Location	Class/Session	Presenter	Duration	Start Time	Description
Awakening Alcove	**Ashtanga Led 1/2 Primary Series**	Jonathan Harrah	1h 30m	9:30 AM	The Ashtanga Led 1/2 Primary series is a teacher-guided 90 minute short form practice of the Full Primary set series focusing on breath, drishti and bandhas. Each posture is designed to prepare the body for the next pose, creating a flowing and continuous practice building strength, flexibility, and stamina. Some knowledge of traditional yoga poses is helpful but not required.
Awakening Alcove	**Divine Feminine Belly Dance**	Elizabeth Powell	1h	11:30 AM	Divine Feminine ® Bellydance class combines the art of belly dancing with the vibrant elegance of fan veils. Perfect for all fitness levels, this class focuses on fundental belly dance techniques while incorporating the graceful movements of fan veils to enhance your workout and artistic expression. Each session includes a warm-up, easy-to-follow dance combinations, and a cool-down to ensure a full-body workout. Join us for a fun and dynamic fitness experience that will leave you feeling energized, confident, and inspired!
Awakening Alcove	**Bob Marley Feel-Good Flow**	Briana Kidd	1h	1:00 PM	"Let's get together and feel alright" in this all-levels feel-good flow! Get into the festival spirit as you create a practice where exploration thrives and playfulness is encouraged. It's all about building community, laughter, and memories together!
Awakening Alcove	**Alchemy of Light**	Sierra Hollister	1h 30m	2:30 PM	This precise moment is full of the soft and tender light of late spring. A light that is full with hope, the green of growth and sweet with potential. Together, we'll capture this light and embody it with seasonal vinyasa flow and kundalini kriya. This is how we align with the sacred trine of sun, moon, earth. This is how we shine.
Awakening Alcove	**Zumba**	Simona Van Horn	1h	4:30 PM	Zumba is a fusion of dance and fitness. It is fun, safe, effective, and meant for everyone. An exhilarating experience that will lift your spirits as well as move your body.
Awakening Alcove	**Ritual of Release**	Sierra Hollister	1h	6:00 PM	Gentle movement to open and prepare the body to release and relax, to let go and receive a long gong powered healing sound bath.