

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

FRI 8.29	JAMLANDIA			FRI 8.29	BLISS LAND			FRI 8.29	LIFE IS A PLAYGROUND					FRI 8.29
TIME	MAIN STAGE	JAM LAND PUB	CREEKSIDE STAGE	TIME	BUDDHA MOON	BRAHMA NIRVANA	GANESHA	TIME	TEA SHANTI	OM VILLAGE	KIDSVILLE	ART VILLAGE	"TAKE A HIKE"	TIME
8:00 AM				8:00 AM				8:00 AM						8:00 AM
8:15 AM				8:15 AM				8:15 AM						8:15 AM
8:30 AM				8:30 AM				8:30 AM			8:30—9:15am Kids QOYA			8:30 AM
8:45 AM				8:45 AM			8:30—9:30am Passage Meditation Joe Klein	8:45 AM						8:45 AM
9:00 AM				9:00 AM				9:00 AM	9:00—10:00am WAKE UPI Cultivating a Silent Sitting Practice Sarah McCarthy & Jagadisha					9:00 AM
9:15 AM				9:15 AM	9:00—10:00am Ashtanga Beginners Owl Rare	9:00—10:00am The Harmonic Spine Joseph Schmidlin Michael Jay		9:15 AM						9:15 AM
9:30 AM				9:30 AM				9:30 AM			9:30—10:00am KIDS Yoga Bingo: Stretch, Breathe, & Play! Julie Arrington			9:30 AM
9:45 AM				9:45 AM				9:45 AM				OPEN		9:45 AM
10:00 AM				10:00 AM				10:00 AM						10:00 AM
10:15 AM				10:15 AM				10:15 AM						10:15 AM
10:30 AM				10:30 AM				10:30 AM			10:30—11:15am Warrior Rising Yoga Keisha			10:30 AM
10:45 AM				10:45 AM	10:30—11:45am Wake & Shake Kat Harmon			10:45 AM						10:45 AM
11:00 AM				11:00 AM		11:00—12:30pm Reiki Energised Yoga Aarvika & Ayush		11:00 AM				11:00—Noon Imprints of Imagination Sara East	*10:30am—Noon Dreamscape Hike Tara and Ryley *meet at Info Depot*	11:00 AM
11:15 AM				11:15 AM				11:15 AM						11:15 AM
11:30 AM				11:30 AM				11:30 AM			11:30am—12:30pm Tie Dye Workshop Floyd Asylum			11:30 AM
11:45 AM				11:45 AM				11:45 AM						11:45 AM
NOON				12:00 PM				NOON						NOON
12:15 PM				12:15 PM				12:15 PM		12:15 PM				12:15 PM
12:30 PM				12:30 PM				12:30 PM		Noon—1:30pm Digest This! Ayurveda for Modern Times Hannah Levin				12:30 PM
12:45 PM				12:45 PM	12:30—1:45pm Thai Massage for the Nervous System Chitra Kate McDevitt			12:45 PM						12:45 PM
1:00 PM		1:00—2:00pm VA Hollow		1:00 PM				1:00 PM						1:00 PM
1:15 PM				1:15 PM				1:15 PM						1:15 PM
1:30 PM				1:30 PM		1:00—2:15pm Energy Medicine + Yoga Nicole LaFon		1:30 PM						1:30 PM
1:45 PM			1:45—2:30pm Josh Epperson Yogi J Miles	1:45 PM				1:45 PM		1:30—2:15pm Embodied Connection: A Social Practice for Community Dr. Krystal White				1:45 PM
2:00 PM				2:00 PM				2:00 PM			2:00—3:00pm Red Tent Gathering Alissa Wallace Kayti Dimsey			2:00 PM
2:15 PM				2:15 PM				2:15 PM						2:15 PM
2:30 PM				2:30 PM				2:30 PM						2:30 PM
2:45 PM				2:45 PM	2:30—4:00pm Heart Medicine: What the World needs NOW Yogi J Miles Druminyasa			2:45 PM		2:45—3:45pm Stress, Fatigue, & Herbal Adaptogens Ed & Maya Skopal I-TAL Acres				2:45 PM
3:00 PM				3:00 PM				3:00 PM						3:00 PM
3:15 PM				3:15 PM				3:15 PM						3:15 PM
3:30 PM				3:30 PM				3:30 PM						3:30 PM
3:45 PM				3:45 PM				3:45 PM		3:30—4:30pm Sacred Encounters: Partnering w Nature to Awaken the Heart Kathleen McIntyre				3:45 PM
4:00 PM				4:00 PM				4:00 PM						4:00 PM
4:15 PM				4:15 PM				4:15 PM						4:15 PM
4:30 PM				4:30 PM				4:30 PM						4:30 PM
4:45 PM				4:45 PM				4:45 PM						4:45 PM
5:00 PM				5:00 PM	4:30—6:00pm Open Your Heart ShirleyAnn Jack Howard			5:00 PM						5:00 PM
5:15 PM				5:15 PM				5:15 PM			5:00—5:30pm Storytime with Misty Dawn			5:15 PM
5:30 PM				5:30 PM				5:30 PM						5:30 PM
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7:00 PM				7:00 PM	6:30—8:00pm Sacred Center Belly Dance Leia Jones	6:45—8:00pm Psychedelic Breathwork Monica McGee Kendall Selfe		7:00 PM						7:00 PM
7:15 PM				7:15 PM				7:15 PM						7:15 PM
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8:45 PM				8:45 PM				8:45 PM						8:45 PM
9:00 PM				9:00 PM	8:30—9:45pm Fun Flow & Live DJ Grace Millsap Zen Within Academy	8:30—10:00pm Zombie and Aliens Yoga Simulation Jason Clemons Rick Tan		9:00 PM						9:00 PM
9:15 PM				9:15 PM				9:15 PM						9:15 PM
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SAT 8.30	JAMLANDIA			SAT 8.30	BLISS LAND			SAT 8.30	LIFE IS A PLAYGROUND					SAT 8.30
TIME	MAIN STAGE	JAM LAND PUB	CREEKSIDGE STAGE	TIME	BUDDHA MOON	BRAHMA NIRVANA	GANESHA	TIME	TEA SHANTI	OM VILLAGE	KIDSVILLE	ART VILLAGE	"TAKE A HIKE"	TIME
8:00 AM				8:00 AM		8:00—9:00am <i>Magic of Nada Yoga</i>		8:00 AM						8:00 AM
8:15 AM				8:15 AM				8:15 AM						8:15 AM
8:30 AM				8:30 AM		8:30—9:30am <i>Sound Bath</i>		8:30 AM						8:30 AM
8:45 AM				8:45 AM		<i>Energize w Pranayama</i>		8:45 AM						8:45 AM
9:00 AM		9:00—9:45am <i>Yogi Coffee</i>		9:00 AM		Dr. Sundar		9:00 AM	8:30—10:00am <i>Mythology as History</i>	8:30—9:45am <i>Sahyindra Eco Journey</i>	8:30—9:15am <i>Kids QOYA</i>			9:00 AM
9:15 AM		Joe Klein		9:15 AM		Balasubramanian		9:15 AM						9:15 AM
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10:00 AM				10:00 AM				10:00 AM						10:00 AM
10:15 AM		10:15—11:00am <i>Chair Yoga</i>		10:15 AM		10:00—11:30am <i>Primal Freedom Flow</i>		10:15 AM						10:15 AM
10:30 AM		Anjana		10:30 AM		Tara &		10:30 AM						10:30 AM
10:45 AM				10:45 AM		Druminyasa		10:45 AM	10:30—11:30pm <i>Symbols, Myths & Dreams</i>		10:30—11:15am <i>Grounded & Growing</i>			10:45 AM
11:00 AM				11:00 AM				11:00 AM						11:00 AM
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NOON				NOON				NOON						NOON
12:15 PM	Noon—1:00pm <i>Bhakti Kulani</i>			12:15 PM		Noon—1pm <i>Forest Flow: A Nature-Inspired</i>		12:15 PM						12:15 PM
12:30 PM	Peace Circle			12:30 PM		Hatha Journey		12:30 PM						12:30 PM
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1:15 PM		1:00—2:00pm Kat Mills		1:15 PM				1:15 PM						1:15 PM
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2:00 PM				2:00 PM		1:30—3:00pm <i>LG8TQ+ Affinity Yoga</i>		2:00 PM						2:00 PM
2:15 PM				2:15 PM		Danielle Stern		2:15 PM						2:15 PM
2:30 PM				2:30 PM		Bhav Brigade		2:30 PM						2:30 PM
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3:00 PM		2:30—3:30pm Jared Stout Quartet		3:00 PM				3:00 PM						3:00 PM
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4:15 PM	4:00—5:00pm Empty Bottles			4:15 PM				4:15 PM						4:15 PM
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SUN 8.31	JAMLANDIA			SUN 8.31	BLISS LAND			SUN 8.31	LIFE IS A PLAYGROUND		SUN 8.31				
TIME	MAIN STAGE	JAM LAND PUB	CREEKSIDE STAGE	TIME	BUDDHA MOON	BRAHMA NIRVANA	GANESHA	TIME	TEA SHANTI	OM VILLAGE	KIDSVILLE	ART VILLAGE	"TAKE A HIKE"	TIME	
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8:45 AM				8:45 AM				8:45 AM						8:45 AM	
9:00 AM		9:00—10:15am <i>Karma Yoga: Path of Compassion in Action</i> Chitra Kate McDevitt		9:00 AM	9—10am <i>Journey to Ohm Sound Bath</i> Onetone Sonic Alchemy			9:00 AM	9:00—10:00am <i>Myofascial Meridians</i> Kelly Blevins					9:00 AM	
9:15 AM			9:15 AM				9:15 AM			9:15 AM		9:15 AM			
9:30 AM			9:30 AM			9:30—10:45am <i>Phoenix Rising Mandala Flow</i> Jill Love Phoenix		9:30 AM			9:30 AM	9:30—10:30am <i>Kids QOYA</i> Sherrié Lynn		9:30 AM	
9:45 AM			9:45 AM					9:45 AM			9:45 AM				9:45 AM
10:00 AM			10:00 AM					10:00 AM			10:00 AM				10:00 AM
10:15 AM				10:15 AM				10:15 AM				*10:00—11:30am <i>A Ramble Up the Holler</i> Johnny Stowe *meet at Info Depot*		10:15 AM	
10:30 AM				10:30 AM				10:30 AM					10:30 AM		
10:45 AM				10:45 AM				10:45 AM					10:45 AM		
11:00 AM		11:00am—Noon <i>Drumming Workshop</i> Caveman Jones		11:00 AM				11:00 AM					11:00 AM		
11:15 AM			11:15 AM				11:00am—12:15pm <i>Weaving Sutra I:2: Reuniting in the Heart</i> Jason Clemons		11:15 AM		11:00—11:30am Funky <i>Fruit & Veggie Flow</i> Keisha		11:00—Noon <i>Terracotta Treasures: Painted Pots & Trinket Dishes</i> Sara East	11:15 AM	
11:30 AM			11:30 AM				11:30 AM		11:30 AM		11:30am—12:30pm <i>Tie Dye Workshop</i> Floyd Asylum		11:30 AM		
11:45 AM			11:45 AM				11:45 AM		11:45 AM				11:45 AM		
NOON			NOON				NOON		NOON				NOON		
12:15 PM			Noon—1:00pm Bhakti Kulani	12:15 PM				12:15 PM						12:15 PM	
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1:15 PM		1:15 PM							1:15 PM					1:15 PM	
1:30 PM		1:00—2:00pm Kat Mills		1:30 PM				1:30 PM		12:30—2:00pm				1:30 PM	
1:45 PM			1:45 PM						1:45 PM					1:45 PM	
2:00 PM			2:00 PM						2:00 PM					2:00 PM	
2:15 PM				2:00—3:00pm Bhakti Kulani	2:15 PM				2:15 PM						2:15 PM
2:30 PM			2:30 PM								2:30 PM				2:30 PM
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3:00 PM	3:00—4:00pm Griefcat	3:00 PM							3:00 PM				3:00 PM		
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3:30 PM			3:30 PM					3:30 PM		3:00—4:30pm <i>Men's Circle</i> Jonathan Handelman			3:30 PM		
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4:15 PM		4:00—5:00pm Charlie Maples		4:15 PM				4:15 PM						4:15 PM	
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5:30 PM	5:00—6:30pm HuDost			5:30 PM				5:30 PM						5:30 PM	
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6:45 PM		6:30—7:45pm Florenca & the Feeling		6:45 PM				6:45 PM						6:45 PM	
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7:30 PM			7:30 PM					7:30 PM						7:30 PM	
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8:00 PM	7:45—9:00pm Sir Woman			8:00 PM				8:00 PM						8:00 PM	
8:15 PM			8:15 PM					8:15 PM						8:15 PM	
8:30 PM			8:30 PM					8:30 PM						8:30 PM	
8:45 PM			8:45 PM					8:45 PM						8:45 PM	
9:00 PM			9:00 PM					9:00 PM						9:00 PM	