

## All Sessions

| Location   | Start Time | End Time | Session/Class Name                     | Instructor           | Duration | Session Description  |
|------------|------------|----------|--|----------------------|----------|--|
| Lotus Loft | 8:30 AM    | 10:00 AM | <b>Ashtanga Led 1/2 Primary Series</b> | Sally Fanjoy         | 1h 30m   | 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.  |
| Lotus Loft | 10:30 AM   | 11:30 AM | <b>Zumba</b>                           | Karla Lopez          | 1h       | Zumba Fitness, created by the amazing Beto Perez, is a worldwide sensation. In my Zumba class, we have such a blast with a variety of rhythms like Soca, Merengue, Salsa, Guaracha, Reggaeton, Disco, and Cumbia. All you need to bring is a towel and some water! Looking forward to dancing with you soon at ZenFest. Can't wait to see you there!   |
| Lotus Loft | 12:15 PM   | 1:15 PM  | <b>Vinyasa Flow</b>                    | Andrew Peterson      | 1h       | 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. |
| Lotus Loft | 1:45 PM    | 2:45 PM  | <b>Pilates Flow and Stretch</b>        | Katie Gaither Bass   | 1h       | This class combines both Pilate movements to help tone and strengthen areas of our bodies we tend to forget about and yoga poses to help our flexibility and balance. I call it the best of both worlds when we combine yoga and Pilates. Ending our class with a nice, feel good stretch to help our muscles lengthen and soften  |
| Lotus Loft | 3:15 PM    | 4:15 PM  | <b>Tai Chi</b>                         | Betty Gast           | 1h       | Tai chi is a form of martial art that involves slow, smooth continuous movements performed in specific sequences. Mind-body connection is emphasized, as well as a focus on breathing. Regular practice of Tai Chi can improve strength, flexibility, balance and health of body systems. Scientific research supporting the health benefits of Tai Chi is significant and plentiful.  |
| Lotus Loft | 4:45 PM    | 5:45 PM  | <b>Yoga for the Soul</b>               | Meredith Marie Young | 1h       | 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!  |