Location	Class/Session	Presenter	Duration	Start Time	Description
Prana Patio	**Tai Chi**	Betty Gast	1h	9:00 AM	Tai Chi is a form of martial art that involves slow, smooth continuous movements performed in specific sequences. Mind-body connection is emphasized, as well as a focus on breathing. Regular practice of Tai Chi can improve strength, flexibility, balance and health of body systems. Scientific research supporting the health benefits of Tai Chi is significant and plentiful.
Prana Patio	**A Breath of Zen**	Mickeeley Salamanca	1h	10:30 AM	Immerse yourself in the healing power of Breathwork. Through intentional breathing, quiet the mind, release what no longer serves you, and reconnect with your inner peace. No experience needed—just an open heart. To enhance your experience, please bring a journal and pen for before and after the Breathwork!
Prana Patio	**Vinyasa Flow**	Andrew Peterson	1h	12:00 PM	In this class we will move together through a series of shapes connected and supported by our breath. The body will build heat from within as the breath and our movements come together to bring awareness and intention to our practice. As we flow together from one asana to the next we will engage the body safely with alignment as we consider our energy centers and chakras. While challenging and dynamic this class is for every body and every level.
Prana Patio	**Mindful Resilience for Health and Longevity**	Twyla Deese	1h	1:30 PM	Enhance clarity, breath, movement, and rest with tools suitable for all levels. Ideal for managing anxiety, fear, and stress, especially for veterans, first responders, and their filies. Experience Yoga in a transformative way.
Prana Patio	**Yoga for the Soul**	Meredith Marie Young	1h	3:00 PM	Yoga to reconnect you back to your body, using conscious breath + movement. A focus on deep abdominal muscles in your center to rewire the brain to move the body in a way that more suits you. Your Soul will thank you!
Prana Patio	**Buti Yoga**	Judy Nemeth	1h	4:30 PM	Functional movement that heals. Buti is creativity in motion, regulating the nervous system, balancing the energetic centers of the body while reconnecting to the primal movement patterns that restore mind, body and soul.