

SUNDAY YOGA & WORKSHOPS									
	*The only constant in life is change, a philosophy that potentially applies to the schedule below.								
TIME	Shiva Love	Buddha Moon	Brahma Nirvana	Ganesh	OM Woods <i>Self Guided Labyrinth Tours All Day</i>	Tea Shanti	Playground	Kidsville	Dance Hall
7:00 AM									
7:15 AM				Morning Gratitude Flow w/ Anne-Marie		Heart Meditation w/ Lori Marsh, InStill Mindfulness			
7:30 AM									
7:45 AM			Plant Spirit Yoga w/ Jenn Mintz, In True Nature, LLC						
8:00 AM						Discussion on Heart Meditations w/ Lori Marsh, InStill Mindfulness		Rad Hatter Hat's and Crafts 10AM-2PM	
8:15 AM	Stretching Your Faith w/ Megan Lizzie Dillon, Awakened Hearts Yoga								
8:30 AM									
8:45 AM									
9:00 AM		Soul Vibe w/ Shanna Lafra Thornton, Sacred Vibes Yoga, Healing & Wellness	Yoga For Change w/ Owl Rare	Emotional Literacy, Fluency, and Intelligence w/ Rick Tan, Jason Clement, & Kim Bennett	Walking in the Wild w/ Johnny Stoue ( 75 mins start here)			Music Fun w/ Kari Kovich, Heart of the Child Music	Sacred Cacti & Succulents w/ Lilli Nelson, Decriminalize Nature Virginia* Registration required
9:15 AM									
9:30 AM	Soulful Sunday, Marybeth Grenon, SoulShine Studios					Hey Baby What's Your Dasha? w/ Hannah Levin, Heartfelt Wellbeing		Rad Hatter Hat's and Crafts 10 AM-2 PM	
9:45 AM									
10:00 AM									
10:15 AM									
10:30 AM									
10:45 AM		Primal Freedom Flow w/ Tara Eschenroeder, Great Abiding Yoga and Druninyasa	Vinyasa Flow w/ Monica & Kendall Yoga	Kundalini - Kanqeb Yoga w/Salina Khanna, Beautiful Green Soul	Guided Mindful Outdoor Experience w/ Shirleyann Burgess (120 min, start here)			Circus Skills w/ Geoff the Juggler	Choir Flow Yoga w/ Terri Thoma, Namasterie
11:00 AM									
11:15 AM	Flow Like a River with the Rhythms of Nature w/ Randy Boyd, Beauty Mountain Shri Yoga								
11:30 AM									
11:45 AM			Qigong w/ Elisha Reygle, InStill Mindfulness		Shortcut to Nirvana: Plants and the Realm of Being w/ ITAL-Acres				
12:00 PM									
12:15 PM				Become a Yogi - Awaken to Your True Self w/ Jagadisha		Samadhi, is it attainable? w/ Jeffrey Tiebout, Sanctuary of the Light			
12:30 PM									
12:45 PM									
1:00 PM									
1:15 PM		The Alchemy Practice w/ Mari Sclaroff	Unleash the Inner Teacher w/ Chole Craver, Lotus Yoga Academy	Unity Flow Yoga w/ Kelly Hayes, Unity Haven	Plant ID/ Wild Edible and Medicinal Plants w/ Ryley Harris				Jordan Harmon & the Humble Brags
1:30 PM	Mindful Yoga w/ Jenn Hopper								
1:45 PM									
2:00 PM									
2:15 PM									
2:30 PM						Finding Your Voice w/ Jan Handelman, Conscious Coaching			
2:45 PM									
3:00 PM	Becoming Dimensional Yoga as Origami, w/ Rebecca Starzbach, Mountain Pose Boone		Tribal Flow Yoga w/ Narayani	Shapes vs Poses Flow Yoga w/ Pat Sorrell					Crief Cat
3:15 PM									
3:30 PM		Erasmus: A Bab Marley Tribute w/ Yogi J Miles, Maha Vira Yoga							
3:45 PM									
4:00 PM									
4:15 PM									
4:30 PM									
4:45 PM	Slow Flow to Ground and Grow w/ Kaseyln Rogers			Sacred Sister Circle - theme, "Goddess Embodied" w/ Leah Pegram					
5:00 PM									
5:15 PM			Yoga Nidra Peaceful Rest w/ Leia Jones						Palmyra
5:30 PM		Sonic Universe Now & Onetone Sonic Alchemy							
5:45 PM									
6:00 PM									
6:15 PM	Yin Deep Stretch w/ Devin Dausin								
6:30 PM				Integrating the Yamas (Ethics) On & Off the Mat w/ Jessica Ruff Yoga					
6:45 PM									
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11:15 PM									
11:30 PM									

Drum Circle w/ Kasey \*Cave Man\* Jones every night at the Mountainop Fire Circle.

Recovery Dharma offers a Buddhist approach to developing healthy practices related to alcohol, drugs, and other harmful behaviors.  
A group will meet beside INFO/DEBOT at 11am and 7pm Fri-Sun for discussion and meditation.