




# London Yoga Festival

*Sunday September 23, 2018*

**SPECIALTY CLASS SCHEDULE | \$15/class OR included with a DAY-PASS**

<b>9:00am - 10:15am</b>	<b>Relaxing Flow</b> Alisha Stubbs	<b>Yoga for Plus Size Bodies</b> Jennifer Surerus	<b>DDPY</b> Sarah Fortune	<b>Mantra Yoga</b> Shankari Van Acker	<b>Vinyasa Flow</b> Emily Cordes	<b>Babaji's Kriya Yoga</b> Premadasa Gangadeen
<b>12:30pm - 1:45am</b>	<b>Goddess Yoga</b> Rachel McGarry	<b>Classical Hatha (In Silence)</b> Chantelle Diachina	<b>Lunar Flow</b> Nicole Balogh	<b>Energizing Vinyasa Flow</b> Sara Plomp	<b>Yoga for Pelvic Health</b> Dominique Kamras	<b>Mindfulness: Living Empowered</b> Kelly Spencer
<b>2:00pm - 3:15pm</b>	<b>The Breathe into Motion Yoga System</b> Mike Chapman	<b>Breathe with Yin</b> Susan Vande Sompel	<b>Empowered Vinyasa Flow</b> Martina Biljan	<b>Meditation</b> Dan Woodward	<b>Kundalini &amp; the Divine Feminine</b> Jen Pinter	<b>Hips Don't Lie</b> Alina Calinescu
<b>3:30pm - 4:45pm</b>	<b>Evolved Functional Yoga</b> Andrew Baerthel	<b>Meridian Flow</b> Noel Wright	<b>Yoga for Self Care</b> Mary Foran	<b>Sacred Sites of India: A Yogic Journey</b> Sophie Hawkins	<b>Hatha Yoga</b> Maha Hammoud	<b>Pranayama/ Mantra</b> Diana Londono



**LOCATION**   
London Waldorf School  
7 Beaufort St. London ON