

Thursday

Shiva Love

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| 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! |

Buddha Moon

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| 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. |

Brahma Nirvana

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| 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. |

Ganesha

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| 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 Prananyama 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. |

Tea Shanti

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| 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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