

Awakening Alcove - May 2, 2026 Schedule by Location and Time

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Awakening Alcove	Ashtanga Led 1/2 Primary Series	Sally Fanjoy	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.
Awakening Alcove	Happy Hearts SUP: Yoga Land to Lake	Laura Duggan	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).
Awakening Alcove	Mystical Flow	Brianna Kidd	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!
Awakening Alcove	Practice & The Alchemy of Wonder	Sierra Hollister	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

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Awakening Alcove	Chakra Healing Energy Flow	Kellie Allie	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.
Awakening Alcove	Closing Circle	Sierra Hollister/ Marie Spears	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.