

Brahma Nirvana

Thursday

Just Be with Jennifer Hopper (2:00-3:15 PM)	A slow moving vinyasa class where students connect movement and breath with pauses to just be in the poses.
Plain Old Yoga! With Kim Henry (4:30-5:30 PM)	With all the wonderful adaptations of this ancient practice, sometimes I like to do plain old yoga - flow from head to toe and breath!
Weaving Sutra I:1: Accepting the Invitation with Jason Clemons (6:00 PM-7:15 PM)	Introduction to chanting and integrating yoga sutra into a flowing class, linking breath and movement. Posture, meditation, alignment and simple breathing techniques. Finding comfort in the foundational postures.
Immersive Breathwork & Sound Journey with Art Taryan (7:45-8:45 PM)	Travel through the Body, Mind and Soul to release and make space for the new, supported by binaural beats for Theta brainwave trance state.

Friday

Yoga For Peace with Darin Somma (8:00-9:30 AM)	Build the city of Divine Mother through asana, offer Her healing vibrations to our world home. Heal through karma yoga.
Mantra Japa - 108 Sāvitrī Gāyatrī with Cozmic Water (10:00-11:00 AM)	Meditation with 108-recitations of the Sāvitrī Gāyatrī Mantra, oldest mantra from Rg Veda and chanted daily for over 3200 years, with history, significance and ubiquity.
Acro Flight School with Kaelyn Rogers (11:30 AM-1:00 PM)	In this all levels exploration of acroyoga, students will learn to lift others up and to let themselves fly high. Fun, playful, and exciting.
Lila Yoga Vinyasa: Warrior Within & Grounded Courage with Erica Kaufman (3:00-4:30 PM)	Practice the pathway to transformative liberation with a stable prana flowing/opening new opportunities—know the power of perception, clear perspectives, and see beyond perceived limitations.
BALL YOGA Workshop with Ann-Marie Phillips (5:00-6:30 PM)	ROLL it out and Let it GO. Rolling out our bodies to relieve tension, massage, & feel. OH, and have a really fun time doing it.)
Savage Daughter: Weaving the Wild Thing with Rebecca Storzbach (7:00-8:15 PM)	A powerful, tribal flow driven by a Nordic soundtrack that will invite you to unleash your Wild Thing and weave some primal magic.
Chakra Dance with Kat & David Harmon (8:45-9:45 PM)	Energy aligning easy to follow dance moves to high energy movement. Shifting stagnant and stuck energy leaving you feeling clear and aligned.

Saturday

Science of Pranayama with Dr. Sundar Balasubramanian (8:00 -9:00 AM)	Pranayama: combining science and practice. 30% theory, 10% Q/A and 60% practicum. Information from other and my own research studies.
Creative Props Restorative Yoga with Gina Hart-Smith (9:30-10:45 AM)	Let's get creative with an outdoor Restorative yoga practice. Grab a blanket, a towel, eye-covering, blocks, and any comfort items you brought to camp.
Ashtanga Remix with Jesse Cassady (11:00-12:30 PM)	This honors traditional Ashtanga Primary series, while incorporating creative and dynamic Vinyasa movements. The space between Ashtanga and Vinyasa, a necessity for practitioners of either.
The Poetry of Yoga with Tara Eschenroeder and live music with Narayani (1-2:15 PM)	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.
Cosmic Heart Meditation & Breathwork with Marni Sclaroff (3:00-4:00 PM)	Awaken the cosmic heart with this creative, seated moving meditation & breathwork practice with a yoga nidra at the end.
Weaving Sutra I:21: Success for the Interested w/ Jason Clemons (4:30-5:45 PM)	Continued development of chanting and integrating yoga sutra into a flowing class, linking breath and movement. Cultivating deep dedicated interest as a precursor to success.
Shakti Rising with Marcus Cammuse (6:15 PM-7:45 PM)	Heartfelt and educational yoga, inviting each student to invoke and connect with Shakti for healing. All levels class, ends with a beautifully guided Yoga Nidra.
Tantra Basics- Immersion in Awareness, Love & Eros with Art Taryan (8:15-9:45 PM)	This sacred container is for truth seekers who are ready to embrace affection, intimacy, and connection at greater depths within themselves and with others.

Sunday

Morning Buzz - Meditation and Pranayama w/ J Miles (8:00-9:15 AM)	Instruction on traditional yogic breathing techniques and exercises, the importance of the "inner" practices of yoga, closing with a guided meditation.
Slow Flow to Ground and Grow with Kaelyn Rogers (9:30-10:45 AM)	A slow flow, designed to help you connect to your body, your breath, and your intuition.
Feel Your Rhythm, Find Your Rhyme with Dat Dude Jonny and Druminyasa (11:15 AM-12:45 PM)	An energetic and empowering vinyasa flow with accompanying live performance from Druminyasa.
Art is the Heart of Yoga-Creative Yoga Flow with Marni Sclaroff (1:15-2:45 PM)	The heart of yoga is to make art with our lives. In this movement practice, we will liberate the creative life force.
Shift Your Vibration with Dante Baker (3:00-4:30 PM)	This workshop provides several potent tools that can help us influence our frequency through practicing breathing exercises, vocal toning, and a sound bath.
Yoga For Peace with Darin Somma (5:00-6:30 PM)	Build the city of Divine Mother through asana, offer Her healing vibrations to our world home. Heal through karma yoga.