

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Harmony Hall	Discover the Body Through the 5Rhythms®	Karen Chapman	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
Harmony Hall	Rooted and Regulated	Mickeeley Salamanca/ Tracy Gimbel	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.

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Harmony Hall	Sacred Stillness: Yin & Sound	Deb Crawford/ Tracy Gimbel	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.
Harmony Hall	Vinyasa Flow	Deanna Glover	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.

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Harmony Hall	Ageless Grace	Jeanine Kowalski	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!