

THU 8.28	BLISS LAND			THU 8.28	LIFE IS A PLAYGROUND
TIME	BUDDHA MOON	BRAHMA NIRVANA	GANESHA	TIME	KIDSVILLE
11:00 AM			11:00am—12:30pm <i>Let's go to Vagus!</i> Jenn Hopper	11:00 AM	
11:15 AM				11:15 AM	
11:30 AM				11:30 AM	
11:45 AM				11:45 AM	
NOON		Noon-1:15pm <i>Weaving Sutra I:1: Accepting the Invitation</i> Jason Clemmons		NOON	
12:15 PM				12:15 PM	
12:30 PM				12:30 PM	
12:45 PM				12:45 PM	
1:00 PM	1—2pm <i>Somatic Movement Experience</i> Katie & Josh, Zen Within Academy	<i>Infinite Mind, Infinite Light</i> Mary Brown 1:30—3:00pm	1:00—2:00pm <i>Yoga for Your Soul</i> Meredith Young	1:00 PM	<i>Grab some lunch from one of our awesome food vendors, and head to the creekside too enjoy some afternoon chill time.</i> <i>Also, Field Day Games are set up to make some fun family memories!</i>
1:15 PM				1:15 PM	
1:30 PM				1:30 PM	
1:45 PM				1:45 PM	
2:00 PM		2:00 PM			
2:15 PM		2:15 PM			
2:30 PM	2:30—3:30pm <i>Plain Ol' Yoga</i> Kimna Didi		2:30 PM		
2:45 PM			2:45 PM		
3:00 PM			3:00 PM		
3:15 PM			3:15 PM		
3:30 PM	3:30—4:00 PM, MAIN STAGE			3:30 PM	
3:45 PM	OPENING CEREMONY			3:45 PM	
4:00 PM	4:00—5:00pm <i>Vibrant Flow</i> Shonda Austin			4:00 PM	4:00—4:30 PM <i>Jungle Exploration</i>
4:15 PM				4:15 PM	<i>Yoga</i> - Keisha
4:30 PM		4:30—5:45pm <i>Soundbath</i> Katie Wells & Jack Howard	4:30—5:30pm <i>Melt Into Your Mat</i> Jessica Adams	4:30 PM	
4:45 PM				4:45 PM	
5:00 PM				5:00 PM	5:00—5:30 PM <i>Storytime</i>
5:15 PM				5:15 PM	Misty Dawn
5:30 PM	5:30—7:00pm <i>Imagine the Ultimate: Aligning your Purpose with Practice</i> Yogi J Miles			5:30 PM	
5:45 PM				5:45 PM	
6:00 PM		6:30—7:30pm <i>Bandha, Drishti, and Ujjayi Breath</i> Jeff Tiebout	6:00—7:15pm <i>The Yin? I'm In!</i> Gina Hart-Smith	6:00 PM	6:00—7:00 PM <i>Kids QOYA</i> Sherrié Lynn
6:15 PM				6:15 PM	
6:30 PM	6:30 PM				
6:45 PM	6:45 PM				
7:00 PM			7:00 PM		
7:15 PM			7:15 PM		
7:30 PM			7:30 PM		
7:45 PM			7:45 PM		
8:00 PM		8:00—9:30pm <i>Somatic Sounds & Restorative Rhythms: Experiential Neurology</i> Cozmik Water		8:00 PM	
8:15 PM				8:15 PM	
8:30 PM	8:30—10:00pm <i>EdgeWalkers: Dance of Discovery</i> Kat Harmon			8:30 PM	
8:45 PM				8:45 PM	
9:00 PM			9:00 PM		
9:15 PM			9:15 PM		
9:30 PM			9:30 PM		
9:45 PM			9:45 PM		
10:00 PM				10:00 PM	