ZenFest 2025: Classes and Sessions by Location and Time of Day

	Zen Zone	Awakening Alcove	Bhakti Barn	Harmony Hall	Ishwar Inn	Prana Patio	Peace Pavillion, Shiva Shed, Naste Nibbles
8:30 AM	**Opening: Zen in the Valley!-in the Zen Zone:** 8:30-8:45						
8:45 AM	**Rest and Recovery** (All Day)						**Wellness Fair: Sponsors and Vendors** 8:30-2:30 **Food Trucks** 8:30-6:00
9:00 AM			**Self Defense** Joshua Page 9:00-10:00	**Pilates** Michelle Morgan 9:00-10:00		**Tai Chi** Betty Gast 9:00-10:00	
9:15 AM							
9:30 AM		**Ashtanga Led 1/2 Primary Series** Jonathan Harrah 9:30-11:00			**Zen Doodling** Erica Derr 9:30-10:30		
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM			**Prana Centric Flow Amani Murray** 10:30-11:30	**5Rhythms® Moving with the Breath/ Stillness Exploration** Karen Chapman 10:30-12:00		**A Breath of Zen** Mickeeley Salamanca 10:30-11:30	
10:45 AM							
11:00 AM							
11:15 AM					**Yoga Nidra** Tony Reynolds 11:15-11:45		
11:30 AM		**Divine Feminine Belly Dance Elizabeth Powell** 11:30-12:30					
11:45 AM							
12:00 PM	**Mindfulness Nature Walk** Jan Glenn 12:00-1:00		**Indigenous Sound Bath** Walking Tall 12:00 -1:00			**Vinyasa Flow** Andrew Peterson 12:00-1:00	
12:15 PM					**Meditation Twyla Deese** 12:15-12:45		
12:30 PM				**Cacao Ceremony** Meredith Marie Young 12:30 -1:30			
12:45 PM							
1:00 PM		**Bob Marley Feel-Good Flow** Briana Kidd 1:00-2:00					
1:15 PM							
1:30 PM			**Ayurveda for Yoga Teachers** Amani Murray 1:30 -2:30			**Mindful Resilience Yoga For Health & Longevity** Twyla Deese 1:30-2:30	
1:45 PM							
2:00 PM				**Reiki and Restore** Kellie Allie 2:00-3:30			
2:15 PM							
2:30 PM		**Alchemy of Light** Sierra Hollister 2:30-4:00					
2:45 PM					**Yoga Nidra** Tony Reynolds 2:45-3:15		
3:00 PM			**Pilates Flow & Stretch** Katie Bass 3:00 -4:00			**Yoga for the Soul** Meredith Marie Young 3:00-4:00	
3:15 PM							
3:30 PM							
3:45 PM	**Rest and Recovery** (All Day)				**Yoga for Trauma Recovery and Resiliency** Ellen Crider 3:45-4:45		
4:00 PM				**Zen-sational Yin & Sound Bowl Therapy** Deb Crawford & Tracy Gimbel 4:00 -5:00			
4:15 PM							
4:30 PM		**Zumba** Simona Van Horn 4:30-5:30	**Joy and Shine Vinyasa Flow** Detra Bennett 4:30 -5:30			**Buti Yoga** Judy Nemeth 4:30-5:30	
4:45 PM							
5:00 PM							
5:15 PM					**Who Am I? Intro to Non-Duality Discussion** Dennis Baucom 5:15-6:15		
5:30 PM							
5:45 PM							
6:00 PM		**Ritual of Release** Sierra Hollister 6:00-7:00					
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM	**Closing Circle- in the Zen Zone:** 7:00 -7:15						
7:15 PM							

28 Apr 2025