

## Friday

### Shiva Love

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.

### Buddha Moon

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.

### Buddha Moon

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 Indie Rock.

### Brahma Nirvana

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 Ṛg 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!

## ***Brahma Nirvana***

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.
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## ***Ganesha***

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.

## ***Om Woods***

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 Hairylyn 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.
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.

## ***Tea Shanti***

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.

***Tea Shanti***

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.