<table>
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<th>“The Lounge”</th>
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<tr>
<td>8:00 AM</td>
<td>Chelsea Manganaro - Intro to Festival/ Waking up the Spine</td>
<td>Mara Morell - Meditation for Abundance</td>
<td>Sabrina Ursaner - YoTaiChi</td>
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<td>9:00 AM</td>
<td>Miranda Dunkailo - Buti &amp; The Beats</td>
<td>Leslee Penny - Sound Healing &amp; Meditation</td>
<td>Vanessa Rodriguez - Zumba</td>
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<td>Jake Panasevich - Pause and Find the Beauty in the Mundane.</td>
<td>Tom Gilmore - Virtual Yin Yoga</td>
<td>Michael DiSalvo - Poetry in Motion - Power Yoga</td>
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<td>Nicole Kriedler - Ladder Flow</td>
<td>Aimee Skelton - Pilates on the mat</td>
<td>Alina Kuderska - Dharma Charging Yoga Practice</td>
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<td>Kerry Rupe - 26/2 Hot Yoga</td>
<td>Allie O’Kane: Kundalini-Karmic transformation from the power within</td>
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<td>Poety Hour with Various Artists</td>
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<td>Brittany Edwards - EmPOWERed Vinyasa Flow</td>
<td>Sama Shakti - UNLEASH YOUR INNER GODDESS - Awaken your Shakti Energy</td>
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<td>2:00 PM</td>
<td>Andrea McDonough - Anusara-inspired™ Align + Flow</td>
<td>April Bland - Somatic FLOW</td>
<td>Amanda Corcoran - Flow &amp; Grow</td>
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<td>3:00 PM</td>
<td>Askari Moore - Afro Beats power vinyasa class</td>
<td>Aubrey Waz-Grant - Who Am I Really? A Flow of Self-Connection</td>
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<td>4:00 PM</td>
<td>Cameron Chemsak - Into the Vortex</td>
<td>Natasha Nixon &amp; John Thorpe - Acroyoga FUNdamentals</td>
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<td>5:00 PM</td>
<td>Scott Jacoby - Happy Hour Flow</td>
<td>All Reina - Sweet Dreams: Yoga Nidra Workshop</td>
<td>Chelsea Manganaro &amp; Scott Jacoby - Parthery Yoga</td>
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<td>6:00 PM</td>
<td>Danyell Nicole Peris - Flexibility and Mobility: Breath is medicine and motion is lotion</td>
<td>Rachel Stine - Yin</td>
<td>Casey Faurl - Funky Flow!</td>
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**SATURDAY - JUNE 10**

*Yoga Festival through Connection through Abundance*

- **Wavepool**
  - 8:00 AM: Chelsea Manganaro - Intro to Festival/ Waking up the Spine
- **Lodge**
  - 9:00 AM: Mara Morell - Meditation for Abundance
  - 10:00 AM: Tom Gilmore - Virtual Yin Yoga
  - 11:00 AM: Aimee Skelton - Pilates on the mat
  - 12:00 PM: Allie O’Kane: Kundalini-Karmic transformation from the power within
  - 1:00 PM: Sama Shakti - UNLEASH YOUR INNER GODDESS - Awaken your Shakti Energy
  - 2:00 PM: Natasha Nixon & John Thorpe - Acroyoga FUNdamentals
  - 3:00 PM: All Reina - Sweet Dreams: Yoga Nidra Workshop
  - 4:00 PM: Chelsea Manganaro & Scott Jacoby - Parthery Yoga
  - 5:00 PM: Rachel Stine - Yin
  - 6:00 PM: Casey Faurl - Funky Flow!

**Next to Lodge**
- 8:00 AM: Sabrina Ursaner - YoTaiChi
- 9:00 AM: Leslee Penny - Sound Healing & Meditation
- 10:00 AM: Michael DiSalvo - Poetry in Motion - Power Yoga
- 11:00 AM: Alina Kuderska - Dharma Charging Yoga Practice
- 12:00 PM: Cookie Connolly - Yoga Therapy for chronic Sciatic and Lower Back Pain Relief
- 1:00 PM: Askari Moore - Afro - Journey into Poetry
- 2:00 PM: Amanda Corcoran - Flow & Grow
- 3:00 PM: Emma Downey - Flowing with Fascia
- 4:00 PM: Dr Omanand guruji - Yoga Therapy for selected diseases
- 5:00 PM: Aubrey Waz Grant - Why Meditation Works
- 6:00 PM: Melissa Mroz - Breathing for Brain Health

**“The Lounge”**
- 8:00 AM: Sabrina Ursaner - YoTaiChi
- 9:00 AM: Leslee Penny - Sound Healing & Meditation
- 10:00 AM: Michael DiSalvo - Poetry in Motion - Power Yoga
- 11:00 AM: Alina Kuderska - Dharma Charging Yoga Practice
- 12:00 PM: Cookie Connolly - Yoga Therapy for chronic Sciatic and Lower Back Pain Relief
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- 6:00 PM: Melissa Mroz - Breathing for Brain Health

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**Saturday Schedule**

**8:00 AM**
- Chelsea Manganaro - Intro to Festival/ Waking up the Spine

**9:00 AM**
- Miranda Dunkailo - Buti & The Beats
- Mara Morell - Meditation for Abundance
- Sabrina Ursaner - YoTaiChi

**10:00 AM**
- Jake Panasevich - Pause and Find the Beauty in the Mundane.
- Tom Gilmore - Virtual Yin Yoga
- Leslee Penny - Sound Healing & Meditation
- Michael DiSalvo - Poetry in Motion - Power Yoga
- Vanessa Rodriguez - Zumba
- Maureen Grivnovics - Making Changes to your Reality

**11:00 AM**
- Nicole Kriedler - Ladder Flow
- Mara Morell - Meditation for Abundance
- Leslee Penny - Sound Healing & Meditation
- Michael DiSalvo - Poetry in Motion - Power Yoga
- Vanessa Rodriguez - Zumba
- Maureen Grivnovics - Making Changes to your Reality

**12:00 PM**
- Kerry Rupe - 26/2 Hot Yoga
- Allie O’Kane: Kundalini-Karmic transformation from the power within
- Tara Grossi - Meet Your Guardian Angel
- Alina Kuderska - Dharma Charging Yoga Practice
- Poety Hour with Various Artists

**1:00 PM**
- Brittany Edwards - EmPOWERed Vinyasa Flow
- Dr Omanand guruji - Being Blissful Meditation
- Cookie Connolly - Yoga Therapy for chronic Sciatic and Lower Back Pain Relief
- Askari Moore-Afro - Journey into Poetry
- Jeremy Occopinti - Ain’t That a Miracle? An Unlikely Journey into Music and Meditation

**2:00 PM**
- Andrea McDonough - Anusara-inspired™ Align + Flow
- April Bland - Somatic FLOW
- Jessica Ramirez - A Sacred Journey to Past Lifetimes
- Amanda Corcoran - Flow & Grow
- Askari Moore-Afro - Mindfullness through abundance

**3:00 PM**
- Askari Moore - Afro Beats power vinyasa class
- Aubrey Waz-Grant - Who Am I Really? A Flow of Self-Connection
- Karen Santos - Crystal Singing Bowl Meditation & Energy Sound Healing
- Emma Downey - Flowing with Fascia
- Silent Disco Info Session

**4:00 PM**
- Cameron Chemsak - Into the Vortex
- Natasha Nixon & John Thorpe - Acroyoga FUNdamentals
- Melissa Mroz, MS - Master the Mindbody Connection
- Dr Omanand guruji - Yoga Therapy for selected diseases
- Aubrey Waz Grant - Why Meditation Works
- Scott Jacoby - Happy Hour Flow
- Chelsea Manganaro & Scott Jacoby - Parthery Yoga
- Melissa Mroz - Breathing for Brain Health

**5:00 PM**
- Danyell Nicole Peris - Flexibility and Mobility: Breath is medicine and motion is lotion
- All Reina - Sweet Dreams: Yoga Nidra Workshop
- Chelsea Manganaro & Scott Jacoby - Parthery Yoga
- Melissa Mroz - Breathing for Brain Health
- Comedy Happy Hour with various comedians
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<td>Mara Morell &amp; Chelsea Manganaro - Opening Class</td>
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<td>9:00 AM</td>
<td>Susan Morelock - Finding Your Light</td>
<td>Allie O’Kane: Kundalini - Conscious Momentum in the heat of the moment</td>
<td>Jessica Ellis - Vin Yin Tarot</td>
<td>Tiffani Boykin - Hips and Heart for Healers and Empaths</td>
<td>Melissa Mroz - Breathing for Brain Health</td>
</tr>
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<td>10:00 AM</td>
<td>Brennan Morell - Buti</td>
<td>Scott Jacoby - Intro to arm balancing</td>
<td>Cameron Chemsak - Into the Vortex</td>
<td>Swami Chidananda - Om Chanting + Cultivating Clarity &amp; Purpose</td>
<td>Garry Melville - Adundance of love</td>
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<td>11:00 AM</td>
<td>Andrea McDonough - Anusara-inspired™ Align + Flow</td>
<td>Natasha Nixon &amp; John Thorpe - Acroyoga FUNdamentals</td>
<td>Alina Kuderska - Dharma Yoga</td>
<td>Jessica Ramirez - A Sacred Journey to Past Lifetimes</td>
<td>Allie O’Kane - Lets re-align those chakras!</td>
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<td>12:00 PM</td>
<td>Claudine Schuster - Radical Rocking Vinyasa</td>
<td>Lisa Molendini - Stevie Vibes Only: Fleetwood Flow</td>
<td>Michael DiSalvo - Poetry in Motion - Power Yoga</td>
<td>Kailin Bouse - Grounding the Root Chakra</td>
<td>Intro to silent disco products</td>
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<td>1:00 PM</td>
<td>Elena Dibiase - Gentle vinyasa all levels flow</td>
<td>Aubrey Waz-Grant - Who Am I Really? A Flow of Self-Connection</td>
<td>Samantha Oeser - Sequences of Balance</td>
<td>Sabrina Ursaner - so you think you can’t meditate</td>
<td>Jeremy Occopinti - Ain’t That A Miracle? An Unlikely Journey into Music and Meditation</td>
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<td>2:00 PM</td>
<td>Madison Heaton - Playful Flow</td>
<td>Amber Villanueva - Dance Movement cardio and strengthening</td>
<td>Colleen LaGasse - Full Body Release - Yin Yoga</td>
<td>Samantha Lynn Patterson - Restore and Replenish</td>
<td>Chelsea Manganaro - Connection Through Abundance</td>
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<td>3:00 PM</td>
<td>Mandie Schreck - Sukha Flow</td>
<td>Sharon Klinger - HMR fit. Strengthen and Roll to Reduce Pain and Stress.</td>
<td>Nicole Yull - Heart opening makes the heart smile.</td>
<td>Marcia Knisely - Gentle Flow Fusion with Yin Yoga</td>
<td>Swami Chidananda - Kirtan Chanting the Divine Names</td>
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<td>4:00 PM</td>
<td>Rebecca Biagioli - Happy Hips Vinyasa Flow</td>
<td>Closing of the festival meditation and ceremony with Mara &amp; Chelsea</td>
<td>Jay Figard - Carpe Vitam Fitness Featuring DDPYoga - This Ain’t Your Mama’s Yoga!</td>
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