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FESTIVAL SCHEDULES AT A GLANCE

COMPLIMENTARY EVENTS

in The Great Hall

8:30am	Opening Ceremony
9:00-9:30am	Pranayama & Ayurveda
9:45-10:15am	Chair Yoga
10:30-Noon	YOGINI SHAMBHAVI Awaken the Yoga Shakti
1:00-2:30pm	The Essence of Yoga
3:00:3:30pm	Yoga: Easier than it Looks
3:45-4:15pm	Coffee Break Yoga

PAID EVENTS

Specialty Classes in the Education Wing
Kirtan in The Great Hall

9:00-10:00am	Renew, Revive & Restore	Mantra Yoga	Unpacking Yoga	Mindfulness with Vinyasa Flow
10:30-11:30am	Yoga for the Light Hearted Yogi	Yoga for Kids	Lunar Flow	A Little Yoga Therapy
Noon-1:00pm	Empowered Vinyasa Flow	A Journey Through the Chakras	Home Practice with Ayurveda	Becoming a Yoga Teacher
1:30-2:30pm	Uncovering The Kleshas	Prenatal Yoga	Hybrid Flow	Prana Playground
3:00-4:00pm	Breathe Through Grief	Restorative Yoga	Introduction to Ayurveda	Mindful Life with Ayurveda
4:30-5:30pm	Chakradance	Yoga & Ayurveda for Depression	Restorative Yoga	Babaji's Kriya Yoga
7:00-9:00pm	KIRTAN with Brenda McMorrow in the Great Hall \$25 in advance			