

# 2019 FESTIVAL SCHEDULE AT A GLANCE



**8:30-9:00am OPENING CEREMONY | Offerings of Gratitude (in The Great Hall)**

## FREE CLASSES

## SPECIALTY CLASSES (Paid) INCLUDED IN THE DAY PASS

**9:00-10:15am**

**EARTH ROOM**  
(20-30 chairs)  
**Bhakti Yoga with Mahadevi**

### GREAT HALL

**Slow Flow**  
Mothership Yoga

### WATER ROOM

**Daily Benefits of Pranayama**  
Kim Fulton

### FIRE ROOM

**Kundalini for the Body, Mind and Spirit**  
Jen Pinter

### AIR ROOM

**Root to Rise**  
Lore Wainwright

**10:15-11:00am BREAK | Enjoy Kirtan (Mantra Chanting) in The Great Hall & Food/Vendors in the Nourishment Wing**

**11:00am-12:15pm**

**KEYNOTE SPEAKER | Making Sense of Stress with Vivek Gupta**

**12:15-1:00pm BREAK | Traditional Indian Dance in The Great Hall & Food/Vendors in the Nourishment Wing**

**1:00pm-2:15pm**

**Fall/Winter Immunity through Ayurveda**  
Diana Londono

**Why Practice Meditation**  
Katerina Nikiforova

**Vedanta 101**  
Vivek Gupta

**Tantra**  
Thandi van Wulven

**Yoga & Fascial Release**  
Brenda Dowell

**2:15-3:00pm BREAK | Enjoy Mahadevi Kirtan in The Great Hall & Food/Vendors in the Nourishment Wing**

**3:00-4:15pm**

**Meditation & The Mind**  
Yogesh Van Acker

**Yoga and the New Feminine Paradigm**  
Katlin Robinson

**Ayurveda & the Six Directions of Imbalance**  
Sophie Hawkins

**iRecharge & iRestore**  
Alina Calinescu

**Restorative Yoga**  
Misty Lucas

**4:30-5:00pm CLOSING CEREMONY | Setting Your Sacred Intention (in The Great Hall)**