

ZenFest 2026: Saturday Classes and Sessions by Location and Time of Day

	Zen Zone	Awakening Alcove	Bhakti Barn	Harmony Hall	Peacock Inn	Nidra Nook	Go with the Flow Cafe & Bar	Peace Pavillion, Shiva Shed, Conscious Cottage			
9:00 AM	Opening: Zen in the Valley!-in the Zen Zone: 9:00 - 9:15 AM								9:00 AM		
9:15 AM									9:15 AM		
9:30 AM	Rest and Recovery (All Day)	Ashtanga Led 1/2 Primary Series Sally Fanjoy 9:30-10:45	Ritual of Resonance Carolina Rosenberger/ Ariel Talts White 9:30-10:45	Discover the Body through the 5Rhythms® Karen Chapman 9:30-11:00	ZenDoodles Erica Derr 9:30-10:30	Qi Gong Diane Christenson 9:30-10:30	Vinyasa Flow Andrew Peterson 9:30-10:30			9:30 AM	
9:45 AM										9:45 AM	
10:00 AM										10:00 AM	
10:15 AM										10:15 AM	
10:30 AM									10:30 AM		
10:45 AM									10:45 AM		
11:00 AM	Music with Cesar Cruz 11:00-1:00	Happy Hearts SUP: Land to Lake Laura Duggan 11:00-12:00	Yoga for the Soul Meredith Freedom Young 11:00 -12:00		Yoga Nidra Tony Reynolds 11:00-11:30	A Reclaim Your Calm: Yoga Mix for Emotional Overwhelm Ellen Crider 11:00-12:00	Cafe and Bar Open for Food and Beverages 11:00-4:00	Wellness Fair: Sponsors and Vendors Food and Coffee 9:15 AM - 4:00 PM	11:00 AM		
11:15 AM				11:15 AM							
11:30 AM				11:30 AM							
11:45 AM				11:45 AM							
12:00 PM											12:00 PM
12:15 PM				Rooted and Regulated Mickeley Salamanca/ Tracy Gimbel 11:30-12:30							12:15 PM
12:30 PM					Ayurveda: Bite into Balance Twyla Deese 12:00-1:00						12:30 PM
12:45 PM											12:45 PM
1:00 PM	Music with Ray Campbell 1:00 - 3:00	Mystical Flow Briana Kidd 12:30-1:30	Mystic Music: A Sacred Sound Journey Walking Tall 12:15-1:45	Sacred Stillness: Yin & Sound Deb Crawford/ Tracy Gimbel 12:45-2:15		Pilates Core and Restore Katie Gaither Bass 12:45-1:45					1:00 PM
1:15 PM					1:15 PM						
1:30 PM					1:30 PM						
1:45 PM					1:45 PM						
2:00 PM		Practice & the Alchemy of Wonder Sierra Hollister 1:45-3:00	Cacao Ceremony Meredith Freedom Young 2:00-3:00		Sacred Inner Child Journey & Art Expression Elizabeth Powell 1:15-2:15		Cafe and Bar Open for Food and Beverages 11:00-4:00	Wellness Fair: Sponsors and Vendors Food and Coffee 9:15 AM - 4:00 PM	2:00 PM		
2:15 PM	2:15 PM										
2:30 PM	2:30 PM										
2:45 PM	2:45 PM										
3:00 PM	Rest and Recovery (All Day)			Vinyasa Flow Deanna Glover 2:30-3:30	ZenDoodles Erica Derr 2:30-3:30	Tai Chi for Beginners Betty Gast 2:00-3:00					3:00 PM
3:15 PM		3:15 PM									
3:30 PM		3:30 PM									
3:45 PM		3:45 PM									
4:00 PM		Chakra Healing Energy Flow Kellie Allie 3:15-4:15	Full Moon Group Healing Elizabeth Powell 3:15-4:30	Ageless Grace Jeanine Kowalski 3:45-4:30		Zen Flow and Stretch Suzanne Teague 3:15-4:15					4:00 PM
4:15 PM	4:15 PM										
4:30 PM	4:30 PM										
4:45 PM	4:45 PM										
5:00 PM	Closing Circle - in the Awakening Alcove 4:30 - 5:00 PM								5:00 PM		

ZenFest 2026: Sunday Classes and Sessions by Location

	Pedals and Pilates, Newton	Lake Hickory	Catawba Farms, Harmony Hall		
9:00 AM				9:00 AM	
9:15 AM	Pilates on the Reformer Bri Spallino 9:00-10:00			9:15 AM	
9:30 AM				9:30 AM	
9:45 AM				9:45 AM	
10:00 AM				10:00 AM	
10:15 AM		Stand Up Paddle Board Yoga Introduction and Water Flow Vinyasa Laura Duggan 10:00-12:30		10:15 AM	
10:30 AM				10:30 AM	
10:45 AM				10:45 AM	
11:00 AM				11:00 AM	
11:15 AM	Pilates on the Reformer Bri Spallino 10:00-11:00				11:15 AM
11:30 AM					11:30 AM
11:45 AM				11:45 AM	
12:00 PM				12:00 PM	
12:15 PM				12:15 PM	
12:30 PM				12:30 PM	
3:30 PM				3:30 PM	
3:45 PM				3:45 PM	
4:00 PM			Yoga Stretch Twyla Deese 4:00-4:30	4:00 PM	
4:15 PM				4:15 PM	
4:30 PM				4:30 PM	
4:45 PM				4:45 PM	
5:00 PM			Satasang: The Bhagavad Gita & Self Realization Dennis Baucom 5:00-6:30	5:00 PM	
5:15 AM				5:15 AM	
5:30 AM				5:30 AM	
5:45 AM				5:45 AM	
6:00 AM				6:00 AM	
6:15 AM				6:15 AM	
6:30 AM			6:30 AM		

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