

Schedule by Location and Time

Location	Class/Session	Teacher/Presenter	Day	Start Time	End Time	Duration	Description
Zen Zone	Opening Ceremony: Zen in the Valley!	Peggy Childers	Saturday	9:00 AM	9:15 AM	0h 15m	Join us as we open ZenFest 2026 for the benefit of all beings!
Awakening Alcove	Ashtanga Led 1/2 Primary Series	Sally Fanjoy	Saturday	9:30 AM	10:45 AM	1h 15m	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.
Bhakti Barn	Ritual of Resonance	Carolina Rosenberger/ Ariel Talts White	Saturday	9:30 AM	10:45 AM	1h 15m	An intentional yoga offering that blends breath, sound, nervous system regulation, and full presence. This guided experience invites practitioners to attune to their heart and mind and awaken the subtle intelligence of the body. Through gentle somatic moves, voice activation, and breathwork, participants will embody a state they can carry far beyond the mat.
Flow Cafe	Vinyasa Flow	Andrew Peterson	Saturday	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.

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Harmony Hall	Discover the Body Through the 5Rhythms®	Karen Chapman	Saturday	9:30 AM	11:00 AM	1h 30m	We will be guided by the 5Rhythms® Maps created by Gabrielle Roth to move and breathe on the dance floor. The 5Rhythms®, First Rhythm, Flowing, in which we are grounded in our feet and body. Second Rhythm, Staccato, where we move our hips and breathe outward to show more passion. Third Rhythm, Chaos, we begin to unravel in the body and let go of whatever needs to be let out of the body. Fourth Rhythm, Lyrical, where we find lightness in our arms, hands and feet. Fifth Rhythm, Stillness, where find inner peace, slow down to feel all the sensations that are flowing through the body. We move to become aware of the body, to wake up the body and to heal the body! Join us for this movement session during ZenFest, there is no movement experience required, just to arrive with curiosity! "The dance is not where we lose ourselves, but where we find ourselves!" Gabrielle Roth
Nidra Nook	Qi Gong	Diane Christensen	Saturday	9:30 AM	10:30 AM	1h 0m	Journey through a series of 10 foundational postures for building strength and improving balance. Explore the key elements of breath work in combination for healthier respiratory and calming the central nervous systems while incorporating visualization for restorative benefits. A body, mind, spirit practice that is like a vacation with our ever leaving home.
Peacock Inn	ZenDoodles	Erica Derr	Saturday	9:30 AM	10:30 AM	1h 0m	A meditative, free-form drawing style that uses repetitive, structured patterns to fill spaces, aiming to foster relaxation, mindfulness, and creativity. black-and-white, Zendoodle is highly customizable, allowing for color, varied paper sizes, and more artistic freedom. This accessible art form allows individuals to create beautiful, intricate artwork without advanced drawing skills, as the focus is on the process rather than the final result.

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Awakening Alcove	Happy Hearts SUP: Yoga Land to Lake	Laura Duggan	Saturday	11:00 AM	12:00 PM	1h 0m	This Slow Flow Vinyasa Yoga class will help connect us to the water element through slow and gentle intentional movement, blending balance, strength, flexibility, and heart-opening poses. Guided by a rhythmic, uplifting playlist, we'll move in sync with our breath to create a flow that feels both energizing and grounding. You'll leave class feeling lighter, more confident, and deeply refreshed—like you've tapped into your own inner current. Join Laura on Sunday May 3rd on Lake Hickory for her SUP yoga class (see Sunday schedule).
Bhakti Barn	Yoga for the Soul	Meredith Freedom Young	Saturday	11:00 AM	12:00 PM	1h 0m	Yoga to reconnect you back to your body, using conscious breath + movement. A focus on deep abdominal muscles in your center to rewire the brain to move the body in a way that more suits you. Your Soul will thank you!
Flow Cafe	Food & Bar Open	Dennis Baucom	Saturday	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.
Nidra Nook	Reclaim Your Calm - Yoga Mix for Emotional Overwhelm	Ellen Crider	Saturday	11:00 AM	12:00 PM	1h 0m	Take a gentle journey inward toward reclaiming your calm. This trauma-informed class is a nurturing, therapeutic fusion of Gentle Yoga, Energy Medicine Yoga and QiGong that cultivates self-compassion, releases stored emotions and regulates the nervous system.
Peacock Inn	Yoga Nidra	Tony Reynolds	Saturday	11:00 AM	11:30 AM	0h 30m	You are invited to an ancient practice of reclining guided meditation that has been adapted to suit the hectic stressful conditions of modern life and its aftermath. No experience is necessary to participate in this 30-minute immersion into this space between waking and sleeping, often referred to as “yogic sleep.” Little to no effort is required. There is no wrong way or right way to participate.

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Harmony Hall	Rooted and Regulated	Mickeeley Salamanca/ Tracy Gimbel	Saturday	11:30 AM	12:30 PM	1h 0m	Calm the mind, body, and spirit through a meditative Breathwork experience cultivated to help you ground into your senses and regulate your nervous system.
Peacock Inn	Ayurveda: Bite into Balance	Twyla Deese	Saturday	12:00 PM	1:00 PM	1h 0m	Unlock your personal blueprint through Ayurveda's five elements and three doshas. Discover what makes you you—and how to restore balance in a world that pulls you off center. Bring your lunch for this insightful, practical, and transformative workshop.
Bhakti Barn	Mystic Music: A Sacred Sound Journey	Walking Tall	Saturday	12:15 PM	1:45 PM	1h 30m	We will take a mind, body, and spirit journey through sound using singing bowls, flute, guitar-harp, Reiki, indigenous drumming, and sacred song. 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. A live ceremonial performance for listening hearts. Sound Bath meets Shamanic Journey meets Reiki. Let's take a swim in the electric sea of love. Love is our teacher. 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. What to expect: This event will begin with a communal intention setting, followed by a guided meditation. From there, I will offer a symphony of sound using singing bowls, flute, hand piano, gentle drumming, and sacred songs. I will then provide one-on-one mini Reiki healing for all participants. We will close our circle by joining hands and connecting our hearts as an offering of love to the world.

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Awakening Alcove	Mystical Flow	Brianna Kidd	Saturday	12:30 PM	1:30 PM	1h 0m	Find your festival glow in this all-levels, feel-good flow! In this all-encompassing practice, we'll journey inward and tap into our intuitive self through fluid movement, sacred stillness, intentional music, and cosmic connection. With the support of each other, the full flower moon, and our spiritual soul, we'll plant seeds of nourishment to awaken personal growth and our greatest potential. Come as you are and let's step into the mystic together!
Harmony Hall	Sacred Stillness: Yin & Sound	Deb Crawford/ Tracy Gimbel	Saturday	12:45 PM	2:15 PM	1h 30m	Slow down, soften and reconnect in this deeply restorative Yin Yoga and Sound Bath experience. This gentle, floor-based practice invites you to settle into longer-held postures designed to release tension, improve flexibility, and encourage a sense of ease in the body. As you rest in each pose, you'll be guided inward through breath and stillness, allowing both the body and mind to unwind. As the practice settles into Savasana, you'll be immersed in the soothing tones of crystal singing bowls, creating a full-body listening experience that supports relaxation and nervous system balance. The combination of stillness and sound allows you to move out of the busyness of the mind and into a more grounded, present state. This class is suitable for all levels and requires no prior yoga experience. What to expect: Slow supported Yin Yoga postures, Gentle Guidance and mindfulness cues, immersive sound experience with crystal singing bowls and chimes, Deep relaxation and restoration.
Nidra Nook	Pilates Core and Restore	Katie Gaither Bass	Saturday	12:45 PM	1:45 PM	1h 0m	This 75 minute Pilates class is a low-impact, full body workout that emphasizes core strength, precision, and the mind body connection. The Pilates Core section, which occupies 45 minutes, focuses on building core strength. After the core workout, participants will engage in the Restore section for 30 minutes. This section includes deep stretching and relaxation techniques to release tension and promote a sense of balance.

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Peacock Inn	Sacred Inner Child Journey & Art Expression	Elizabeth Powell	Saturday	1:15 PM	2:15 PM	1h 0m	This workshop is designed to help souls connect to their inner child and really communicate deeply to initiate healing and embodiment. We start with setting intentions and grounding to connect to our inner child with non-judgment. The participants intuitively draw or write out how their inner child is feeling before the healing. Then we go through a Quantum healing journey for the inner child supported by Reiki energy. When the participants come out of their healing experience, we come back to our paper to draw what has changed for our inner child. There will also be time for sharing and questions. This helps people to see how easy it is to connect to this part of them that's always available , how to communicate and work with their inner child, and to capture that transformation on paper to visibly see the shift.
Awakening Alcove	Practice & The Alchemy of Wonder	Sierra Hollister	Saturday	1:45 PM	3:00 PM	1h 15m	When the world is falling apart, our practice is ever more essential, this is the part that needs to fall together. When we fill ourselves with the beauty and magic that surrounds us always - we build our resilience & we also are able to offer that goodness to all that we encounter
Bhakti Barn	Cacao Ceremony	Meredith Freedom Young	Saturday	2:00 PM	3:00 PM	1h 0m	Join Meredith for a transformative Cacao Ceremony! An ancient ritual that offers deep connection to Nature, yourself and others. We will sit in a heartfelt circle, intentionally sipping chocolate in its purest and rawest form. Then take a journey through light breathwork & mindful movement, ending in a relaxing meditation. Your heart will thank you!
Nidra Nook	Tai Chi for Beginners	Betty Gast	Saturday	2:00 PM	3:00 PM	1h 0m	Tai chi is a form of ancient martial arts. Although there are brisk and strenuous styles, what is most commonly practiced in modern times is known for slow, smooth, continuous movements that make it possible for anyone to learn and practice. Yang 24 Forms is the set most commonly practiced around the world. "Tai chi for Beginners" is the first 7 forms of the 24 Forms and encompasses all the principles that make Tai chi so beneficial for improving health, well-being and balance.

Location	Class/Session	Teacher/Presenter	Day	Start Time	End Time	Duration	Description
Harmony Hall	Vinyasa Flow	Deanna Glover	Saturday	2:30 PM	3:30 PM	1h 0m	In this one-hour yoga practice, we will be connecting movement to breath as we flow. You can expect a mix of traditional yoga asanas (postures) and novelty. Beginning class with pranayama (breath control) and warming up the body. Sun salutations, or variance of, are to be expected as we move dynamically through a flow building up to a peak posture(s). Heavy focus on core engagement, balance, and strength. This flow class is designed for all and modifications will be offered.
Peacock Inn	ZenDoodles	Erica Derr	Saturday	2:30 PM	3:30 PM	1h 0m	A meditative, free-form drawing style that uses repetitive, structured patterns to fill spaces, aiming to foster relaxation, mindfulness, and creativity. black-and-white, Zendoodle is highly customizable, allowing for color, varied paper sizes, and more artistic freedom. This accessible art form allows individuals to create beautiful, intricate artwork without advanced drawing skills, as the focus is on the process rather than the final result.
Awakening Alcove	Chakra Healing Energy Flow	Kellie Allie	Saturday	3:15 PM	4:15 PM	1h 0m	This 60 min class is designed to offer you the tools to learn the basics of what each chakra governs. The focus will be to align, balance and energize the chakra system. We will explore chakra healing techniques such as a special designed yoga flow, breath work, hands on energetic healing and guided meditation. This will help clear obstructions and negative energy, allowing alignment and healing in the physical, emotional, and spiritual bodies.

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Bhakti Barn	Full Moon Group Healing	Elizabeth Powell	Saturday	3:15 PM	4:30 PM	1h 15m	Join Elizabeth of Bee the Light Wellness for a powerful full moon group healing experience. We'll begin with discovering what is ready to be released using oracle cards. A releasing ceremony to let go of what no longer serves you. Then relax into restorative yoga while receiving hands-on Reiki healing with hot stones, and a Celtic-inspired sound journey with crystal singing bowls, flutes, and intuitive vocals to completely cleanse your Chakras. Leave feeling lighter, grounded, and renewed under the energy of the full moon.
Nidra Nook	Zen Flow and Stretch	Suzanne Teague	Saturday	3:15 PM	4:15 PM	1h 0m	Discover a yoga experience designed to gently awaken the body, calm the mind, and open the heart. Zen Flow & Stretch blends mindful movement with breath centered awareness, guiding you through heart, hip, and shoulder-opening sequences that create space and ease throughout the body. Class begins with grounding meditation, followed by slow, intentional stretches to warm and prepare your muscles. You'll then move into a smooth Vinyasa-style flow that builds heat, presence, and connection. We close with deeper stretches and a restful savasana, leaving you centered, open and renewed. All levels are welcome.

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Harmony Hall	Ageless Grace	Jeanine Kowalski	Saturday	3:45 PM	4:30 PM	0h 45m	This introductory educational program introduces all ages and all abilities to the 21 Simple Tools for Lifelong Comfort and Ease™ of Ageless Grace®. Each tool addresses a primary factor that causes aging in the body if you “live longer and practice less” – each tool provides many secondary fitness benefits – all 21 tools stimulate and utilize the five areas of the brain: analytical, strategic, kinesthetic learning, memory/recall and creativity and imagination! The Ageless Grace® Brain Health program, created by fitness professional and author Denise Medved, is a series of 21 Simple Tools for Lifelong Comfort and Ease. The movements, which are performed in a chair, focus on the healthy longevity of the body, mind, emotions, and spirit. Each of the 21 Tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. Ageless Grace® is a profound body of work that provides amazing results for all ages – yet it’s simple to learn, playful, easy to do - and FUN!
Peacock Inn	Yoga Nidra	Tony Reynolds	Saturday	3:45 PM	4:15 PM	0h 30m	You are invited to an ancient practice of reclining guided meditation that has been adapted to suit the hectic stressful conditions of modern life and its aftermath. No experience is necessary to participate in this 30-minute immersion into this space between waking and sleeping, often referred to as “yogic sleep.” Little to no effort is required. There is no wrong way or right way to participate.
Awakening Alcove	Closing Circle	Sierra Hollister/ Marie Spears	Saturday	4:30 PM	5:00 PM	0h 30m	Join Sierra & Marie to seal the zen on the fest for 2026! The closing ceremony will begin with a gentle grounding and stretching and then we will rest into a savasana with earth gong to restore body, mind & spirit. We'll rise from savasana to chant mantra together, invoking peace, relief from sorrow and divine protection from all.