic dance

Lucas Ciapetta Lucas Ciapetta, Yoga with Lucas | *Thursday at 4:00:00 PM-5:15 PM in Buddha Moon*

### **Yoga Nidra Peaceful Rest**

Yoga Nidra is a rejuvenating practice that offers deep peace for the mind, body and spirit. Also known as yogic sleep it allows total rejuvenation.

Leia Jones Leia Jones | *Sunday at 4:30 PM-6:00 PM in Brahma Nirvana*

### **Yoga RX: Psychological Stability and Balanced Presence On and Off the Mat.**

If you experience anxiety, depression, impulsivity, cravings, traumatic response, or social awkwardness, this prescriptive workshop is for you. We will join together in a safe, loving and playful way to connect with, embrace and move toward healing all parts of ourselves, especially those parts that we label as undesirable or unacceptable. Based on an intuitive, integrated method of well-being, we will explore these areas of psychological instability and will practice yogic strategies for intervention. Through movement, meditation, mantra and music, we will create a psychological momentum to boost our energies toward stability and mastery. Yes. Believe it. And this prescription can fully supplement a traditional psychiatric approach, or work as a primary holistic intervention for psychological health. Welcome to a new day, a new way, and new eyes to see the dawn!

Debra Marks, dharmatherapies | *Friday at 10:30 AM-12:30 PM in OM Woods*

### **Yoga, Tantra & Embodied Astrology**

In this unique practice, we will utilize and blend the wisdom of astrology with tantric yoga & philosophy including asana, breathwork, chakras, mudra & mantra to support ourselves in coming into more flow, harmony and balance with our own nature and with the rhythms of life  
Kilkenny Tremblay, Modern Mystic Inc. | *Saturday at 7:30 PM-9:00 PM in Ganesh*

### **Yogi Coffee**

Simple yogic breathing practices to oxygenate the blood before meditation practice to cultivate a mind state of relaxed wakefulness for the day ahead.

Joe Klein, Be Well Now | *Friday at 7:00 AM-7:50 AM in Buddha Moon*

### **Zen Up Sessions**

Attendees are provided a wireless headphone for full immersion experience that combines electronic music, binaural beats, guided embodiment, breath, chanting, dance, elevated emotions, and visualization.

Art Taryan, Zen Steady | *Friday at 12:15 PM-1:00 PM in Brahma Nirvana*