

# ZenFest 2026: Saturday Classes and Sessions by Location and Time of Day

	Zen Zone	Awakening Alcove	Bhakti Barn	Harmony Hall	Peacock Inn	Nidra Nook	Go with the Flow Cafe & Bar	Peace Pavillion, Shiva Shed					
9:00 AM	Opening: Zen in the Valley! with Peggy Childers - in the Zen Zone: 9:00 - 9:15 AM								9:00 AM				
9:15 AM									9:15 AM				
9:30 AM	Rest and Recovery Food and Coffee (All Day)	Ashtanga Led 1/2 Primary Series Sally Fanjoy 9:30-10:45	Ritual of Resonance Carolina Rosenberger/ Ariel Talts White 9:30-10:45	Discover the Body through the 5Rhythms® Karen Chapman 9:30-11:00	ZenDoodles Erica Derr 9:30-10:30	Qi Gong Diane Christenson 9:30-10:30	Vinyasa Flow Andrew Peterson 9:30-10:30	Wellness Fair: Sponsors and Vendors 9:15 AM - 4:00 PM	9:30 AM				
9:45 AM									9:45 AM				
10:00 AM									10:00 AM				
10:15 AM									10:15 AM				
10:30 AM										10:30 AM			
10:45 AM										10:45 AM			
11:00 AM	Music with Cesar Cruz 11:00-1:00	Happy Hearts SUP: Land to Lake Laura Duggan 11:00-12:00	Yoga for the Soul Meredith Freedom Young 11:00 -12:00		Yoga Nidra Tony Reynolds 11:00-11:30	A Reclaim Your Calm: Yoga Mix for Emotional Overwhelm Ellen Crider 11:00-12:00	Cafe and Bar Open for Food and Beverages 11:00-4:00		11:00 AM				
11:15 AM													11:15 AM
11:30 AM													
11:45 AM										11:45 AM			
12:00 PM				Rooted and Regulated Mickeley Salamanca/ Tracy Gimbel 11:30-12:30						12:00 PM			
12:15 PM					Ayurveda: Bite into Balance Twyla Deese 12:00-1:00					12:15 PM			
12:30 PM		Mystical Flow Briana Kidd 12:30-1:30	Mystic Music: A Sacred Sound Journey Walking Tall 12:15-1:45			Pilates Core and Restore Katie Gaither Bass 12:45-1:45			12:30 PM				
12:45 PM										12:45 PM			
1:00 PM										1:00 PM			
1:15 PM	Music with Ray Campbell 1:00 - 3:00			Sacred Stillness: Yin & Sound Deb Crawford/ Tracy Gimbel 12:45-2:15						1:15 PM			
1:30 PM					Sacred Inner Child Journey & Art Expression Elizabeth Powell 1:15-2:15				1:30 PM				
1:45 PM									1:45 PM				
2:00 PM		Practice & the Alchemy of Wonder Sierra Hollister 1:45-3:00	Cacao Ceremony Meredith Freedom Young 2:00-3:00			Tai Chi for Beginners Betty Gast 2:00-3:00		2:00 PM					
2:15 PM									2:15 PM				
2:30 PM									2:30 PM				
2:45 PM				Vinyasa Flow Deanna Glover 2:30-3:30					2:45 PM				
3:00 PM	Rest and Recovery Food and Coffee (All Day)	Chakra Healing Energy Flow Kellie Allie 3:15-4:15	Full Moon Group Healing Elizabeth Powell 3:15-4:30		ZenDoodles Erica Derr 2:30-3:30	Zen Flow and Stretch Suzanne Teague 3:15-4:15		3:00 PM					
3:15 PM											3:15 PM		
3:30 PM												3:30 PM	
3:45 PM				Ageless Grace Jeanine Kowalski 3:45-4:30	Yoga Nidra Tony Reynolds 3:45-4:15				3:45 PM				
4:00 PM									4:00 PM				
4:15 PM								Food	4:15 PM				
4:30 PM	Closing Circle with Sierra Hollister and Marie Spears - in the Awakening Alcove 4:30 - 5:00 PM								4:30 PM				
4:45 PM									4:45 PM				
5:00 PM									5:00 PM				

# ZenFest 2026: Sunday Classes and Sessions by

	Lake Hickory	Catawba Farms, Harmony Hall	
9:00 AM			9:00 AM
9:15 AM			9:15 AM
9:30 AM			9:30 AM
9:45 AM			9:45 AM
10:00 AM			10:00 AM
10:15 AM	Stand Up Paddle Board Yoga Introduction and Water Flow Vinyasa Laura Duggan 10:00-12:30		10:15 AM
10:30 AM			10:30 AM
10:45 AM			10:45 AM
11:00 AM			11:00 AM
11:15 AM			11:15 AM
11:30 AM			11:30 AM
11:45 AM			11:45 AM
12:00 PM			12:00 PM
12:15 PM			12:15 PM
12:30 PM			12:30 PM
3:30 PM			3:30 PM
3:45 PM			3:45 PM
4:00 PM		Yoga Stretch Twyla Deese 4:00-4:30	4:00 PM
4:15 PM			4:15 PM
4:30 PM			4:30 PM
4:45 PM			4:45 PM
5:00 PM		Satasang: The Bhagavad Gita & Self Realization Dennis Baucom 5:00-6:30	5:00 PM
5:15 AM			5:15 AM
5:30 AM			5:30 AM
5:45 AM			5:45 AM
6:00 AM			6:00 AM
6:15 AM			6:15 AM
6:30 AM			6:30 AM