Location	Class/Session	Presenter	Duration	Start Time	Description
Bhakti Barn	**Self Defense Seminar**	Joshua Page	1h	9:00 AM	Self Defense Seminar is good for all skill levels. Participants will learn Gracie Jiu Jitsu self defense from Pedro Sauer Blackbelt Joshua Page. All the skills taught will be simple, effective, and can be used to stay safe from a larger, stronger, opponent
Bhakti Barn	**Prana Centric Flow**	Amani Murray	1h	10:30 AM	Prāna: the stream of energy within and without; connecting the pulse of life to the rhythm of existence. Breathe, move, and connect in this unique yoga class. Amani will share her unique teaching style, incorporating movement and breath while weaving threads of mudrā, mantra, and the 5 elements enabling students to create their own energetic experience. Classes are appropriate for both students and yoga teachers, including those new to yoga!
Bhakti Barn	**Indigenous Sound Bath**	Walking Tall	1h	12:00 PM	Join Walking Tall, founder of White Buffalo Studio, for an Indigenous Sound Bath. We will take a mind, body, and spirit journey through sound using singing bowls, flute, Reiki, indigenous drumming, and sacred songs. This class is a soul level massage using sacred music. Indigenous Sound Healing is one of the oldest holistic healing modalities known to man, and it is the future of healing. You will leave feeling empowered, centered, relaxed, and fully embodied. Please bring a yoga mat, blanket, and something to cover your eyes if you feel called. Participants will be bathed in sound, drum, and gentle Reiki healing.
Bhakti Barn	**Ayurveda for Yoga Teachers**	Amani Murray	1h	1:30 PM	Join Amani for this special continuing education offer specifically for yoga teachers. Lecture will include an overview of āyurvedic concepts that can be translated to students on and off the mat. Learn how to incorporate the 5 elements within a class setting as well as tools that can be implemented in daily life.
Bhakti Barn	**Pilates Flow and Stretch**	Katie Bass	1h	3:00 PM	This class combines both Pilates movements to help tone and strengthen areas of our bodies we tend to forget about and yoga poses to help our flexibility and balance. I call it the best of both worlds when we combine yoga and Pilates. Ending our class with a nice, feel good stretch to help our muscles lengthen and soften.
Bhakti Barn	**Joy and Shine Vinyasa Flow**	Detra Bennett	1h	4:30 PM	Joy and Shine Vinyasa Flow is a vibrant and invigorating style of yoga designed to energize the body, uplift the spirit, and bring a sense of joy and radiance. This dynic flow focuses on synchronizing breath with movement, promoting both physical and mental well-being. Joy and Shine Vinyasa Flow is an ideal practice for those looking to infuse their day with energy, positivity, and a sense of accomplishment. Whether practiced in the morning to start the day on a high note or later to rejuvenate, it offers a holistic approach to physical fitness and emotional well-being. Don't miss this opportunity to experience the ultimate in relaxation and wellness at Zen Fest!