

Time	Wavepool	Lodge	Meditation	Next to Lodge	"The Lounge"
<b>SATURDAY - JUNE 10</b>					
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	Vanessa Rodriguez - Zumba	Maureen Grivnovics - Making Changes to your Reality
11:00 AM	Nicole Kriedler - Ladder Flow	Aimee Skelton - Pilates on the mat	Dr Omanand guruji - Pranayama Techniques	Michael DiSalvo - Poetry in Motion - Power Yoga	Jeremy Occopinti - Ain't That a Miracle? An Unlikely Journey into Music and Meditation
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	Poerty Hour with Various Artists
1:00 PM	Brittany Edwards - EmPOWERed Vinyasa Flow	Sama Shakti - UNLEASH YOUR INNER GODDESS - Awaken your Shakti Energy	Dr Omanand guruji - Being Blissful Meditation	Cookie Connolly - Yoga Therapy for chronic Sciatic and Lower Back Pain Relief	Askari Moore-Afro - Journey into Poetry
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 - Mindfulness 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 Connetion	Dr Omanand guruji - Yoga Therapy for selected diseases	Aubrey Waz Grant - Why Meditation Works
5:00 PM	Scott Jacoby - Happy Hour Flow		Ali Reina - Sweet Dreams: Yoga Nidra Workshop	Chelsea Manganaro & Scott Jacoby - Partnery Yoga	Melissa Mroz - Breathing for Brain Health
6:00 PM	Danyell Nicole Peris - Flexibility and Mobility- Breath is medicine and motion is lotion		Rachel Stine - Yin	Casey Fauri - Funky Flow!	Comedy Happy Hour with various comedians

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<b>SUNDAY - JUNE 11</b>					
<b>8:00 AM</b>	Mara Morell & Chelsea Manganaro - Opening Class				
<b>9:00 AM</b>	Susan Morelock - Finding Your Light	Allie O'Kane: Kundalini - Conscious Momentum in the heat of the moment	Jessica Ellis - Vin Yin Tarot	Tiffani Boykin- Hips and Heart for Healers and Empaths	Melissa Mroz - Breathing for Brain Health
<b>10:00 AM</b>	Brennan Morell - Buti	Scott Jacoby - Intro to arm balancing	Cameron Chemsak - Into the Vortex	Swami Chidananda - Om Chanting + Cultivating Clarity & Purpose	Garry Melville - Adundance of love
<b>11:00 AM</b>	Andrea McDonough - Anusara-inspired™ Align + Flow	Natasha Nixon & John Thorpe - Acroyoga FUNDamentals	Alina Kuderska - Dharma Yoga	Jessica Ramirez - A Sacred Journey to Past Lifetimes	Allie O'Kane - Lets re-align those chakras!
<b>12:00 PM</b>	Claudine Schuster - Radical Rocking Vinyasa	Lisa Molendini - Stevie Vibes Only: Fleetwood Flow	Michael DiSalvo - Poetry in Motion - Power Yoga	Kailin Bouse - Grounding the Root Chakra	Intro to silent disco products
<b>1:00 PM</b>	Elena Dibiasse - Gentle vinyasa all levels flow	Aubrey Waz-Grant - Who Am I Really? A Flow of Self-Connection	Samantha Oeser - Sequences of Balance	Sabrina Ursaner - so you think you cant meditate	Jeremy Occopinti - Ain't That a Miracle? An Unlikely Journey into Music and Meditation
<b>2:00 PM</b>	Madison Heaton - Playful Flow	Amber Villanueva - Dance Movement cardio and strengthening	Colleen LaGasse - Full Body Release - Yin Yoga	Samantha Lynn Patterson - Restore and Replenish	Chelsea Manganaro - Connection Through Abundance
<b>3:00 PM</b>	Mandie Schreck - Sukha Flow	Sharon Klinger - HMR fit. Strengthen and Roll to Reduce Pain and Stress.	Nicole Yull - Heart opening makes the heart smile.	Marcia Knisely - Gentle Flow Fusion with Yin Yoga	Swami Chidananda -Kirtan Chanting the Divine Names
<b>4:00 PM</b>	Rebecca Biagioli - Happy Hips Vinyasa Flow	Closing of the festival meditation and ceremony with Mara & Chelsea	Jay Figard - Carpe Vitam Fitness Featuring DDPYoga -This Ain't Your Mama's Yoga!		