

## ***Saturday***

### ***Shiva Love***

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

### ***Buddha Moon***

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.

### ***Brahma Nirvana***

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.

### ***Ganesh***

Sahyinidra Journey with Johnny Stowe (8:00-9:15 AM)	Guided Imagery Through Mama Earth, a Sahyinidra EcoJourney across landscapes from local to global through our innermost core.
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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

### ***Om Woods***

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

### ***Tea Shanti***

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.