

Tea Shanti

Friday

Yogi Coffee with Joe Klein (8:00-9:00 AM)	Class will warm up with pranayama breathwork, flow into a few Wim How breathing rounds and then sit in meditation for 15-20 minutes.
The Path to Samadhi with Jeff Tiebout 10:30-11:30 AM	How the eight limbs of Patanjali's classic presentation of yoga lead, limb by limb, to Samadhi.
The Language of Emotions with Jon Handelman (12:00-1:30 PM)	Through experiential exercises, groups sharing and more, we will discover how to work with our own and others' emotions with fluency and expertise.
Radiant Self-Care Through Ayurveda with Sheetal Ajmani (2:00-3:00 PM)	Learn the foundations of Ayurveda as a framework for personalized self-care practices no matter what season of life you're in.
Plant Connection Practice with Lindsey Feldpausch (4:30-5:30 PM)	Nature connection creates healing. In this class we will work together to develop practices with plants to recreate this connection.
Sit-Down Comedy: A Dharma Laugh with Gina Hart-Smith (6:00-6:45 PM)	Laughter is great medicine, living a yoga lifestyle can be hilarious sometimes. Let's share a laugh and learn about ourselves.

Saturday

Myofascial Meridians with Kelly Blevins (10:00-11:00 AM)	Learn the power of evidence-based myofascial chains. This educational workshop will illustrate the importance of fascia by discussing its composition and relationship to functional movement.
Finding Your Voice with Jon Handelman (11:30 AM-1:00 PM)	Our voices are powerful gateways to connection with each other and our deeper selves. We will play and share to access this neglected part.
Fairy Godmothers' Midnight and the Art of Archetypes with Katherine and Colleen (1:30-3:00 PM)	Poetry reading by Katherine and Colleen Discussion and writing focusing on the inner life of archetypes and fairytales that impact how we approach our lives.
Nothing to Attain : The Courage to Sit with Sarah McCarthy and Jagadisha (3:30-4:45 PM)	We explore the "no method" sitting in Soto Zen practice. We practice together in sangha, quietly sitting with life as it is in this moment.
Embody the Cosmos with Hummingbird (5:00-6:30 PM)	ETC will help you shift your relationship with astrology from cognitive to somatic, identify& channel your cosmic superpowers, and hold your biggest challenges with compassion.

Sunday

Passage Meditation with Joe Klein (8:00-9:00 AM)	Participants will be given passages from wisdom traditions to practice with. After selecting a passage, we will all meditate together in silence for 30 minutes.
Chair Flow Yoga w/ Terri Thoma, Namasterrie (9:30-10:30 AM)	All-levels chair flow including seated and standing work using the chair for balance. Warmup, strength and balance work concluding with savasana.
A Somatic Experience With Herbs with Lindsey Feldpausch (11:30 AM-12:30 PM)	Stress and our fast paced world make for overactive minds. Plants can help us move our of our heads and back into our bodies.
Making Peace with Your Past with Jon Handelman (1:00-2:30 PM)	We will gather to explore our past through the lens of attachment styles, needs, and feelings so that we can more clearly understand ourselves now.