

Classes and Sessions by Location and Time of Day

	Awakening Alcove	Bhakti Barn	Harmony Hall	Ishwar Inn	Lotus Loft	Prana Porch	
8:00 AM	Opening Session at the Zen Zone						8:00 AM
8:15 AM							8:15 AM
8:30 AM							8:30 AM
8:45 AM							8:45 AM
9:00 AM			Qigong		Ashtanga Led 1/2 Primary Series		9:00 AM
9:15 AM		Find Your Power					9:15 AM
9:30 AM						Mindful Resilience Yoga For Health and Longevity	9:30 AM
9:45 AM				YoMassage			9:45 AM
10:00 AM							10:00 AM
10:15 AM	Vinyasa Flow						10:15 AM
10:30 AM		Prana Centric Flow	5Rhythms@ Moving with the Breath/Stillness Exploration				10:30 AM
10:45 AM					Zumba		10:45 AM
11:00 AM						Piyo	11:00 AM
11:15 AM				Yoga Nidra			11:15 AM
11:30 AM							11:30 AM
11:45 AM	Buti Yoga						11:45 AM
12:00 PM		Breath Medicine: Breathwork with the Breath Nurse	Chair Yoga	Non-Dual Meditation	Vinyasa Flow	Kitten Yoga	12:00 PM
12:15 PM							12:15 PM
12:30 PM							12:30 PM
12:45 PM							12:45 PM
1:00 PM							1:00 PM
1:15 PM	Bob Marley Flow						1:15 PM
1:30 PM							1:30 PM
1:45 PM			Cacao Ceremony				1:45 PM
2:00 PM		Ayurveda for Yoga Teachers			Pilates Flow and Stretch	Self Defense	2:00 PM
2:15 PM							2:15 PM
2:30 PM							2:30 PM
2:45 PM				Yoga Nidra			2:45 PM
3:00 PM							3:00 PM
3:15 PM	Alchemy of Light		Practicing from the Heart				3:15 PM
3:30 PM		Get Zen			Tai Chi	Yoga for EveryBody	3:30 PM
3:45 PM				Yoga for Trauma Recovery and Resiliency			3:45 PM
4:00 PM							4:00 PM
4:15 PM							4:15 PM
4:30 PM							4:30 PM
4:45 PM							4:45 PM
5:00 PM		Joy and Shine Vinyasa Flow	Reiki and Restore		Yoga for the Soul	Pilates	5:00 PM
5:15 PM							5:15 PM
5:30 PM							5:30 PM
5:45 PM							5:45 PM
6:00 PM							6:00 PM
6:15 PM		Ritual of Release					6:15 PM
6:30 PM							6:30 PM
6:45 PM							6:45 PM
7:00 PM	Closing Circle at Bhakti Barn						7:00 PM
7:15 PM							7:15 PM
7:30 PM	An Evening with Lipbone Redding: Add-on House Concert						7:30 PM