

Flow Cafe - May 2, 2026

Schedule by Location and Time

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Flow Cafe	Vinyasa Flow	Andrew Peterson	9:30 AM	10:30 AM	1h 0m	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.
Flow Cafe	Food & Bar Open	Dennis Baucom	11:00 AM	3:00 PM	4h 0m	Refuel and reconnect at the Go with the Flow Café & Bar, where fresh, feel-good fare keeps the ZenFest energy moving. Even better? 100% of food proceeds support ZenFest, and bar proceeds benefit programs of AnandaRasa Catawba, a nonprofit—so every bite and sip gives back.