

Schedule by Location and Time

Location	Class/Session	Teacher/Presenter	Start Time	End Time	Duration	Description
Bhakti Barn	Ritual of Resonance	Carolina Rosenberger/ Ariel Talts White	9:30 AM	10:45 AM	1h 15m	An intentional yoga offering that blends breath, sound, nervous system regulation, and full presence. This guided experience invites practitioners to attune to their heart and mind and awaken the subtle intelligence of the body. Through gentle somatic moves, voice activation, and breathwork, participants will embody a state they can carry far beyond the mat.
Bhakti Barn	Yoga for the Soul	Meredith Freedom Young	11:00 AM	12:00 PM	1h 0m	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!
Bhakti Barn	Mystic Music: A Sacred Sound Journey	Walking Tall	12:15 PM	1:45 PM	1h 30m	We will take a mind, body, and spirit journey through sound using singing bowls, flute, guitar-harp, Reiki, indigenous drumming, and sacred song. Indigenous Sound Healing is one of the oldest holistic healing modalities known to man, and it is the future of healing. You will leave feeling empowered, centered, relaxed, and fully embodied. A live ceremonial performance for listening hearts. Sound Bath meets Shamanic Journey meets Reiki. Let's take a swim in the electric sea of love. Love is our teacher. Please bring a yoga mat, blanket, and something to cover your eyes if you feel called. Participants will be bathed in sound, drum, and gentle Reiki healing. What to expect: This event will begin with a communal intention setting, followed by a guided meditation. From there, I will offer a symphony of sound using singing bowls, flute, hand piano, gentle drumming, and sacred songs. I will then provide one-on-one mini Reiki healing for all participants. We will close our circle by joining hands and connecting our hearts as an offering of love to the world.

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Bhakti Barn	Cacao Ceremony	Meredith Freedom Young	2:00 PM	3:00 PM	1h 0m	Join Meredith for a transformative Cacao Ceremony! An ancient ritual that offers deep connection to Nature, yourself and others. We will sit in a heartfelt circle, intentionally sipping chocolate in its purest and rawest form. Then take a journey through light breathwork & mindful movement, ending in a relaxing meditation. Your heart will thank you!
Bhakti Barn	Full Moon Group Healing	Elizabeth Powell	3:15 PM	4:30 PM	1h 15m	Join Elizabeth of Bee the Light Wellness for a powerful full moon group healing experience. We'll begin with discovering what is ready to be released using oracle cards. A releasing ceremony to let go of what no longer serves you. Then relax into restorative yoga while receiving hands-on Reiki healing with hot stones, and a Celtic-inspired sound journey with crystal singing bowls, flutes, and intuitive vocals to completely cleanse your Chakras. Leave feeling lighter, grounded, and renewed under the energy of the full moon.