

**FRIDAY YOGA & WORKSHOPS**

\*The only constant in life is change, a philosophy that potentially applies to the schedule below.

TIME	Shiva Love	Buddha Moon	Brahma Nirvana	Ganesha	OM Woods	Tea Shanti	Playground	Kidsville
7:00 AM					Self Guided Labyrinth Tours All Day			
7:15 AM		Yogi Coffee w/ Joe Klein, Be Well Now	Sahyindra EcoYoga, w/ Johnny Stowe					
7:30 AM								
7:45 AM						Mindful Movement w/ Courtney Barr, InStill Mindfulness		
8:00 AM	Autumnal		Science of Pranayama w/ Dr. Sundar Balasubramanian, PranaScience	Neuro-Yoga: Regulating Your Nervous System Through Yoga and Meditation w/ Mala Cunningham				
8:15 AM	Awakenings Morning Yoga w/ Hannah Levin, Heartfelt Wellbeing, LLC				Meditation with Journaling w/ Nitya Griffith			
8:30 AM						Mindful Mornings w/ Courtney Barr, InStill Mindfulness		
8:45 AM								
9:00 AM		Kirtan & Song Circle w/ Camille Levia, Global Gospel Kirtan						Music Fun w/ Kari Kovich, Heart of the Child Music
9:15 AM								
9:30 AM								
9:45 AM					Empowered by Plants: a Mindful Medicinal Plant ID Walk w/ Maya & Ed Skopal, I-TAL Acres			
10:00 AM	Settling Into Stillness, Somatic Movement to Meditation w/ Erin Larsen Yoga		New Yogi w/ Linda Osorio, House of Yoga Academy	Kundalini Bliss w/ Ravi Cil, Blacksburg Yoga Collective				Rad Hatter Hat's and Crafts 10 AM-2 PM
10:15 AM							Silk Veil Fans Workshop w/ Fluidity	
10:30 AM								
10:45 AM					Yoga RX w/ Debra Marks, Dharma Therapies	Cultivating a Meditation Practice: Moving Into Stillness w/ Sarah & Jagadisha		
11:00 AM								
11:15 AM			HIT Yoga w/ Sera Weaver, SB Yoga	Strong & Slow Flow w/ Terrie Thoma, namasterie				Family Yoga w/ Jennifer Bayliss and Family!
11:30 AM								
11:45 AM	Ashtanga Foundations w/ Oul Rare, Imani Yoga Studio	Prana Dance with Leia Jones						
12:00 PM			Zen Up Sessions w/ Art Taryan, Zen Steady	Anxious Warrior Yoga w/ Jessica Adams, Free Range Yoga				
12:15 PM					Walking Stick Yoga w/ Lori Marsh, InStill Mindfulness	Home Mushroom Cultivation w/ Will Nelson, Decriminalize Nature Virginia *Registration required		
12:30 PM								
12:45 PM								
1:00 PM								Ebb & Flow w/ Julie Arlington
1:15 PM	LGBTQ+ Affinity Yoga w/ Danielle Stern, Bhav Brigade		Introvers Unite! w/ Marisa Freeman, Yoga in Lynchburg	Prana/Qigong Intro & Flow w/ Kelly Little, Green Pure Health				
1:30 PM								
1:45 PM		The Art of Giving and Receiving- Partner Thai Massage w/ J Miles and Rebekah			InSpire Mindfulness Gathering w/ Jamie Reygle			Kids West African Djembe Drum Workshop w/ Cave Man Jones
2:00 PM			Body Liberation w/ Oyamie Kali Ma'at, Body Liberation Journey	Let Your Love and Light Flow w/ Saraswati Robin, Nourishing Life		Sensitivity is Sexy: Empaths, Highly Sensitive People & Psychic Abilities w/ Kilkenny Tremblay		
2:15 PM								
2:30 PM								
2:45 PM	Vin Nidra w/ Jenn Newton, High Point Yoga School							
3:00 PM								
3:15 PM								
3:30 PM								
3:45 PM								
4:00 PM		Fun Flow + Live DJ w/ Grace & Zen Within			Sound Bath w/ Jack Howard	An Herbalist's Assessment of Nutritional Deficiencies w/ Lindsey Feldspausch		
4:15 PM	Happiest Hour Yoga w/ Scott Moss, The Yoga Loft Of Bethlehem		Stand Like a Tree, Rooted in the Earth, Free Like the Wind w/ Randy Boyd, Beauty Mountain Sri Yoga	Hips & Splits w/ Bari DeFrancisci, Motion Collective on the Avenue				
4:30 PM								
4:45 PM								
5:00 PM								
5:15 PM								
5:30 PM								
5:45 PM								
6:00 PM								
6:15 PM	TBD Flow w/ Dot Dude Jonny, Metta Mats	Acro Flight School: Fundamentals of Acroyoga w/ Kaelyn Rogers, Upward Inertia		Movement Improvisation w/ Julia Basso, The Embodied Brain		Developing Intimacy w/ Jon Handelman, Conscious Coaching		Fun for the whole family! Juggling Geoff
6:30 PM								
6:45 PM			Invoking Shakti w/ Marcus Cammuse, Ignite Your Life Yoga & Massage					
7:00 PM								
7:15 PM								
7:30 PM								
7:45 PM						Sit Down Comedy: a Yogi's exploration of the ridiculous nature of Western Yoga, w/ Gina Hart-Smith		
8:00 PM	Gentle Integral Yoga w/ Dr. Mica Deckard, Virginia Community Yoga			Sacred Sunset Sound Healing Experience w/ Shanna Latia Thornton, Sacred Vibes Yoga, Healing & Wellness			Acro Jam w/ Rob Lenfestey, Yoga Slackliners	
8:15 PM								
8:30 PM								
8:45 PM		Sonic Universe Now & Onetone Sonic Alchemy	Connecting & Yin w/ Jesse Cassidy, The Grateful Yoga					
9:00 PM								
9:15 PM								
9:30 PM								
9:45 PM								
10:00 PM								
10:15 PM								
10:30 PM		Ecstatic Dance - Intertwove Style w/ Katie Wells, Rev. Brien Egan, & DJ Beafarm3r						
10:45 PM								
11:00 PM								
11:15 PM								
11:30 PM								

Drum Circle w/ Kasey "Cave Man" Jones every night at the Mountaintop Fire Circle.

Recovery Dharma offers a Buddhist approach to developing healthy practices related to alcohol, drugs, and other harmful behaviors. A group will meet beside INFO/DEPOT at 11am and 7pm Fri-Sun for discussion and meditation.