

All Sessions

Location	Start Time	End Time	Session/Class Name	Instructor	Duration	Session Description
Ishwar Inn	9:30 AM	10:30 AM	YoMassage	Cynthia Haas	1h	Yomassage® Mindful Touch™: Yomassage is the perfect blend of complete restoration and mindful touch. A restorative yoga class is offered in which participants are guided through release poses, supported with blankets, blocks, and bolsters. The specially trained instructor circulates through the participants offering light adjustments and special touch techniques, which all leads to a deep release in the mind and body. Give yourself this gift! Class size is limited to 10.
Ishwar Inn	11:15 AM	11:45 AM	Yoga Nidra	Tony Reynolds	30m	You are invited to an ancient practice of reclining guided meditation that has been adapted to suit the hectic stressful conditions of modern life and its aftermath. No experience is necessary to participate in this 30-minute immersion into this space between waking and sleeping, often referred to as “yogic sleep.” Little to no effort is required. There is no wrong way or right way to participate. If you are new to Yoga Nidra, benefits of the experience are reported to be relaxation, calmness, rested body, sense of wellbeing and rejuvenation. You may even enjoy a short nap.
Ishwar Inn	12:15 PM	1:00 PM	Non-Dual Meditation	Twyla Deese	45m	Allow your Self to experience the profound interconnectedness of all things in this guided meditation inspired by non-dual Shiva tantra. Whether you are a seasoned practitioner or new to tantra, this gentle and insightful guidance will support you in exploring the depths of your consciousness and embracing the present moment with clarity and compassion.
Ishwar Inn	2:45 PM	3:15 PM	Yoga Nidra	Tony Reynolds	30m	You are invited to an ancient practice of reclining guided meditation that has been adapted to suit the hectic stressful conditions of modern life and its aftermath. No experience is necessary to participate in this 30-minute immersion into this space between waking and sleeping, often referred to as “yogic sleep.” Little to no effort is required. There is no wrong way or right way to participate. If you are new to Yoga Nidra, benefits of the experience are reported to be relaxation, calmness, rested body, sense of wellbeing and rejuvenation. You may even enjoy a short nap.
Ishwar Inn	3:45 PM	4:45 PM	Yoga for Trauma Recovery and Resiliency	Ellen Crider	1h	This is a specialized class designed to mitigate and heal emotional trauma. Ellen will focus on the vagus nerve, grounding poses, specialized movements and breathing techniques to release stuck energy that blocks the path to mind body connection. Life doesn't have to feel like a heavy and stormy downward spiral after psychological trauma. Reclaim your power.