

2018 FESTIVAL SCHEDULE AT A GLANCE



8:30am Opening Ceremony | Offerings of Gratitude in The Great Hall

| GREAT HALL | | Specialty Classes EDUCATION WING | | | | | |
|---------------------|---|---------------------------------------|--|------------------------------|--|-------------------------------------|---|
| 9:00-10:15am | Complimentary CLASS Slow Flow Yoga Mothership Yoga | Relaxing Flow Alisha Stubbs | Yoga for Plus Size Bodies Jennifer Surerus | DDPY Sarah Fortune | Mantra Yoga Shankari Van Acker | Vinyasa Flow Emily Cordes | Babaji's Kriya Yoga Premadasa Gangadeen |

10:30am-Noon KEYNOTE SPEAKER Yogini Shambhavi

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| 12:30-1:45pm | Complimentary CLASS Living the "Jewels" of Yoga in the 21st Century Katlin Robinson | Goddess Yoga Rachel McGarry | Classical Hatha (In Silence) Chantelle Diachina | Lunar Flow Nicole Balogh | Energizing Vinyasa Flow Sara Plomp | Yoga for Pelvic Health Dominique Kamras | Mindfulness: Living Empowered Kelly Spencer |
| 2:00-3:15pm | Complimentary CLASS Pranayama & Ayurveda Yogesh Van Acker | The Breathe into Motion Yoga System Mike Chapman | Breathe with Yin Susan Vande Sompel | Empowered Vinyasa Flow Martina Biljan | Meditation Dan Woodward | Kundalini & the Divine Feminine Jen Pinter | Hips Don't Lie Alina Calinescu |
| 3:30-4:45pm | Complimentary CLASS Chair Yoga Durga | Evolved Functional Yoga Andrew Baerthel | Meridian Flow Noel Wright | Yoga for Self Care Mary Foran | Sacred Sites of India: A Yogic Journey Sophie Hawkins | Hatha Yoga Maha Hammoud | Pranayama/ Mantra Diana Londono |

7:00-9:00pm KIRTAN with Brenda McMorro