

Ganesh

Thursday

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| Mindful Movement to Inner Sanctuary with Brittany Folcik (1:00-2:15 PM) | Kick off Yoga Jam by connecting with your heart space, setting intentions, and getting grounded in your body. Beginner friendly, individual expression is encouraged. |
| Active Pranayama Practice with Heather Chumely (4:15 PM-5:45 PM) | Pranayama, an ancient breath control practice, is a vital component of yoga—an integral limb that cultivates spiritual, emotional, physical, and mental well-being. |
| Trauma Sensitive Yoga: Finding a Safe Haven in Your Body with Lizzie Dillon (6:30-7:45 PM) | Our bodies get disconnected after we suffer a trauma in our lives. This class is a time to find that connection and safety once more. |
| Chakra Sound Healing with Katie Wells and Brien Egan (8:30-10 PM) | Katie Wells and Rev Brien Egan join forces in an embodied sound experience aligning the chakras. Meditations, gentle motion, reiki with crystal bowls and gongs. |

Friday

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| Tantric Meditation and Breath Practices with Randy Boyd (8:00-9:00 AM) | Tantric Meditation & Breath Practice is the presence of awareness, being present with yourself in your true creative nature to access the joy within. |
| The Armor of God: Holy Spirit/Prana Yoga Flow with Twee Merrigan (9:15-10:15 AM) | Prana vinyasa |
| Gift of Simplicity with Mary Brown (10:30 AM-NOON) | Vinyasa style class incorporating mindful movement, alignment, chinese medicine theory, bhakti, somatic awareness, nada yoga, meditation and deep relaxation; all set to an original soundtrack. |
| Without Difficulty Never Coming Goodness: Weaving Music with Wisdom with Jagadisha (12:30-1:45 PM) | Challenges are the path; essential teachings on the yoga path. Talk will be accompanied by Classical Indian compositions. |
| Sacred Sister Circle - Theme: Rooting into Connection with Leah Pegram (2:00-3:30 PM) | Deepening into sisterhood through circle. In this 90 minute sister circle, we will ground deeply into the sacred truth that sisterhood is medicine. |
| No Prop Restorative Yoga with Terrie Thoma (4:00-5:00 PM) | Not yin or gentle yoga, but real restorative yoga done without props. You will relax completely in restful and rejuvenating positions for long holds. |
| Chanting is Pranayama with Dr. Sundar Balasubramanian (5:30 PM-6:30 PM) | Chanting is a way to regulate the breathing; we will learn the theory (20%), practicum (70%) and discuss (10%). |
| Melt Into Your Mat with Jessica Adams (7:00-8:00 PM) | Offering focuses on grounding techniques using pranayama, meditation, and yin poses meant to leave participants in a relaxed state of mind. |
| Sensual Dance Temple with Megan Rising (8:45-10:00 PM) | A feminine dance space where participants are encouraged to feel empowered in their body, move in a way that makes them feel beautiful. |

Saturday

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| Sahyinidra Journey with Johnny Stowe (8:00-9:15 AM) | Guided Imagery Through Mama Earth, a Sahyinidra EcoJourney across landscapes from local to global through our innermost core. |
| The Power of Neuroscience and Yoga with M. Mala Cunningham and Andie Surana Gauna (9:30-11:00 AM) | Understand yoga practices through the lens of Neuroscience & how to activate deep healing. Learn skills for regulating your brain & nervous system through Neuro-Yoga. |
| Energy Medicine + Yoga with Nicole LaFon (11:30-12:45 PM) | Energy Medicine was developed by Donna Eden combining 9 different healing energetic modalities with the practice of yoga for optimal health and wellness. |
| Demystifying the Pelvic Floor with Sarah Hudson (1:00-2:00 PM) | Debunk myth & empower through somatic practices and shared experiences. Change your relationship to all things governed by muladhara chakra. |
| QiGong Meditation with Kelly Little (2:30-3:30 PM) | Awaken to the magic of the Universal Life Force Energy, connecting to your powerful inner healer. Move Qi/Prana then experience deep tranquility with sound bowls. |
| Flow + Yin Deep Stretch with Devin Dausin (4:00-5:00 PM) | 30 min of a vinyasa Flow followed by 30 min of Yin Deep Stretch. |
| Yoga Satsang with Darin Somma (5:30-6:30 PM) | Darin (Yogeshwar) has invested deeply in the preservation of the immeasurable world legacy of Yoga. He seeks to share in its power, directing it towards creating lasting peace on our world home. |
| Pose Malone w/ Marisa Freeman 7:00-7:45 PM | A cheeky, fast paced Vinyasa class bumping to the tunes of a curated Post Malone playlist. Sense of humor welcome! WWPD? ((What Would Posty Do?)) |
| Rest & Recharge with Shonda Austin (8:00-9:00 PM) | Restorative styled class that activates the parasympathetic nervous system. Access deep relaxation to restore balance, soothe mind & rejuvenate the nervous, skeletal & muscular systems |

Sunday

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| Discover Your True Self Through Ancient Practices with Heather Chumley (8:00-9:30 AM) | Discover your inner sense through the practices of Mantra, Kriya, Pranayama, and Meditation |
| Yoga for Your Soul with Meredith Young (10:00-11:00 AM) | Slow, Mindful Yoga Flow to nourish your Soul & inner self. |
| Red Tent Gathering with Alissa Wallace (11:30 AM-12:30 PM) | Learn how to connect on a deeper level with your moon cycle. Each phase holds power that can change how you live your life. |
| Sacred Sister Circle - Theme: Seeking The Stories with Leah Pegram (1:00-2:45 PM) | Deepening into sisterhood through circle. In this 90 minute sister circle, we will reflect on our festival experiences and glean wisdom from our stories. |
| Yoga Nidra Peaceful Rest with Leia Jones (3:00-4:30 PM) | Yoga Nidra is a rejuvenating practice that offers deep peace for the mind, body and spirit. It creates rest and resets the nervous system. |