

Schedule by Location and Time

Location	Class/Session	Teacher/Presenter	Day	Start Time	End Time	Duration	Description
Lake Hickory	SUP Yoga Introduction and Water Flow Vinyasa	Laura Duggan	Sunday	10:00 AM	12:30 PM	2h 30m	This class invites students to connect with nature while exploring balance in a whole new way. Practicing on the water adds a fun challenge, inviting focus, stability, and presence, while the gentle movement of the lake creates a deeply calming experience. We'll close with a peaceful floating savasana, allowing you to fully relax and soak in the beauty of nature. Bring your own board for a FREE class on the water. Board rentals are available for \$30.
Harmony Hall	Yoga Stretch	Twyla Deese	Sunday	4:00 PM	4:45 PM	0h 45m	Join us for a rejuvenating Yoga Stretch Class, designed to gently prepare your body and mind for a deeply enriching experience. This 45-minute class is perfect for all levels and focuses on breath awareness, gentle stretches, releasing tension, and creating openness in your body. Whether you're new to yoga or an experienced practitioner, this class offers a harmonious start to your journey of presence and connection. Let's create a sacred container together, where inner stillness and awareness can flourish. Come as you are and be refreshed and ready to embrace each moment. See you on the mat!
Harmony Hall	Satsang: The Bhagavad Gita & Self Realization	Dennis Baucom	Sunday	5:00 PM	6:30 PM	1h 30m	AnandaRasa's Satsang is a heartfelt gathering where individuals come together in the company of truth and community. Derived from the Sanskrit words "Sat," meaning truth, and "Sang," meaning company, Satsang serves as a space to explore inner wisdom and spiritual insight. Rooted in teachings of unity and self-awareness, Satsang encourages personal and communal growth, offering a sanctuary for those seeking a deeper connection to themselves and the world around them. In this session, we will focus on Chapter 2 of the Bhagavad Gita on "Self-Realization."