

Sunday

Shiva Love

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

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

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.
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Slow Flow to Ground and Grow with Kaeyln 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.

Ganesh

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

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

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.