

# 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.