



Sunday 23 September, 2018

COMPLIMENTARY SCHEDULE OF CLASSES

REGISTER IN ADVANCE AND RECEIVE FREE FESTIVAL ADMISSION

(Save the \$5 at-the-door Festival Admission)

IN THE GREAT HALL

8:30am

OPENING CEREMONY Blessings, Invocation & Expressing Appreciation

9:00–10:15am

SLOW FLOW YOGA with Mothership Yoga

Slow Flow Yoga: Join Mothership Yoga for a Yoga Mix of Vinyasa to warm and open your body, followed by some sweet hip openers, finishing with a relaxing *savasana* with essential oils and hands on assists from the Mothership School of Yoga Alumni

MOTHERSHIP YOGA www.mothership.com

Mothership School of Yoga is co-founded by Michelle Shipley E-RYT-200 + Valerie Giles E-RYT-500. Together Ship and Val have over 15 years of yoga experience and hundreds of hours of specialized training with yoga's leading teachers. Their kind, fun and experiential approach to both learning and teaching has developed into a unique yogic experience.

12:30–1:45pm

LIVING THE “JEWELS” OF YOGA IN THE 21st CENTURY

with Katlin Robinson

How can the ancient 'jewels' of yoga be adapted and allow us to cultivate purpose-filled and joyful lives amidst the complexities of our modern age? Anxiety, depression and stress are at an all time high, instant gratification has become the norm, and our communities have become divided, dispersed and secular. Yet there is a growing desire to find meaning and soulful purpose. In this talk we will glean lessons from the first and second limbs of yoga, the *Yamas* and *Niyamas*, and look at how they can bridge the gap between how we are living, and the meaningful life that we crave.



KATLIN ROBINSON www.katlinrobinson.com

ERYT200, RYT-500 AND YOGA FOR MENTAL HEALTH

Katlin has been practicing yoga and mindfulness techniques for more than 15 years. She is currently completing her certification as a yoga therapist with IAYT accredited school Inner Peace Yoga therapy in Durango Colorado. She specializes in Yoga for mental health, supporting women and men dealing depression, chronic stress, anxiety, trauma and grief. Her goal is to help her client's transition gracefully through all of their life's changes and upheavals. She offers workshops, group classes and one-on-one therapeutic yoga for all areas of mental health & wellbeing.

She is classically trained in Hatha and Vinyasa. Her group classes encourage students to gently build strength, flexibility and self-acceptance. Her teaching style is deeply nourishing and inspires a sense of calm and wellbeing.

2:00–3:15pm

Pranayama and Ayurveda with Yogesh Van Acker

Learn to clear stress, increase circulation and restore vitality with simple and profound breathing practices integrating the natural wisdom of Ayurveda with practical tools of Yoga.

YOGI YOGESH VAN ACKER

E-RYT 500, Vedic Counselor, Ayurvedic Life-Style Consultant and Certified Meditation Therapist is co-founder and director of AT THE CORE. Through his years of in-depth study and training with the teachings of Maharishi Mahesh Yogi, Dr. David Frawley and Yogini Shambhavi Devi, Yogesh shares a deeply profound and healing power of grace and energy.

3:30–4:45pm

CHAIR YOGA with Durga (Ekaterina Nikiforova)

This class will begin with teaching proper breathing. You will be introduced to a series of exercises that can be used by those with limited mobility. Then a series of postures will be introduced for those who would like to incorporate them for everyday practice at the office. The class will finish with a relaxation.

*Ekaterina was given the spiritual name **DURGA** upon the completion of her Yoga Teacher Training at the Sivananda Vedanta and Yoga Center. She loves to challenge, inform, educate, and inspire her students. She combines her studies in meditation, pranayama and spiritual philosophy with her study of asana to create a challenging and comprehensive asana practice with inspiring words of wisdom for living in today's world. Katerina is a firm believer that proper breathing is the key to physical, emotional and spiritual health. She is a Thai Yoga Practitioner and incorporates the practice in her classes.*