

COURSE DESCRIPTIONS

NEXUS 2025

AUGUST 28 - 31 • FLOYD VIRGINIA

PAD  
2025

# Courses

## A Ramble Up the Holler

Johnny Stowe  
Hike/ Nature Activity  
Info Depot | 75 MIN  
Sunday 10AM-11:30 AM

Starting at the footbridge near Om Space, I'll lead folks up the hill, speaking about Mama Earth, human ecology, philosophy, ecosystem integrity, and about the plants we see along the way, including values to wildlife and humans. We'll walk very slowly, stopping often.

## Ashtanga for Beginners

Owl Rare  
Yoga  
Buddha Moon | 60 MIN  
Friday 09 AM-10 AM

Discover the dynamic practice of Ashtanga yoga in this beginner-friendly class. We'll introduce the foundational postures and sequences, focusing on alignment, breath synchronization, and building internal heat. This structured approach offers a disciplined yet accessible path to enhance strength, flexibility, and mental clarity.

## Balls & Yoga

Ann-Marie's Yoga  
Workshop | Yoga  
Brahma Nirvana | 90 MIN  
Saturday 07:00 PM-08:30 PM

Join my Myofascial Release class with YOGA and Massage BALLS. Tackle neck/shoulder tension, tight hips, sciatica, or plantar fasciitis. Feel your body relax and loosen. Balls target pain relief; you get 1-2 balls to take home. Excited to roll it out at Floyd! Fun guaranteed!

## Bandha, Drishti, and Ujjayi breath.

Jeff Tiebout Yoga  
Educational Workshop  
Brahma Nirvana | 60 MIN  
Thursday 06:30 PM-07:30 PM

In our class, we'll explore these inner aspects of practice. What are the bandha and the drishti, and why are they important additions to our practice? How do we make the sound of Ujjayi breathing, and what does that accomplish? We'll review their effects, practice them, and apply them to pranayama, chanting, and meditation. We'll even sing!

## Bhakti Vinyasa Yoga + Kirtan

Narayani Yoga  
Meditation/ Sound Bath  
Buddha Moon | 90 MIN  
Sunday 02:30 PM-04:00 PM

Noelle will lead a slow, strong, all-levels Vinyasa class, infused with the magic of the Hindu Deities and their stories, followed by a deep relaxation with her live Mantra music, ending with a shared Kirtan chant practice.

## Buhti Movement

Dr. Krystal White  
Dance  
Buddha Moon | 75 MIN  
Saturday 05:15 AM-6:30 PM

Chair yoga is an excellent way to increase your range of motion, tone your entire body, and improve back and knee pain. This gentle practice can also enhance your gait, balance, and agility, often surprising participants with its benefits.

## Chair Yoga

Anjana Rathore  
Yoga  
Jam Land Pub | 45 MIN  
Saturday 10:15 AM-11:00 AM

Chair yoga is an excellent way to increase your range of motion, tone your entire body, and improve back and knee pain. This gentle practice can also enhance your gait, balance, and agility, often surprising participants with its benefits.

## Change Your Life: The Thrive Method

Cody Willets &  
Erica Balogh-Willets  
Educational Workshop  
Tea Shanti | 90 MIN  
Saturday 03:30 PM-05:30 PM


This engaging, interactive workshop offers a practical introduction to whole-person wellness through four core pillars: movement, nutrition, sleep, and mindfulness. Designed to empower attendees with simple, science-informed tools they can implement immediately, this session includes a group coaching demo, guided reflection, and clear, accessible habit shifts. Participants will walk away with a personalized 4-step wellness plan and renewed motivation to care for their body, mind, and spirit—supporting lifelong energy, emotional balance, and empowered self-leadership.

## Dance It Up!

Kimna Didi & Rachel Levin  
Dance  
Buddha Moon | 60 MIN  
Saturday 07:00 PM-08:15 PM

Healing through the joy of movement! Tuning into our inherent desire to move our bodies, this hour long journey will channel our emotions, blocks, celebrations and fears into an experi-





ence of freedom and love. Drawing on music from around the world to guide us through the age-old ritual of whole-ing through dancing together on the earth!

## Demystifying the Pelvic Floor

**Sarah Hudson**  
Yoga Educational Workshop  
Brahma Nirvana | 75 MIN  
Friday 03:00 PM-04:15 PM

Dive into this vibrant workshop to unravel the pelvic floor's mysteries with yoga, breath work, and lively discussion! Harness breath and posture to banish pain, ignite your root energy, and empower your practice. Awaken your body's inner strength in this dynamic, transformative experience! Accessible for all. Blanket, block & mat recommended.

## Digest This! Ayurveda for our Modern Times

**Hannah Elizabeth Levin**  
Ceremony/ Group Workshop  
Om Village | 90 MIN  
Friday 12:00 PM-01:30 PM

Drawing from the realms of Ayurveda, Chronobiology, and Somatic awareness we will explore tools for supporting our physical digestive tract (the seat of true health) and how that aligns with being able to digest how life unfolds in our ever-changing world, mentally, and emotionally.

## Djembe

### FUN-damentals 1 & 2

**CaveMan Jones**  
Educational Workshop  
Kidsville | 45 MIN  
Friday 07:30 AM-08:15 PM  
Saturday 07:30 PM-08:15 PM

Join us, kids of all ages (2-102), to dis-

cover the joys of drumming, and connecting musically with others in our community while learning the basics of an ancient art form with Kasey CaveMan Jones.

## Dreamscape Hike (with Tara and Ryley)

**Ryley Harris**  
Hike/ Nature Activity Poetry Reading  
Info Depot | 90 MIN  
Friday 10:30 AM-12:00 PM

With poetry and horticulture woven throughout, this is a celebration of the natural artistic ways of this planet and of the beauty of recognizing it.

## Ecstatic Dance

**Katie Wells**  
Dance  
Brahma Nirvana | 90 MIN  
Saturday 09:00 PM-10:30 PM

Get your dance ON with this dance party that weaves fun movement improv games to upgrade your free-style expression on a seamless journey into freedom.

## EdgeWalkers: Dance of Discovery

**Kat Harmon David Harmon**  
Dance Ceremony/ Group Workshop  
Buddha Moon | 90 MIN  
Thursday 08:30 PM-10:00 PM

Embark on a transformative journey with "EdgeWalkers," an ecstatic dance and guided exploration that invites you to shed limiting beliefs and step into your fullest potential. Move freely as you explore your physical, mental, energetic, and emotional edges. With diverse music genres fueling your curiosity, you'll uncover new ways to release what no longer serves you. Let every beat lead you to deeper connection, self-awareness, and transformation in this dynamic, fun experience.

## Embodied Connection: A Social Practice for Community I & II

**Dr. Krystal White**  
Educational Workshop  
Ceremony/ Group Workshop  
Tea Shanti | 45 MIN  
Friday 01:30 PM-02:15 PM  
Sunday 05:00 PM-05:45 PM

This class offers a grounded, repeatable framework for weaving connection into everyday life. We'll practice a routine to build social presence and cohesion. Class includes a guided community exercise, shared reflection, and embodied awareness. You'll leave with:

- A repeatable framework for facilitating connection in any group
- A direct experience of connection that nourishes both self and community
- A way to build trust in any relationship No experience necessary—just bring your open heart.

## Embody the Wild - A Sensual Flow

**Crista Rose Yoga**  
Meditation/ Sound Bath  
Ganesha | 90 MIN  
Friday 07:15 PM-08:30 PM

A sensual, elemental flow to reconnect with the sacred in your body and awaken its primal wisdom. Through rhythmic movement, grounded breathwork, and moments of stillness, we'll explore what it means to move from instinct, pleasure, and deep inner knowing. Expect fluid shapes, sacral activation, and space to feel untamed, soft, and profoundly alive.

# Courses

## EmpowerHER: Un-leashing Inner Strength & Confidence

Cody Willets &  
Erica Balogh-Willets  
Yoga

Ganesha | 75 MIN  
Friday 05:30 PM-06:45 PM

EmpowerHer is a powerful movement-based workshop designed for women ready to reconnect with their strength, voice, and inner wisdom. This is more than just a yoga class—it's a soulful journey through the chakras using breath, music, and flow-based movement. Together, we'll release stuck energy, awaken inner fire, and rise with purpose and clarity. Leave feeling grounded, radiant, and empowered to walk your path with fierce grace. All levels welcome.

## Energize with Pranayama

Dr. Sundar Balasubramanian  
Meditation / Sound Bath  
Buddha Moon | 60 MIN  
Saturday 08:30 AM-09:30 AM

Wake up with the energy of Pranayama; fill the whole day with sheer bliss and clarity. This class is filled with active pranayama exercises.

## Energy Medicine + Yoga

Nicole LaFon  
Yoga  
Brahma Nirvana | 75 MIN  
Friday 01:00 PM-02:15 PM

Energy Medicine was developed by Donna Eden combining 9 different healing energetic modalities with the practice of yoga for optimal health and wellness. Energies included: chakra, aura, grids, Chinese Five Elements,

Celtic Weave, Meridians, Radiant Circuits, Triple Warmer and the Electrics. Yoga, tracing, tapping, acupressure included.

## Feel Yourself Free: a Transformational Breathwork Session with Brielle Brasil

Brielle Brasil  
Ceremony/ Group Workshop  
Ganesha | 75 MIN  
Saturday 05:00 PM-06:15 PM

Transformational breathwork is more intense and not your average pranayama. Participants will need to be able to lay down on their backs on their yoga back (knees up is fine, but no sitting) and maintain one breath pattern for an extended period of time. Meditative breathwork is not for pregnant women or those with uncontrolled health or psychiatric conditions.

## Flip Your World: Handstands and Inversions

Kaelyn Rogers  
Yoga  
Brahma Nirvana | 90 MIN  
Sunday 06:00 PM-07:30 PM

Join Kaelyn Rogers for this exploration of handstands and inversions. We will work to strengthen the core, open the shoulders, and build strength within the forearms and hands. Through drills and tools we will build our handstand body and the foundation of your inversion practice. We invert on the ground and on partners - getting comfortable getting upside down. You'll leave the workshop with new knowledge and confidence, and plenty to practice on your own!

## Flow + Yin Deep Stretch

Devin Gillenwater  
Yoga  
Ganesha | 60 MIN  
Saturday 03:15 PM-04:30 PM

A flowing class linking breath and movement in a sequence that works all of the major joints and muscles of the body. Followed by a Yin practice that brings balance to active bodies and calms the mind using passively held floor poses.

## Forest Flow: A Nature-Inspired Hatha Journey

Owl Rare  
Yoga  
Buddha Moon | 60 MIN  
Saturday 12 PM-1 PM

Step into the serenity of the forest with this grounding Hatha yoga class. Designed to mirror the rhythms of nature, we'll explore poses that embody the strength of trees, the fluidity of streams, and the expansiveness of the sky. Through mindful movement and breathwork, you'll cultivate a deep connection to the earth and your inner self, leaving you feeling rooted and revitalized.

## Fun Flow + Live DJ

Grace Millsap  
Yoga  
Buddha Moon | 75 MIN  
Friday 08:30 PM-09:45 PM

Join us for an upbeat, dynamic, and heartfelt yoga asana flow coupled with the soulful sounds of conscious high vibrational music from DJ Josh Paul, with support from Katie Sutton with live vocals and instruments. Grace Millsap will intuitively guide you through a dynamic yoga asana class that empowers students to sparkle and shine. Feel free to dress in your most fun, colorful

and expressive outfits - we most definitely will!!!

## **Glow Yoga**

**Meredith Young**  
**Yoga**

**Ganesha | 60 MIN**  
**Saturday 08:30 PM-09:30 PM**

Glow Yoga - A traditional yoga flow with a glow! A focus on deep abdominal muscles in your center to rewire the brain to move the body in a way that more suits you. You'll leave with a glow on the inside and out! Glow sticks provided!

## **Goddess Dance for Self-Worth**

**Katie Wells**  
**Dance**

**Brahma Nirvana | 90 MIN**  
**Friday 04:45 PM-06:15 PM**

Explore self-worth by deconstructing the limiting beliefs that hold us back. Embodiment self-compassion in our suffering. Experience self-empowerment by upholding boundaries, trusting that you can handle what comes, and going for what you want in this life. We can reclaim intrinsic self-worth. YOU ARE LOVE. Sacred Dance, Meditation, Partner Sharing, & Badassery Men welcome!

## **Gong Yoga**

**Sonic Universe Now & Michael Jay**  
**Yoga Meditation/ Sound Bath**  
**Brahma Nirvana | 60 MIN**  
**Saturday 11:30 AM-12:30 PM**

Gong Yoga - Explore meditative, gentle and restorative yoga postures with the expansive energy of the gong.

## **Grateful Connection**

**Jesse Cassady**  
**Educational Workshop**  
**Brahma Nirvana | 90 MIN**  
**Saturday 05:00 PM-06:30 PM**

Grateful Connection is a vulnerability and partner work workshop, including meditation, self and partner work, a hands-on assist segment, and even a hint of karma yoga.

## **Grateful Deep Flow**

**Jesse Cassady**  
**Yoga**  
**Buddha Moon | 90 MIN**  
**Sunday 04:30 PM-06:00 PM**

Grateful Deep Flow is an eyes closed/ blindfolded, deep, and grounded vinyasa practice that ensures students feel more physically, mentally, emotionally, and spiritually. All Levels.

## **Grounded & Growing**

**Keshia Bahadur**  
**Yoga**  
**Kidsville | 45 MIN**  
**Saturday 10:30 AM-11:15 AM**

Grounded & Growing is a connection-based yoga experience for caregivers and kids to explore strength, trust, and balance together. Through empowering partner poses, creative movement, music, and mindfulness, this class supports growing bodies and minds in developing confidence, focus, and inner calm. Whether you're flying in balance, laughing through a challenge, or resting in quiet gratitude, this class nurtures connection, awareness, and growth — one breath, one pose, and one partnership at a time.

## **Healing Trauma**

**Jonathan Handelman**  
**Educational Workshop**  
**Ceremony/ Group Workshop**  
**Tea Shanti | 90 MIN**  
**Saturday 05:30 PM-07:00 PM**

Trauma is the unresolved and unexpressed pain that lives inside of us. If not attended to, trauma leads to consequences that keep us from our highest potential. Addressing and healing trauma in a group is incredibly rare, and very effective. Come learn, express, laugh, and cry in community as we address our core wounds in creative and powerful ways.

## **Heart Medicine - What the World needs NOW**

**Jonathan Miles**  
**Yoga**  
**Buddha Moon | 90 MIN**  
**Friday 02:30 PM-04:00 PM**

Get ready to move with intention and connect deeply with your courage and compassion! Heart Medicine is the medicine that is inside of all of us - when we arrive at the space where we have absolute trust in who we are. It is where we ignite the flames of compassion by learning to care deeply for ourselves. This session is dedicated to opening our hearts and nurturing self-love through asana, pranayama, and sound vibration.

## **How to Start Loving the Shit Out of Yourself**

**Kat Harmon & David Harmon**  
**Educational Workshop**  
**Ceremony/ Group Workshop**  
**Tea Shanti | 75 MIN**  
**Saturday 7:30 PM-8:45 PM**

This transformative workshop will guide you to embrace radical self-love



# Courses

and reconnect with your true essence. Through reflection, practical tools, and supportive exercises, you'll uncover limiting beliefs, boost self-worth, and learn to set compassionate boundaries. Step into your power, release self-doubt, and start loving yourself unapologetically—flaws and quirks included. It's time to prioritize your needs and celebrate the incredible person you are. You deserve to love the sh\*t out of yourself!

## Imagine the Ultimate: Aligning your Purpose with Practice

**Jonathan Miles**  
Yoga

**Buddha Moon | 90 MIN**  
**Thursday 05:30 PM-07:00 PM**

This is an exploratory practice will use asana, meditation, visualization and breath work to connect us to our Purpose. We practice yoga to prepare to live in purpose. Asana allows us to explore the kingdom we call our bodies, and roots us down in the present moment with breath. Moving through challenging transitions during vinyasa offers creative ways to navigate challenging moments in life. The goal is to allow your practice to fuel your purpose.

## Infinite Mind, Infinite Light

**Mary Brown**  
Yoga

**Brahma Nirvana | 90 MIN**  
**Thursday 01:30 PM-03:00 PM**

A Jivamukti Yoga vinyasa style class blending contemporary yoga practices with ancient wisdom. An energized practice aimed at calming the mind. Includes movement, stillness, sound, philosophy, awareness practices, alignment cues, breath work, hard work, laughter and deep rest. An exploration of what does abiding

in the Self mean according to Patanjali's Yoga Sutras chapter 1 verse 13 and how to remain firmly established in who you are beyond the body and mind.

## Inner Dimensions of the Self - Meditation and Breath

**Jonathan Miles**  
Meditation/ Sound Bath  
**Brahma Nirvana | 90 MIN**  
**Saturday 09:30 AM-11:00 AM**

Did you know you have the capacity to restore balance to your system and unlock your full human potential? This can be done by harnessing the power of breath. This offering seeks to help students establish and sustain a fundamental meditation and pranayama practice by introducing basic techniques that are accessible even to the beginner, as well as discussing the many benefits of daily meditation and breath work.

## Introduction to the Intermediate Series of Ashtanga Yoga

**Jeff Tiebout**  
Yoga  
**Ganesha | 90 MIN**  
**Friday 10:00 AM-11:45 AM**

In our class, we will do an accessible introduction to the Intermediate, or second, series of Ashtanga yoga. We'll do part of the primary series and then move into the first section of the Intermediate series. The asanas will be taught in an accessible way to allow us to find the sweet spot for ourselves in each asana. The point is not to master the asana but to allow the asana to teach us.

## Journey to Ohm Sound Bath

**Sonic Universe Now Michael Jay**  
Meditation/ Sound Bath  
**Buddha Moon | 60 MIN**  
**Sunday 09:00-10:00 AM**

Sound bath journey with Onetone Sonic Alchemy

## Jungle Exploration


**Keshia Bahadur**  
Yoga  
**Kidsville | 30 MIN**  
**Thursday 04:00 PM-04:30 PM**

All ages, this immersive class transforms participants into bold explorers journeying through lush jungles, crossing rivers, and uncovering hidden wonders. Each session features calming breathwork to sharpen focus, an energetic jungle-themed Freeze Dance game to spark laughter and movement, and a peaceful Savasana to close the adventure. Through imaginative storytelling and engaging challenges, adventurers strengthen problem-solving skills, connect with nature's magic, and enjoy a playful yet restorative experience deep in the heart of the wild.

## Karma Yoga: the Path of Compassion in Action

**Chitra & Clayton Robinson**  
Yoga Ceremony /  
Group Workshop  
**Jam Land Pub | 90 MIN**  
**Sunday 09:00 AM-10:30 AM**

The session will run as follows:  
Opening Arrival: \*Compassion Meditation \*Karma Yoga Talk: path of selfless action; real-life examples; share S.O.S. framework = Self, Others, Society \*Q&A; \*Small Groups: create action plans for compassion-in-action, at festival and at home \*Closing Practice, Arts Activism: painting kind/thought-



ful phrases on stones to leave on paths (festival or home) Session Goal: Attendees will understand karma yoga/ selfless service as a path for a more kind and sustainable world.

## **KIDS QOYA**

**Sherrié Lynn**

**Dance**

**Kidsville | 60 MIN**

**Thursday 06:00 PM-07:00 PM**

**Friday 08:30 AM-09:15 AM**

**Saturday 08:30 AM-09:15 AM**

**Sunday 09:30 AM-10:30 AM**

Kids QOYA helps friends work with their body's in strong ways thru movement, dance and breath work. Inclusive and fun

## **KIDS Sound & Art Circle: Creating Inner Mandalas**

**Julie Arrington &**

**Meadow Underwood**

**Yoga Educational Workshop**

**Meditation/ Sound Bath**

**Kidsville | 30 MIN**

**Saturday 09:30 AM-10:00 AM**

Join us for a magical journey of sound and creativity in this interactive class designed just for kids! In the Sound & Art Circle, children will be invited to explore calming and uplifting sounds—like singing bowls, drums, and bells—and then express what they hear and feel through art. Using art materials (paper, crayons, markers), each child will create their own “Inner Sound Mandala,” a visual expression of the peace and play they experience through sound.

## **KIDS Yoga Bingo: Stretch, Breathe, and Play!**

**Julie Arrington &**

**Meadow Underwood**

**Yoga Educational Workshop**

**Kidsville | 30 MIN**

**Friday 09:30 AM-10:00 AM**

“Yoga Bingo: Stretch, Breathe, and Play!” Class Description: Join us for a joyful and engaging Kids Yoga Bingo class designed to get children moving, breathing, and laughing! In this interactive yoga experience, kids will explore fun animal-inspired poses, calming breath practices, and mindfulness—all through the playful format of a Bingo game.

## **Know Your Weeds: Mindful Medicinal Plant ID Walk**

**Ed Skopal & Maya Skopal**

**Hike/ Nature Activity**

**Info Depot | 75 MIN**

**Friday 04:30 PM-05:45 PM**

Most people can identify 100's of corporate logos, but not 10 plants in their own bio-region. Time to reconnect and rebuild our relationship with the natural world, get to know the plants and trees around you. Join Ed Skopal of I-TAL Acres Medicinal Herb Farm & Apothecary for stories, laughs, and a mindful walk of the festival grounds pointing out various herbs/plants/trees and their medicinal folk uses.

## **Let's go to Vagus!**

**Jenn Hopper &**

**Assistant - Kristin Price**

**Yoga Educational Workshop**

**Ganesha | 90 MIN**

**Thursday 11:00-12:30 PM**

Join us in a journey to your Vagus nerve! It plays a huge role in our everyday lives and at times, we don't realize

it! This class will provide psychoeducational information regarding the Vagus nerve and techniques to reduce stimulation of this very important nerve in our body as well as an asana practice.

## **LGBTQ+ Affinity Yoga**

**Danielle Stern**

**Yoga**

**Buddha Moon | 90 MIN**

**Saturday 01:30 PM-03:00 PM**

All students with an open mind and desire to breathe and move in community are welcome to this LGBTQ+ inspired flow.

## **Lila Yoga Vinyasa: Empowering Peace & Clarity**

**Erica Rachel Kaufman**

**Yoga**

**Ganesha | 90 MIN**

**Sunday 09:00 AM-10:30 AM**

Discover your transformative potential with Lila Yoga, a holistic practice that unlocks clarity, inner peace, and radiant well-being. By integrating Prana within asana, pranayama within vinyasa, and intentions into conciseness, Lila Yoga sparks a profound and the lasting empowerment of calm clarity.

## **Love the Skin You're Yin**

**Erin Sonn**

**Yoga**

**Ganesha | 75 MIN**

**Sunday 06:00 PM-07:15 PM**

Join us for a relaxing, self-compassion infused yin yoga experience. Release the tension and self-judgement, allow your true loving presence to shine, and connect to the abundance of blessings in your life.

# Courses

## Lunar Threads

Crystal Yee

Yoga

Ganesha | 60 MIN

Saturday 7:00 PM-08:00

Channel the gentle, intuitive energy of the moon in this yin practice designed to weave stillness through your body and breath. Supported floor poses held for time help open the hips, spine, and subtle body, allowing emotional tension and physical tightness to unravel. A meditative class ideal for those craving introspection, nourishment, and energetic balance.

## Magic of Nada Yoga Sound Bath

Jagadisha or Sarah

Meditation/ Sound Bath

Brahma Nirvana | 60 MIN

Saturday 08:00 AM-09:00 AM

Join us for morning meditation with tan-pura and vocals from an ancient Nada Yoga tradition passed down hundreds of years from North India. Let the mind/body be still in the vibration of sound. Let your consciousness soar.

## Melt Into Your Mat

Jessica Adams

Yoga

Ganesha | 60 MIN

Thursday 04:30 PM-05:30 PM

A 60 minute offering focused on grounding techniques using pranayama, meditation, and Yin poses. This class is meant to activate the parasympathetic nervous system, quiet the mind, still the body, and target fascia. Blocks and other props welcome.

## Men's Circle

Jonathan Handelman

Dance Educational Workshop

Ceremony / Group Workshop

Tea Shanti | 90 MIN

Sunday 03:00 PM-04:30 PM

A men's circle about recreating a sense of true belonging. It's about bonding, getting real, and talking about things that matter to us. Through listening, some light prompts and activities, and deep presence, we will lighten our loads and tap into our power. Get ready for some honest feedback on being a better man, and taking a good look inside to see how to align your values with your lives.

## Mindful Flow and Yin

Jill Love Phoenix

Yoga

Ganesha | 75 MIN

Friday 02:00 PM-03:15 PM

Mindful Flow & Yin blends movement with deep relaxation for a balanced practice. The class begins with slow, intentional flows to awaken the body and connect with breath, followed by longer-held yin poses to release tension and promote stillness. This combination cultivates awareness, flexibility, and inner calm, making it ideal for all levels. Expect a grounding, meditative experience that restores both body and mind, leaving you feeling centered, refreshed, and deeply nourished.

## MINING THE GOLD Poetry Workshop

Katherine Chantal &

Colleen Redman

Poetry Reading

Tea Shanti | 75 MIN

Saturday 12:00 PM-01:15 PM

Mining the Gold of the Inner Life - Katherine Chantal and Colleen Redman approach poetry as a healing art that is informed by contemplation and depth psychology.

Their call-and-response poetry explores transcendence as an inherent part of soulful aging, a time of distillation and asking the question 'Who am I, apart from my history and the roles I have played?' Participants will have opportunity for questions as well as writing their own thoughts and feelings.

## Myofascial Meridians

Kelly Blevins

Educational Workshop

Tea Shanti | 60 MIN

Sunday 09:00 AM-10:00 AM

Learn the power of evidence-based myofascial chains. This workshop will illustrate the importance of fascia by discussing its composition and its relationship to functional movement.

## Mythology as History

Yogeshwar Somma

Educational Workshop

Tea Shanti | 90 MIN

Saturday 8:30 AM-10:00 AM

Our history places us at the apex of evolution, but what if this is backwards? How does the first written text of humanity include topics like heliocentrism, the wave nature of light, and the importance of charity in society? Mythology has value as stories that help us understand the spiritual journey, but what if they're also accurately describing history? Prepare for a mind-blowing exploration of this topic that turns our modern understanding on its head.

## Nature Qi Gong and Taoist Meditation

Elisha Reygle


Yoga

Ganesha | 60 MIN

Friday 12:30 PM-01:30 PM

Breathe into your connection with nature. Be your truest nature, as you move with intention and grace, allow-





ing chi to flow properly to bring the entire being ever closer to a balanced, healthy, centered way of living. Be ready to be still, be ready to be moved. This class is for all levels.

## **Neuro-Yoga Practices for Regulating the Vagus Nerve**

**Mala Cunningham &  
Andie Surana**  
Yoga Educational Workshop  
Ganesha | 90 MIN  
Saturday 09:30 AM-11:00 AM

Learn how and why yoga works by viewing the yoga practices through the lens of neuroscience. This workshop is a unique blend of experiencing the Neuro-Yoga practices along with understanding neuroscience concepts designed to regulate your vagus nerve. Learn techniques to manage your stress, anxiety, and depression levels more successfully. and acquire skill in micro-resting, training your brain, regulating your nervous system, and enhancing well-being and resiliency. You will leave feeling refreshed, rejuvenated, and empowered.

## **No-Props Restorative Yoga**

**Terrie Thoma**  
Yoga  
Ganesha | 60 MIN  
Friday 04:00 PM-05:00 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. Beginning with a brief centering and stretch, we'll explore a selection of restorative poses that can be comfortably held without support of traditional props. Appropriate for all levels, no experience required. You'll leave this class relaxed and refreshed.

## **Opening Ceremony**

**Katherine Chantal**  
Ceremony  
Main Stage | 60 MIN  
Thursday 03:30 PM-4:00 PM

Katherine Chantal, elder, ceremonialist, writer is once again grateful to bring us together in song, movement, breath, yoga, reflection as we drum in the Sacred directions blessing the space and each of us to open our hearts to a weekend of joy, healing and sharing. To experience NEXUS in all the ways we can manifest through being in the same place, at the same time. NEXUS reveals itself as our recognizing the interdependence between one another and the planet. Through prana, sacred breath; through harmony of movement, yoga; through music and sound igniting our senses; fostering holistic, enlivening connections with the web of life as we allow balance to flow through our being, receiving the blessings of the universe in every step we take.

## **Open Your Heart with ShirleyAnn & Jack Howard**

**ShirleyAnn Burgess &  
Jack Howard**  
Yoga  
Buddha Moon | 90 MIN  
Friday 04:30 PM-06:00 PM

Class is a flowing river style of yoga where poses are linked together seamlessly through breath. Focuses on body, breath mind awareness through movement, coordination, and heart health. The focus of the class will be heart openers, ending with a 30 minute resting pose surrounded by a sound bath to integrate the practice. Moderate Practice, & beginners are welcome to practice at your own pace.

## **Passage Meditation**

**Joe Klein**  
Meditation/ Sound Bath  
Ganesha | 60 MIN  
Friday 08:30 AM-09:30 AM

In passage meditation you choose a spiritual passage that embodies your highest ideals and then repeat the words slowly, silently in your mind. Participants will be given a handout with basic instructions in the technique as well as sample passages from the world's faith and wisdom traditions to practice with. After a short introduction and selection of a passage that appeals to you, we will all meditate together in silence for 20-30 minutes.

## **Patterns of Nature: Wild Edible & Medicinal Plant Hike**

**Rylee Harris**  
Educational Workshop  
Hike/ Nature Activity  
Info Depot | 90 MIN  
Saturday 05:00 PM-06:30 PM

Explore the rich biodiversity of the Southern Appalachians on a guided walk through yoga jam site in Indian Valley, VA, where we'll use the "patterns method" to recognize plant families and their relationships, even without having to know every species. Along the way, we'll highlight select wild edible and medicinal plants and weave in cultural and heritage connections to the land, while inviting participants to share their own knowledge of local flora, fungi, and ecology. Whether you're a seasoned forager, a curious beginner, or simply drawn to Appalachian nature, you'll leave with a deeper connection to the living patterns that shape our plant world.

# Courses

## Phoenix Rising Mandala Flow

Jill Love Phoenix  
Yoga

Brahma Nirvana | 75 MIN  
Sunday 09:30 AM-10:45 AM

A dynamic, empowering practice designed to awaken your inner strength and resilience. Inspired by the symbolism of the Phoenix, this class invites you to rise through intentional movement, breath, and energy. The flow begins with grounding postures to center and align, followed by sequences that challenge and uplift, allowing you to shed what no longer serves you. A heart-centered, transformative practice that invites you to rebirth and renew, leaving you grounded, empowered, and fully aligned.

## Plain Ol Yoga

Kimna Didi Rachel Levin  
Yoga

Buddha Moon | 60 MIN  
Thursday 02:30 PM-03:30 PM

Plain Ol' Yoga - This self loving flow focuses on tuning deeply into exactly what our body needs in the given moment. As we flow through this breathing moving meditation, we gently stretch our entire bodies, arrive in the present and share the ancient practice of yoga.

## Pop Off: Acro PopShop

Kaelyn Rogers  
Yoga Dance

Brahma Nirvana | 90 MIN  
Saturday 03:00 PM-04:30 PM

In this all levels acro workshop we will begin play with L-base acrobatics, building a solid foundation and exquisite technique - then we will use that foundation to begin throwing our friends around. You will feel unbridled

joy as you float in the air, with guaranteed belly laughs and excitement. We will focus heavily on spotting and safety, so this class is perfect for folks of all levels and backgrounds.

## Primal Freedom Flow (with Tara and Druminyasa)

Tara Eschenroeder  
Yoga

Buddha Moon | 90 MIN  
Saturday 10:00 AM- 11:30 AM

Join us for a soulful reading of Jonathan Livingston Seagull, paired with the evocative poetry of Jesse Cassady. This gathering weaves together timeless themes of freedom, purpose, and self-discovery as Richard Bach's classic tale takes flight alongside Jesse's heartfelt words. Together, they invite listeners into a reflective and uplifting journey that celebrates the courage to soar beyond limitations.

## Psychedelic Breathwork

Monica McGee & Kendall Selfe  
Ceremony/ Group Workshop  
Brahma Nirvana | 75 MIN  
Saturday 06:45 PM-08:00 PM

Connect and realize the deepest parts of yourself utilizing your breath as the key to the door of perception. Through evocative music and a blend of Yoga Nidra, Psychedelic Breathwork, and Reiki, we'll take you on a tour of your own psyche. Accessible to practitioners of all levels. Breathe and embrace a hug from the Universe.

## Reading of Jonathan Livingston Seagull

Jesse Cassady  
Poetry Reading  
Om Village | 90 MIN  
Friday 05:00 PM-06:30 PM

Join Jesse Cassady us for a soulful reading of Jonathan Livingston Seagull. This gathering weaves together timeless themes of freedom, purpose, and self-discovery as Richard Bach's classic tale takes flight alongside the quietude of OM Village.

## Recovery Dharma

Andrew Alwood Beth Feagan  
Ceremony/ Group Workshop  
Om Village | 60 MIN  
Friday 07:00 PM-08:00 PM  
Saturday 07:00 PM-08:00 PM  
Sunday 06:00 PM-07:00 PM

This will be a safe space for people challenged by addiction or curious about their own or a loved one's drinking or using. We will share experiences and meditate together and help each other feel supported.

## Red Tent Gathering

Alissa Wallace & Kayti Dimsey  
Ceremony/ Group Workshop  
Om Village | 60 MIN  
Friday 02:00 PM-03:00 PM  
Sunday 02:00 PM-03:00 PM

Calling all women, maiden, mother, crone.....Learn how to connect on a deeper level with your mooncycle. Each phase holds power that can change how you live your life. When women gather in this way, true healing happens. -See you in The Red Tent.

## Reiki Energised Yoga

Aarvika Gupta  
Yoga/Meditation/ Sound Bath  
Brahma Nirvana | 90 MIN  
Friday 11:00-12:30 PM

This session blends traditional yoga, Reiki-infused asanas, chakra flow, and pulse movements, aligning seven chakras and five elements while encouraging free movement, healing, and deep transformation.

## Reiki Yoga 22 Points Healing

Aarvika Gupta  
Yoga Dance Meditation /  
Sound Bath  
Brahma Nirvana | 75 MIN  
Saturday 03:30-04:45 PM

The body has 22 Reiki points essential for self-healing. In this session, we will activate & heal each point through a Reiki energized yoga flow, promoting deep transformation.

## Rest and Recharge

Shonda Austin  
Yoga  
Ganesha | 60 MIN  
Sunday 02:30 PM-03:30 PM

Activate your parasympathetic nervous system and relax deeply with guided sequences designed to calm the body and mind. This offering encourages rest by balancing the muscular, skeletal and nervous systems through intentional movement, breath work and meditation. Experience deep relaxation as you release tension, restore balance and cultivate inner peace. Perfect for all levels, this practice offers a gentle yet powerful way to rest and recharge. Give yourself the gift of rest and renewal.

## Resting In The Heart Yin & Soundbath w/ Jack Howard and Friends

Leia Jones  
Yoga / Soundbath  
Buddha Moon  
Saturday 08:00 PM-09:30 PM

Resting in the Heart This workshop combines the peaceful practice of Yin Yoga with Sound healing. Heart meditation and gentle heart openers will aid in deepening compassion and rejuvenation. Thai Yoga Assists will be offered to aid in relaxation and healing.

## Roll With It: Creative Flow With a Rolled Mat

Rebecca Storzbach  
Yoga  
Ganesha | 75 MIN  
Saturday 01:30 PM-03:00 PM

Get your feet in the grass and find new ways to employ your mat as a prop when you keep it rolled. A strong and steady practice to get creative when all you have is a mat.

## Sacred Center Bellydance

Leia Jones  
Dance  
Buddha Moon | 90 MIN  
Friday 06:30 PM-08:00 PM

Sacred Center Bellydance Enliven Your Center of Power with Ancient Healing Movements. This workshop will celebrate the natural sensuality and radiance that resides within. The Practice will weave the powerful elements of bellydance with gentle yoga and movement meditation.

## Sacred Encounters: Partnering with Nature to Awaken the Heart

Kathleen McIntyre  
Educational Workshop  
Meditation/ Sound Bath  
Hike/ Nature Activity  
60 MIN  
Om Village  
Friday 03:30 PM-04:30 PM

Discover how to partner with nature to experience the sacred in everyday life. Through simple, embodied practices, awaken your heart, align with inner truth, and deepen your sense of interconnectedness with all life. Whether a backyard tree, a starry sky, or the ground beneath you, nature offers a pathway to presence and belonging. Join us for an experiential journey into the sacred within and all around.

## Sacred Herbal Traditions

Ed Skopal & Maya Skopal  
Educational Workshop  
Tea Shanti | 75 MIN  
Saturday 02:00 PM-03:15 PM

We will explore some of the sacred traditions in Ayurveda, TCM, Native American Herbalism, Western Herbalism, and Rastafari. The class will include information on growing, harvesting, preparing, and using medicinal herbs. Will discuss making infusions, decoctions, tinctures, oils, and salves. We will have demonstration of macerating herbs and demonstrate the tincture making process.



# Courses

## Sahyinidra EcoJourney

Johnny Stowe  
Meditation/ Sound Bath  
Om Village | 75 MIN  
Saturday 08:30 AM-09:45 AM

Sahyinidra EcoJourneys are ecological and philosophical journeys told as time and space travel stories through ecosystems, from local to global. I would have to have a quiet, tented place away from other classes that use sound amplification. Om Space works very well. Folks would start out sitting and then be laying down. A quiet area with a tent is vital. No experience is needed, just a mat and warm clothes.

## Science of Pranayama

Dr. Sundar Balasubramanian  
Educational Workshop  
Buddha Moon | 90 MIN  
Sunday 10:30 AM-NOON

Learn the science behind Pranayama and learn some key and unique practices from the ancient Tamil Siddha tradition.

## Shakti Tantra Workshop

Karma Vir  
Meditation/ Sound Bath  
Buddha Moon | 60 MIN  
Sunday 06:30 PM-07:30 PM

Shakti Tantra workshop involves 3 stages and is designed to activate a life force energy, release emotional blockages, and cultivate a state of ecstatic flow.

Stage 1: Dynamic Movement Breath Activation: Begins with intense, rhythmic movement combined with deep, conscious breathing, helps shake off stagnation, and awaken the body's primal energy. Stage 2: Subtle Vibration & Inner Listening: Deeper meditation Stage 3: Free Flow & Joyful Expression: spontaneous movement

and dance to enjoy pure bliss of being.

## Shortcut to Nirvana - Plants and the Realm of Being

Educational Workshop  
Tea Shanti | 75 MIN  
Sunday 10:30 AM-11:45 AM

We are human beings, not human doings. But how many of us are comfortable simply in our beingness? Not judged, validated, or valued for what we do, but simply by our being. The plant world embodies this realm of being and offers access to a deeper wisdom, a more peaceful, sustainable way of BEING. Through the Realm of the Plants, we can return to the place of Being, a place prior to knowledge, belief, suffering.

## Sister Circle: "Festival Reflections"

Leah Pegram  
Educational Workshop  
Ceremony/ Group Workshop  
Ganesha | 90 MIN  
Sunday 04:00 PM-05:30 PM

This Sister Circle offers a space to reflect on the insights and experiences gained throughout floyd Yoga Jam. Sisters will share takeaways and intentions in a supportive environment that fosters meaningful conversation and connection. This gathering provides an opportunity to celebrate personal growth, shared experiences, and the wisdom cultivated during this transformative festival.

## Sister Circle: "Threads of Connection"

Leah Pegram  
Educational Workshop  
Ceremony/ Group Workshop  
Ganesha | 90 MIN  
Saturday 11:30 PM-01:00 PM

This Sister Circle invites us to explore the deep, intricate connections between ourselves and the world around us. Through shared stories and open conversation, we'll reflect on how to build stronger, supportive relationships. Together, we'll honor the power of sisterhood, celebrate unity, and discover ways to nurture and strengthen the threads that connect us in love, empowerment, and healing.

## Sit-Down Comedy "What's So Funny About Peace, Love, and Understanding?"


The Sit-Down Comic  
Yoga  
Tea Shanti | 45 MIN  
Friday 04:30 PM-05:30 PM

The question posed by Elvis Costello in the late 1900's, "What's so funny about peace, love, and understanding?" What's so funny afterall? Storytelling is a long held and sacred tradition for yogis, and the addition of humor or hyperbole meant the students would be more likely to retain the lesson. The Sit-Down Comic blends a yoga dharma chat, storytelling, observational yoga humor, and lots of laughter to achieve a unique and heart warming comedy set.

## Slow Flow + Sound Journey

Grace Millsap Yoga  
Meditation/ Sound Bath  
Buddha Moon | 75 MIN  
Sunday 12:30 PM-01:45 PM

Join us for a celebration of the body, mind, spirit connection with a yoga flow + sound bath with Grace & Zen Within. Experience the healing power of dynamic yoga asana, sound healing, & guided meditation. Grace Millsap will intuitively guide you through yoga asana, as Katie & Josh Vogt of



Zen Within Academy weave together a tapestry of instruments and sound to usher you into a state of deep relaxation and restoration.

## **Somatic Movement Experience**

**Katie & Josh, Zen Within Academy  
Dance Educational Workshop  
Buddha Moon | 60 MIN  
Thursday 01:00 PM-02:00 PM**

Connect. Release. Restore. Join Zen Within Academy for a transformative journey of movement and music. Connect – Deepen awareness through guided somatic practices and inquiry. Release – Move freely to a curated DJ set, allowing energy to flow. Restore – Regulate your nervous system and awaken joy. Experience the power of movement as medicine in this immersive, heart-centered exploration of embodiment and healing.

## **Somatic Shamanic Sound Journey**

**Sunshine Ray  
Yoga Meditation /  
Sound Bath Ceremony /  
Group Workshop  
Brahma Nirvana | 90 MIN  
Sunday 01:30 PM-03:00 PM**

This class is an immersive blend of somatic movement, shamanic ritual, and sound healing. Through gentle, intuitive movement and breath, you'll awaken body intelligence and release held patterns. Shamanic elements such as guided journeying, intention setting, and elemental rituals, invite deep connection with the Earth and unseen realms. Sacred sound from flutes, fujara, bowls, voice, vibrational instruments, and shamanic instruments guide you into altered states of consciousness, deep rest, and cellular healing.

## **Somatic Sounds & Restorative Rhythms: Experiential Neurology**

**Bill & Tara, Cozmic Water  
Meditation/ Sound Bath  
Brahma Nirvana | 75 MIN  
Thursday 08:00 PM-09:30 PM**

Re-Lax, Re-Store, Re-Focus, Re-Pose, Re-Member. Our intention is to create a fully-embodied TAPESTRY of blissful patterns (folding/unfolding with flowing focus) spontaneously SPUN from the fibers of attention, WOVEN from the threads of a coherent BLEND of yogic practices, technologies & wisdom from medieval Kashmir Valley with modern somatic science leading toward a deeper, more expansive MOSAIC of 'Self'. Somatic rhythmic movement, stillness, sleep(nidra), sound & meditation Re-Creates a natural calm state of mind, body and spirit.

## **Sound Bath w/ Katie & Jack**

**Katie Wells & Jack Howard  
Meditation/ Sound Bath  
Brahma Nirvana | 75 MIN  
Thursday 04:30 PM-05:45 PM**

Bring your blanket and mat and arrive more fully to Yoga Jam with a guided meditation and sound bath.

## **Stress, Fatigue, & Herbal Adaptogens**

**Ed Skopal & Maya Skopal  
Educational Workshop  
Tea Shanti | 75 MIN  
Friday 02:45 PM-03:45 PM**

Crazy, stressful times got you feeling anxious and fatigued? Tired of it all? Let's discuss how herbs can help. Adaptogens seem to be trending in many wellness circles currently. But what are adaptogens

and how do they work? In this meditation-educational class, we will discuss what adaptogens are, how they work, what herbs are considered adaptogens, as well as demonstrate making Tulsi (Holy Basil) tincture.

## **Symbols, Myths & Dreams-Making Meaning**

**Marni Sclaroff  
Educational Workshop  
Tea Shanti | 45 MIN  
Saturday 10:30 AM-11:30 AM**

Humans are mythic beings. We understand our world through metaphor and symbols. In this engaging workshop, I will teach you how to decode your own dreams, and how to access your natural mythic understanding. We will look at oracle cards, and you will learn how to access your intuition for symbols and imagery. I will share practical exercises for strengthening your intuitive powers, and for receiving guidance from your dreams.

## **Thai Massage for the Nervous System**

**Chitra Kate McDevitt  
Yoga Educational Workshop  
Buddha Moon | 75 MIN  
Saturday 12:30 PM-01:45 PM**

Partnered Thai massage techniques done slowly to facilitate nervous system co-regulation for partners. The past two years a lot of body workers have enjoyed this class as well as couples. The practice is deeply healing and integrating for all that can come up for folks while at the festival! Each partner has a 30 min. turn receiving and 30 min. turn giving with polyvagal somatic education taught throughout.

# Courses

## The Dosha of Relationships

Hannah Elizabeth Levin  
Ceremony/ Group Workshop  
90 MIN  
Om Village  
Saturday 02:00 PM-03:15 PM

In Ayurveda (yoga's sister-science) we often focus on our individual constitutions in light of food and daily rhythms, but how do the elements/doshas affect our relationships? In this fun and interactive workshop we will delve into basic understandings of each doshic type and how they relate to others. Leave with new insights, compassion, and skills to take into any relationship you want to focus on whether it is in intimate partnership, family, or work.

## The Harmonic Spine

Sonic Universe Now &  
Michael Jay  
Yoga Educational Workshop  
Meditation/ Sound Bath  
Brahma Nirvana | 60 MIN  
Friday 09:00 AM-10:00 AM

The Harmonic Spine - Discover your body as an instrument. Prepare (tune) the body for your yoga by exploring effective therapeutic spinal movements. This class will inform your body and help you to enjoy your week and go deeper into your yoga experience.

## The Nature Reset: Calm Your Body, Quiet Your Mind

Kathleen McIntyre  
Educational Workshop  
Hike/ Nature Activity  
Om Village | 60 MIN  
Saturday 04:00 PM-05:00 PM

No matter where you are, nature offers a path to peace—soothing the nervous system and reconnecting you with inner stillness. This experiential workshop blends Nature Therapy,

Somatic practices, and Mindfulness to help you ground, restore, and realign. Learn simple, sustainable tools to access nature's calming rhythms—wherever you are. Leave with a deeper sense of presence, nervous system resilience, and connection to the wisdom of the Earth and your own body.

## The Poetry of Yoga + Live Music

Tara Eschenroeder & Narayani  
Yoga  
Brahma Nirvana | 75 MIN  
Saturday 01:00 PM-02:15 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.

## The Yin? I'm In!

The Sit-Down Comic Yoga  
Ganesha | 75 MIN  
Thursday 06:00 PM-07:15 PM

The Floyd Yoga Jam grounds, the Turman farm, has been the home of our sweet yoga celebration for over a decade now. Let's commune directly with THE Mother Earth herself during this sweet, sumptuous, and sublime Yin yoga practice. This class combines longer holding of yoga shapes, the profound support of the Earth, the gift of the breath, the expanse of sky above, and the gathering of souls who seek for a wonderfully Zen afternoon.

## Vibrant Flow

Shonda Austin  
Yoga  
Buddha Moon | 60 MIN  
Thursday 04:00 PM-05:00 PM

Strengthen your body, increase flexibility and cultivate peace of mind through an all levels Hatha flow. This practice focuses on breath, alignment and intentional sequencing, blending movement, yoga philosophy and meditation for a balanced experience.

Whether participants are new to yoga or seasoned, this class offers a mindful approach to building strength and flexibility while finding inner calm. Join us to move with intention, connect with breath and restore both the body and mind.

## Wake n Shake

Kat Harmon & David Harmon  
Yoga Dance  
Educational Workshop  
Buddha Moon | 75 MIN  
Friday 10:30 AM-11:45 AM

Start your day with a celebration of your energy and connection. Begin by dancing freely under the sunrise in a joyful silent disco, letting your body move intuitively. Then, explore the power of embodiment through nervous system regulation, mindfulness, breathwork, and intentional movement. This transformative experience is designed to ground you, awaken your inner light, and leave you feeling radiant, empowered, and ready to shine throughout your day. (I have 50 headphones)

## WAKE UP! : Cultivating a silent sitting practice

Jagadisha & Sarah  
Meditation/ Sound Bath  
Tea Shanti | 60 MIN  
Friday 09:00 AM-10:00 AM

So, what are you doing? Are you awake? So many great teachers emphasize the importance of quiet sitting as a practice. One translation of asana is, "taking the one seat" Asana is movement meditation as well as preparing ourselves for quiet sitting, exploring the spaciousness of our true nature. From the Yoga and Zen traditions we will sit together.



## Warrior Rising

Keshia Bahadur

Yoga

Kidsville | 45 MIN

Friday 10:30 AM-11:15 AM

Step into your power with this energizing yoga flow designed for all warriors! We'll build strength, focus, and balance through empowering warrior sequences, including Warrior II, Reverse Warrior, Warrior III, and more. Play our lively "Warrior Pose Freeze" game, connect with your inner courage, and end with a grounding cool-down to discover your warrior heart. Perfect for anyone ready to move, challenge themselves, and leave feeling strong, centered, and confident.

## Weaving Sutra I:1: Accepting the Invitation

Jason Clemons

Yoga

Brahma Nirvana | 75 MIN

Thursday 12:00 PM-01:15 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. Ample rest. intensity - controlled by individual accessibility - celebrating all experience levels props - none required expectations - breathwork, chanting, and singing linked with movement benefits - clarity, centering, stability, connection

## Weaving Sutra I:2 : Reuniting in the Heart

Jason Clemons

Yoga

Ganesha | 75 MIN

Sunday 11:00 AM-12:15 PM

Deeper dive into chanting and integrating yoga sutra into a flowing class, layering breath upon movement. Posture, meditation, alignment and simple breathing techniques. Focus on twists to open the side body to best prepare for heart opening postures. Ample rest. intensity - controlled by individual accessibility - celebrating all experience levels props - none required expectations - breathwork, chanting, and singing linked with movement benefits - clarity, centering, stability, connection

## West African percussion for the Sincere, or Advancing Students

CaveMan Jones

Educational Workshop

Jam Land Pub | 60 MIN

Sunday 11:00 AM-12:00 PM

Whether you have previous experience or not, this class welcomes you. It'll be at a slightly faster pace than the kids oriented classes, with a more detail oriented learning style. Lots of fun in store. Looking forward to meeting you on your drumming journey.

## Wild Human-Elemental Movement

Marni Sclaroff

Yoga

Ganesha | 60 MIN

Sunday 01:00 PM-2:00 PM

All Levels-A practice to bring you fully alive by connecting to your wild nature through the five elements. This will be a flow style yoga practice with

an attunement to the elements as a primary and essential relationship. This will be a whole-body practice and will include forwardbends, backbends, side bends, twists, and deep rest at the end. props-yoga mat

## Woods Walk with ShirleyAnn & Jack

ShirleyAnn Burgess &

Jack Howard

Hike/ Nature Activity

Info Depot | 90 MIN

Saturday 10:00 AM-11:30 AM

Nature has been a source of inspiration, healing, and wisdom precisely because it is more-than-human, and can be experienced as pure without time or agenda. Earth will guide us outdoors into the more than human world to connect, and to receive its benefits, but we also go to give something in return, this is called reciprocity. We will explore what it means to give thanks as we explore the living woods.

## Yoga for your Soul

Meredith Young

Yoga

Ganesha | 60 MIN

Thursday 01:00 PM-02:00 PM

Yoga for the Soul - Yoga to reconnect you back to your body, using conscious breath + movement. A focus on deep abdominal muscles in your center to rewire the brain to move the body in a way that more suits you. Your Soul will thank you!

## Yoga Nidra Peaceful Rest

Leia Jones

Yoga

Brahma Nirvana | 90 MIN

Sunday 11:30 AM-01:00 PM

Yoga Nidra – Peaceful Rest Yoga Nidra is the rejuvenating practice that offers deep peace for the mind, body

# Courses

and spirit. Also known as yogic sleep, it gives us time to rest and reset the nervous system. We will begin with 30 minutes of gentle yoga followed by Yoga Nidra for the remaining time.

## Yogi Coffee

**Joe Klein**

**Meditation/ Sound Bath**

**Jam Land Pub | 45 MIN**

**Saturday 09:00 AM-09:45 AM**

Yogi Coffee & Heart Smiling Meditation: Gather to wake up and tap into your heart space with a guided practice offered by mindfulness teacher Joe Klein. You will be guided to warm up with some yogic breathing practices followed by a Heart Smiling meditation practice to cultivate a mind state of loving friendliness for the day ahead.

## Your Yoga Can Help the World

**Yogeshwar Somma**

**Yoga**

**Brahma Nirvana | 60 MIN**

**Sunday 03:30 PM-04:30 PM**

Asana is originally silent prayer, a selfless offering creating peaceful vibrations for all creation. Come offer 10-asanas uniquely revealed for physical healing, mental health, and spiritual evolution representing a full worship of Divine Mother. A collective prayer for Shakti to help us, our loved ones, and our world home.

## Zombie and Aliens Yoga Simulation

**Jason Clemons & Rick Tan**

**Yoga Educational Workshop**

**Brahma Nirvana | 90 MIN**

**Friday 08:30 PM-10:00 PM**

Moderate to high intensity interactive workshop with open accessibility combining asanas (no props required) with a simulation exercise set in a

post-apocalyptic Zombie/Alien-infested world. Yoga sequencing designed around the story of human survivors in a dystopian world overrun by the Living Dead and invading extraterrestrials. Expectations: high-energy, thought-provoking interactivity with a concluding open forum on the psychology of our human fascination with apocalyptic stories and paranormal phenomena. Benefits included movement, breath, community, reflection, and fun!

# Notes

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