

Shiva Love

Thursday

Yoga for Radiant Aging with Randy Boyd (2:00-3:30 PM)	Yoga For Radiant Aging: Merging Modern Science with Ancient Yoga Practices. Includes life affirming theme sourced from yoga philosophy, science based lecture and asana.
Love the S#*t Out Of Yourself 101 with Kat Harmon (4:30-5:45 PM)	Working through the 4 pillars of Loving the Shit out of Yourself. Awareness, Forgiveness, Movement & Communication.
Shiva Shakti Yoga Flow with Sheetal Ajmani (6:15-7:15 PM)	A gentle practice exploring the inner feminine and masculine energies of the yoga tradition for greater balance and clarity.
Glow Yoga with Meredith Young (8:30-9:30 PM)	Slow, mindful Yoga with Glow sticks!

Friday

Flight of the Wild Goose with Elisha Reygle (11:00-11:45 AM)	Soar through your inner nature. Breathe deep and move your body with graceful intention, bringing a state of balanced health, peace and full presence.
Yoga of Attachment with Cassandra Chapman (12:15-1:15 PM)	Relationships, Communication & Attachment. Identify personal patterns and how the application of Yogic practices can increase knowledge of self and improve relationships through communication
Psychedelic Yoga with Monica and Kendall (3:30-4:30 PM)	All-Level class Experience the benefit of Asana, Breathwork, and Reiki in one experience geared to develop consciousness, holistic wellness and transformation.
LGBTQ+ Affinity Yoga with Danielle Stern (5:00-6:30 PM)	All students with an open mind and desire to breathe and move in community are welcome to this LGBTQ+ inspired flow.
Shakti Jam with Mare Grinnan (7:00-8:00 PM)	This would be an ideal class for Friday/Saturday evening. I use powerful music by women artists to stimulate the shakti energy inside all of us.
Goddess Sun + Moon Flow with Jade Norris and Shannon Lavery (8:30-9:45 PM)	Co-led vinyasa flow led by Shannon Lavery & Jade Norris inspired by solar & lunar energies, threading in the divine feminine by sharing goddess archetypes.

Saturday

Lila Yoga Sun Salutations with Erica Kaufman (8:00-9:30 AM)	Working with the 5 elements of nature to invigorate, balance, cleanse, awaken, and refines prana body, mind and establish a healthy base for the day
Rise and Grind with Stephen Diesel (9:45-10:45)	Awaken with a playful, powerful flow that energizes and inspires, setting a foundation of strength and intention to seize the day ahead.
Finding Our Flow w/ ShirleyAnn Burgess (11:00 AM-12:30 PM)	Finding the steady peaceful flow through partnering our breath to movement & sound. Pranayama, Warm-ups, Asana, & Sound Bath with Jack Howard. A Moderate Yoga Practice.
The Art of Giving and Receiving w/ J Miles (1:00-2:30 PM)	This is a guided partner workshop, designed to give practitioners a basic knowledge of traditional thai massage, with a side of conscious communication.
Mindful Flow and Yin with Jill Phoenix (3:00-4:15 PM)	Energy balancing class. Mindful movements are linked to breath during the first half of class. The last half of class includes longer held Yin postures
Resonance: A Journey Through the Chakras with Jenn Mintz (5:00-6:15 PM)	Breath, movement, sound, and stillness entwine as we move from root to crown. Bowls sing as we travel through energy centers to balance and harmonize.
Zombie Yoga Simulation with Rick Tan and Jason Clemons	Active workshop combining asana and simulation exercise telling stories of human survivors in world overrun by post-apocalyptic Zombies. Closing discussion: psychological fascination with apocalypse/paranormal phenomena

Sunday

Intro to Intermediate Ashtanga with Jeff Tiebout (8:00-9:30 AM)	This class would combine part of the primary series and the first part of the second series.
Soulful Sunday with Mare Grinnan (10:00-11:00 AM)	Using spoken word and inspirational songs, this class invites participants to co-create as we respond to the invitations in the music.
Stretching Your Faith w/ Lizzie Dillon (11:30-12:45 PM)	Bringing your faith to the mat and connect to God in mind, body, and soul. It's a time to lay burdens down and renew spirits.
Yoga for HIPs with Ann-Marie Phillips (1:15-2:45 PM)	Tight Hips, Tight Butt? This class is for YOU. Warming up on the ground, flowing, breathing, & balancing. IT'S ALL ABOUT HIP MOBILITY Y'ALL.
Psychedelic Breathwork with Monica and Kendall (3:00-4:00 PM)	Guided with music, enter an altered state of consciousness through intentional rhythmic breathing techniques. Emerge with a new sense of clarity and insight.
Joy & Shine Vinyasa Flow with Detra Bennett (4:15-5:15 PM)	Joy & Shine Vinyasa Flow is fun & creative! Energetic & beautiful sequence. This practice flows dynamically and requires coordination between the body, posture breath.
Love the Skin You're Yin with Erin Sonn (5:30-6:45 PM)	Join us for an indulgent, self-compassion infused yin yoga experience. Release the tension and self-judgement and let your loving presence shine.

Buddha Moon

Thursday

Heart Powered Yoga Journey with Lucas Ciapetta (1:30-2:45 PM)	Love strength gratitude- Vinyasa, hatha, visualization, taiChi, sculpt, breathwork. Dynamic heart opening backbend balancing. Bond earth to sky and embody animals as peaceful yogi warriors.
The Harmonic Spine with OneTone Sonic Alchemy (4:00-5:00 PM)	Our body is an instrument, which needs tuning. We will work with the CNS and the CSF movements to integrate our body/mind.
Vibrant Flow with Shonda Austin (6:00-7:00 PM)	Elevate strength, enhance flexibility & cultivate inner peace in a Hatha flow. Emphasizing breath, precise alignment, asana, intentional sequencing & meditation. Vibrant Flow nurtures body and mind.
Whispers of the Earth with Katie Sutton and Josh Vogt (7:30 PM-8:45 PM)	Whispers of the Earth: A sound & energy healing ceremony to connect you with the voice & rhythms of the Earth.

Friday

Slow Flow + Sound Journey with Grace & Zen Within (8:00-9:15 AM)	Grace will guide us through a slow flow, as Katie & Josh of Zen Within weave together a tapestry of sounds.
Primal Freedom Flow with Tara Eschenroeder & Druminyasa (10:00 AM-11:30 AM)	Join Tara of Great Abiding Yoga and Brad of Druminyasa as you tune into your primal nature while getting in touch with your creative spirit.
Prana Dance with Leia Jones (Noon-1:30 PM)	Prana is the Sanskrit word for Life Force, the energy that connects the universe. Prana Dance is a led dance journey through the chakras.
Kirtan Bliss - Mantra Music & Heart Song Experience with Gershone & Gina (2:00 PM-3:30 PM)	G&G are a dynamic duo that bring a unique sound to their high energy mantra music, sharing the power of mantra with ecstatic devotion.
Heart Medicine w/ J Miles & Druminyasa (4:00-5:30 PM)	A heart opening, heart centered flow designed to empower participants to step into their power and embody their Divine humanity.
Feelin' Myself: A Dance Twerkshop with Narayani and Stephen Diesel (6:00-7:30 PM)	Let's get to WERK to a bangin' setlist! Let's reclaim our power through sensual movement. Let's celebrate life through rhythm and dance. Let's get free!
Sounds at Sunset with Shanna Thorton (8:00-9:30 PM)	Join us for an immersive journey of relaxation and rejuvenation at sounds sunset Unwind as soothing melodies and vibrations envelop promoting inner peace and harmony.
Ecstatic Dance with Katie Wells and Brien Egan (10:00 PM-11:30 PM)	Katie Wells and Brien Egan, weave self-expression guidance, playful group interactions, and sound healing to release our sacred wildness! World Beats, House, Trap, and IndieRock.

Saturday

Wake Yo Azz Up with J Miles (8:00-9:15 AM)	Early morning practice with pranayama and an energizing asana practice designed to infuse the day with energy, purpose and intention.
Done Finally Woke My Azz Up! With Dat Dude Jonny (9:45-11:00 AM)	For all of us that hear J Miles leading Wake Yo Azz Up! every year and never can do so in time.
Mantra Flow & Restore ~ Yoga & Live Music Experience With Gina Minyard & Gershone (11:30-1:00 PM)	Move, breathe, and immerse yourself in the transformative energy of mantra in this synergy of all levels flow and restorative yoga, with live mantra music
Handstands and Inversions with Kaelyn Rogers (1:30-3:00 PM)	Find your handstand! Learn to find your handstand shape, get comfortable upside down, and walk away with drills to practice at home. No experience necessary.
Sacred Center Bellydance with Leia Jones (3:30-5:00 PM)	Enliven Your Center of Power with Ancient Healing Movements! Celebrate the natural sensuality and radiance that resides within.
Goddess Dance/Solar Plexus for Self-Worth with Katie Wells (5:30-7:00 PM)	Attune to your solar plexus chakra and goddess Sekhmet to experience intrinsic self-worth. Fell your sacred fire through an array of embodiment practices. Men welcome.
Fun Flow & Live DJ with Grace Millsap, DJ JoshPaul & Katie Sutton (7:30-8:45 PM)	Grace will intuitively guide you through a dynamic yoga flow coupled with the soulful sounds of DJ JoshPaul with support from Katie with live vocals.

Sunday

Classical Indian Music Meditation with Jagadisha and Sarah (8:00-9:15 AM)	Immerse in the sound current of Nada Yoga (Classical Indian Music) to awaken meditation. Classical composition sung with tanpura, and harmonium accompaniment.
Gong Yoga with Onetone Sonic Alchemy (10:00-11:00 AM)	We will explore the meditative power of the gong. This class will have a Balanced mix of challenge and restorative.
Ecstatic Dance with Kim Henry & Medicine Sound (11:30 AM-1:00 PM)	Ecstatic Dance - I have facilitated Ecstatic Dance for the last 2 years at Floyd and would love to do it again this year!
Thai Massage with Polyvagal Touch Skills w/ Chitra McDevitt (1:30-3:00 PM)	Tantra Thai Massage Jam is instructional and experiential. Ancient Thai techniques combined with nervous system regulating practices and breath create a soothing and connected experience.
Embodying Emotion: A Journey of Movement and Self-Expression w/ Kristin Leung (3:30-5:00 PM)	Experience self-discovery through dance-inspired movement. Embrace fluidity, emotion, and music as avenues toward authenticity. No dance experience required, just an open heart.
Icaro Sound Journey: Calling in Our Ancestors with Brien Egan and Amy Baldwin (5:30-6:30 PM)	A deep shamanic sound journey with the Shipibo Icaro for calling our ancestors to clear away blockages to our generational lineage to create wholeness within.

Brahma Nirvana

Thursday

Just Be with Jennifer Hopper (2:00-3:15 PM)	A slow moving vinyasa class where students connect movement and breath with pauses to just be in the poses.
Plain Old Yoga! With Kim Henry (4:30-5:30 PM)	With all the wonderful adaptations of this ancient practice, sometimes I like to do plain old yoga - flow from head to toe and breath!
Weaving Sutra I:1: Accepting the Invitation with Jason Clemons (6:00 PM-7:15 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.
Immersive Breathwork & Sound Journey with Art Taryan (7:45-8:45 PM)	Travel through the Body, Mind and Soul to release and make space for the new, supported by binaural beats for Theta brainwave trance state.

Friday

Yoga For Peace with Darin Somma (8:00-9:30 AM)	Build the city of Divine Mother through asana, offer Her healing vibrations to our world home. Heal through karma yoga.
Mantra Japa - 108 Sāvitrī Gāyatrī with Cozmic Water (10:00-11:00 AM)	Meditation with 108-recitations of the Sāvitrī Gāyatrī Mantra, oldest mantra from Rg Veda and chanted daily for over 3200 years, with history, significance and ubiquity.
Acro Flight School with Kaelyn Rogers (11:30 AM-1:00 PM)	In this all levels exploration of acroyoga, students will learn to lift others up and to let themselves fly high. Fun, playful, and exciting.
Lila Yoga Vinyasa: Warrior Within & Grounded Courage with Erica Kaufman (3:00-4:30 PM)	Practice the pathway to transformative liberation with a stable prana flowing/opening new opportunities—know the power of perception, clear perspectives, and see beyond perceived limitations.
BALL YOGA Workshop with Ann-Marie Phillips (5:00-6:30 PM)	ROLL it out and Let it GO. Rolling out our bodies to relieve tension, massage, & feel. OH, and have a really fun time doing it.)
Savage Daughter: Weaving the Wild Thing with Rebecca Storzbach (7:00-8:15 PM)	A powerful, tribal flow driven by a Nordic soundtrack that will invite you to unleash your Wild Thing and weave some primal magic.
Chakra Dance with Kat & David Harmon (8:45-9:45 PM)	Energy aligning easy to follow dance moves to high energy movement. Shifting stagnant and stuck energy leaving you feeling clear and aligned.

Saturday

Science of Pranayama with Dr. Sundar Balasubramanian (8:00 -9:00 AM)	Pranayama: combining science and practice. 30% theory, 10% Q/A and 60% practicum. Information from other and my own research studies.
Creative Props Restorative Yoga with Gina Hart-Smith (9:30-10:45 AM)	Let's get creative with an outdoor Restorative yoga practice. Grab a blanket, a towel, eye-covering, blocks, and any comfort items you brought to camp.
Ashtanga Remix with Jesse Cassady (11:00-12:30 PM)	This honors traditional Ashtanga Primary series, while incorporating creative and dynamic Vinyasa movements. The space between Ashtanga and Vinyasa, a necessity for practitioners of either.
The Poetry of Yoga with Tara Eschenroeder and live music with Narayani (1-2:15 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.
Cosmic Heart Meditation & Breathwork with Marni Sclaroff (3:00-4:00 PM)	Awaken the cosmic heart with this creative, seated moving meditation & breathwork practice with a yoga nidra at the end.
Weaving Sutra I:21: Success for the Interested w/ Jason Clemons (4:30-5:45 PM)	Continued development of chanting and integrating yoga sutra into a flowing class, linking breath and movement. Cultivating deep dedicated interest as a precursor to success.
Shakti Rising with Marcus Cammuse (6:15 PM-7:45 PM)	Heartfelt and educational yoga, inviting each student to invoke and connect with Shakti for healing. All levels class, ends with a beautifully guided Yoga Nidra.
Tantra Basics- Immersion in Awareness, Love & Eros with Art Taryan (8:15-9:45 PM)	This sacred container is for truth seekers who are ready to embrace affection, intimacy, and connection at greater depths within themselves and with others.

Sunday

Morning Buzz - Meditation and Pranayama w/ J Miles (8:00-9:15 AM)	Instruction on traditional yogic breathing techniques and exercises, the importance of the "inner" practices of yoga, closing with a guided meditation.
Slow Flow to Ground and Grow with Kaelyn Rogers (9:30-10:45 AM)	A slow flow, designed to help you connect to your body, your breath, and your intuition.
Feel Your Rhythm, Find Your Rhyme with Dat Dude Jonny and Druminyasa (11:15 AM-12:45 PM)	An energetic and empowering vinyasa flow with accompanying live performance from Druminyasa.
Art is the Heart of Yoga-Creative Yoga Flow with Marni Sclaroff (1:15-2:45 PM)	The heart of yoga is to make art with our lives. In this movement practice, we will liberate the creative life force.
Shift Your Vibration with Dante Baker (3:00-4:30 PM)	This workshop provides several potent tools that can help us influence our frequency through practicing breathing exercises, vocal toning, and a sound bath.
Yoga For Peace with Darin Somma (5:00-6:30 PM)	Build the city of Divine Mother through asana, offer Her healing vibrations to our world home. Heal through karma yoga.

Ganesha

Thursday

Mindful Movement to Inner Sanctuary with Brittany Folcik (1:00-2:15 PM)	Kick off Yoga Jam by connecting with your heart space, setting intentions, and getting grounded in your body. Beginner friendly, individual expression is encouraged.
Active Pranayama Practice with Heather Chumely (4:15 PM-5:45 PM)	Pranayama, an ancient breath control practice, is a vital component of yoga—an integral limb that cultivates spiritual, emotional, physical, and mental well-being.
Trauma Sensitive Yoga: Finding a Safe Haven in Your Body with Lizzie Dillon (6:30-7:45 PM)	Our bodies get disconnected after we suffer a trauma in our lives. This class is a time to find that connection and safety once more.
Chakra Sound Healing with Katie Wells and Brien Egan (8:30-10 PM)	Katie Wells and Rev Brien Egan join forces in an embodied sound experience aligning the chakras. Meditations, gentle motion, reiki with crystal bowls and gongs.

Friday

Tantric Meditation and Breath Practices with Randy Boyd (8:00-9:00 AM)	Tantric Meditation & Breath Practice is the presence of awareness, being present with yourself in your true creative nature to access the joy within.
The Armor of God: Holy Spirit/Prana Yoga Flow with Twee Merrigan (9:15-10:15 AM)	Prana vinyasa
Gift of Simplicity with Mary Brown (10:30 AM-NOON)	Vinyasa style class incorporating mindful movement, alignment, chinese medicine theory, bhakti, somatic awareness, nada yoga, meditation and deep relaxation; all set to an original soundtrack.
Without Difficulty Never Coming Goodness: Weaving Music with Wisdom with Jagadisha (12:30-1:45 PM)	Challenges are the path; essential teachings on the yoga path. Talk will be accompanied by Classical Indian compositions.
Sacred Sister Circle - Theme: Rooting into Connection with Leah Pegram (2:00-3:30 PM)	Deepening into sisterhood through circle. In this 90 minute sister circle, we will ground deeply into the sacred truth that sisterhood is medicine.
No Prop Restorative Yoga with Terrie Thoma (4:00-5:00 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.
Chanting is Pranayama with Dr. Sundar Balasubramanian (5:30 PM-6:30 PM)	Chanting is a way to regulate the breathing; we will learn the theory (20%), practicum (70%) and discuss (10%).
Melt Into Your Mat with Jessica Adams (7:00-8:00 PM)	Offering focuses on grounding techniques using pranayama, meditation, and yin poses meant to leave participants in a relaxed state of mind.
Sensual Dance Temple with Megan Rising (8:45-10:00 PM)	A feminine dance space where participants are encouraged to feel empowered in their body, move in a way that makes them feel beautiful.

Saturday

Sahyindra Journey with Johnny Stowe (8:00-9:15 AM)	Guided Imagery Through Mama Earth, a Sahyindra EcoJourney across landscapes from local to global through our innermost core.
The Power of Neuroscience and Yoga with M. Mala Cunningham and Andie Surana Gauna (9:30-11:00 AM)	Understand yoga practices through the lens of Neuroscience & how to activate deep healing. Learn skills for regulating your brain & nervous system through Neuro-Yoga.
Energy Medicine + Yoga with Nicole LaFon (11:30-12:45 PM)	Energy Medicine was developed by Donna Eden combining 9 different healing energetic modalities with the practice of yoga for optimal health and wellness.
Demystifying the Pelvic Floor with Sarah Hudson (1:00-2:00 PM)	Debunk myth & empower through somatic practices and shared experiences. Change your relationship to all things governed by muladhara chakra.
QiGong Meditation with Kelly Little (2:30-3:30 PM)	Awaken to the magic of the Universal Life Force Energy, connecting to your powerful inner healer. Move Qi/Prana then experience deep tranquility with sound bowls.
Flow + Yin Deep Stretch with Devin Dausin (4:00-5:00 PM)	30 min of a vinyasa Flow followed by 30 min of Yin Deep Stretch.
Yoga Satsang with Darin Somma (5:30-6:30 PM)	Darin (Yogeshwar) has invested deeply in the preservation of the immeasurable world legacy of Yoga. He seeks to share in its power, directing it towards creating lasting peace on our world home.
Pose Malone w/ Marisa Freeman 7:00-7:45 PM	A cheeky, fast paced Vinyasa class bumping to the tunes of a curated Post Malone playlist. Sense of humor welcome! WWPD? ((What Would Posty Do?))
Rest & Recharge with Shonda Austin (8:00-9:00 PM)	Restorative styled class that activates the parasympathetic nervous system. Access deep relaxation to restore balance, soothe mind & rejuvenate the nervous, skeletal & muscular systems

Sunday

Discover Your True Self Through Ancient Practices with Heather Chumley (8:00-9:30 AM)	Discover your inner sense through the practices of Mantra. Kriya, Pranayama, and Meditation
Yoga for Your Soul with Meredith Young (10:00-11:00 AM)	Slow, Mindful Yoga Flow to nourish your Soul & inner self.
Red Tent Gathering with Alissa Wallace (11:30 AM-12:30 PM)	Learn how to connect on a deeper level with your moon cycle. Each phase holds power that can change how you live your life.
Sacred Sister Circle - Theme: Seeking The Stories with Leah Pegram (1:00-2:45 PM)	Deepening into sisterhood through circle. In this 90 minute sister circle, we will reflect on our festival experiences and glean wisdom from our stories.
Yoga Nidra Peaceful Rest with Leia Jones (3:00-4:30 PM)	Yoga Nidra is a rejuvenating practice that offers deep peace for the mind, body and spirit. It creates rest and resets the nervous system.

Om Woods

Thursday

Know Your Weeds Plant Walk with Ed & Maya Skopal (4:30-5:30 PM)	Stories, laughs, and a mindful walk of the festival grounds pointing out various herbs/plants/trees and their medicinal folk uses, safety, parts used, how to.
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Friday

Mindful Outdoor Nature Connection w/ ShirleyAnn Burgess (10:00-11:30 AM)	A mindful outdoor experience is an opportunity to slow down, awaken our senses and deepen our connection to the living earth and ourselves.
Unity Circle with Kelly Hayes (11:30 AM-12:30 PM)	Deeply connect with others in this circle to remember what it is like to be with one another as we hold space and listen.
RX Yoga: Psychological Stability On And Off The Mat with Deb Marks, PsyD and Harrilyn Mills (1:00-2:30 PM)	Weaving psychotherapy, chakric energy theory, and gentle movement into the fabric of our awareness, exploring all parts of ourselves with open curiosity and compassion.
Making Plant Medicine - Tincture/Oil/Salve Making for beginners with I-TAL Acres (3:00-4:15 PM)	Will discuss making infusions, decoctions, tinctures, oils, and salves. We will have demonstration of macerating herbs and demonstrate the tincture making process.
Recovery Dharma with Andrew Alwood (5:00-6:00 PM)	A Buddhist approach to recovering from unhealthy attachments and addictions of all kinds Recovery Dharma invites us to look within to heal and awaken.
Red Tent Gathering with Alissa Wallace (6:30-7:30 PM)	Learn how to connect on a deeper level with your moon cycle. Each phase holds power that can change how you live your life.

Saturday

Yoga Hike with Tara Eschenroeder & Ryley Harris (10:30am-noon)	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.
The Dosha of Relationships with Hannah Levin (11:30-1:00 PM)	Delve into understanding each Ayurvedic doshic type, their personalities, and how they relate to others. Leave with new insights, compassion, and fun relationship skills.
Plant and Mushroom Foraging Walk with Bodhi Vasilopoulos (2:00-3:30 PM)	During this walk we will cover topics such as: Plant/mushroom identification, How to prepare wild foods, Basics of field herbalism, Temperate ecology and more
Feng Shui of Yoga with Nitya Griffith (3:00-4:30 PM)	Explore the connection between the ancient art of Feng Shui with the philosophy of Yoga in this amazing and engaging workshop.
Recovery Dharma with Andrew Alwood (5:00-6:00 PM)	A Buddhist approach to recovering from unhealthy attachments and addictions of all kinds Recovery Dharma invites us to look within to heal and awaken.
Embodied Astrology: Living in Rhythm with the Wheel of the Zodiac with Megan Rising (6:30-8:00 PM)	This class will be a presentation and q&a on Embodied Astrology, the focus is on witnessing the parallels between the seasons and the zodiac signs

Sunday

A Ramble Up the Holler w. Johnny Stowe (9:30-10:45 AM)	A super-slow, guided walk up the holler through unique cove forest, centering on Mama Earth, ecosophy, human ecology and nature lore.
Sacred Herbal Traditions & Cultivating the Self with I-TAL Acres (11:00 AM- NOON)	Explore some of the sacred traditions in Ayurveda, TCM, Native American Herbalism, Western Herbalism; The realm of the plants and the cultivation of the Self.
Wild Edible Plant Hike with Ryley Harris (12:30-1:45 PM)	Participants will learn to identify edible and medicinal valuable plants, along with highly toxic plants. We will also look at fungi.
Digest This! Ayurveda for our Modern Times with Hannah Levin (2:00-3:30 PM)	Drawing from the realms of Ayurveda, creativity, and Somatic healing 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.
Recovery Dharma with Andrew Alwood (5:00-6:00 PM)	A Buddhist approach to recovering from unhealthy attachments and addictions of all kinds Recovery Dharma invites us to look within to heal and awaken.

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.