

All Sessions

Location	Start Time	End Time	Session/Class Name	Instructor	Duration	Session Description
Namaste Nibbles	8:00 AM	2:00 PM	Wellness Fair	Food Trucks	6h	Food trucks will serve a delicious variety of healthy fare, from nutrient-packed beverages to vegan delicacies. Hours vary by vendor.
Peace Pavilion	8:00 AM	2:00 PM	Wellness Fair	Vendors	6h	Stroll through the ZenFest Wellness Fair expo that features an array of vendors showcasing health-focused products and services. Explore booths offering organic skincare, eco-friendly apparel, and holistic health consultations. The atmosphere buzzes with positive energy as attendees connect with like-minded artisans dedicated to a balanced, mindful lifestyle. The Wellness Fair at ZenFest is not just another craft market; it's a celebration of health, community, and the journey towards holistic well-being!
Shiva Shed	8:00 AM	2:00 PM	Wellness Fair	Vendors	6h	Stroll through the ZenFest Wellness Fair expo that features an array of vendors showcasing health-focused products and services. Explore booths offering organic skincare, eco-friendly apparel, and holistic health consultations. The atmosphere buzzes with positive energy as attendees connect with like-minded artisans dedicated to a balanced, mindful lifestyle. The Wellness Fair at ZenFest is not just another craft market; it's a celebration of health, community, and the journey towards holistic well-being!
Zen Zone	8:00 AM	8:20 AM	Opening Ceremony	Peggy Owensby	20m	Join Peggy Owensby and her crew of yogis to open ZenFest 2024 for the benefit of all beings!
Harmony Hall	8:30 AM	9:30 AM	Tai Chi	Betty Gast	1h	Tai chi is a form of martial art that involves slow, smooth continuous movements performed in specific sequences. Mind-body connection is emphasized, as well as a focus on breathing. Regular practice of Tai Chi can improve strength, flexibility, balance and health of body systems. Scientific research supporting the health benefits of Tai Chi is significant and plentiful.
Lotus Loft	8:30 AM	10:00 AM	Ashtanga Led 1/2 Primary Series	Sally Fanjoy	1h 30m	The Ashtanga Led 1/2 Primary series is a teacher-guided 90 minute short form practice of the Full Primary set series focusing on breath, drishti and bandhas. Each posture is designed to prepare the body for the next pose, creating a flowing and continuous practice building strength, flexibility, and stamina. Some knowledge of traditional yoga poses is helpful but not required.
Bhakti Barn	8:45 AM	9:45 AM	Find Your Power	Ashley Moose	1h	"Find Your Power" is a dynamic and invigorating yoga class that focuses on strength, balance, and deep stretching. Suitable for all levels of experience, this class offers modifications to tailor the practice to individual needs and goals. The practice of power yoga goes beyond physical strength, emphasizing the importance of mental and emotional well-being. Through challenging poses and mindful breathwork, students can cultivate qualities such as calmness, patience, focus, and gratitude while letting go of harmful traits like judgment, competitiveness, and stress. By engaging in a well-rounded practice that nurtures both the body and the mind, students can leave the class feeling empowered, inspired, and revitalized. "Find Your Power" encourages students to tap into their inner strength and potential, fostering a sense of self-awareness and personal growth.
Prana Porch	9:15 AM	10:15 AM	Mindful Resilience Yoga For Health and Longevity	Rick Rowan	1h	Think clearly, Breathe easily, Move freely, Rest deeply and be Grateful. The class is for all levels and abilities and will provide tools that can be used as needed to settle the turbulent mind and strengthen the body. If you experience anxiety, fear, anger, sleep issues or feelings of inadequacy, this class is for you. Veterans and first responders and their families have found these tools to be life changing. Come and experience a different approach to the practice of yoga.
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.
Awakening Alcove	10:00 AM	11:00 AM	Vinyasa Flow	Michael Miller	1h	Michael leads dynamic Vinyasa sessions that cater to individuals of all skill levels with diverse modifications. His classes aim to enhance strength, flexibility, and mindfulness. Michael finds joy in incorporating his passion for music into his teaching, often serenading students with his singing and guitar playing during savasana. He holds a deep appreciation for the practice and takes pleasure in spreading its benefits to others.

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Harmony Hall	10:00 AM	11:30 AM	5Rhythms® Moving with the Breath/ Stillness Exploration	Karen Chapman	1h 30m	The invitation for this 5Rhythms® Class is to explore different ways of breathing while in Motion. The breath gives us life and sends oxygen to various parts of our body. It fills up our lungs and gives us energy, or it can calm us down. We move to the Maps created by Gabrielle Roth which are Flowing, Staccato, Chaos, Lyrical and Stillness. We use these Rhythms as our guides for movement. There is no dance experience required, just have a curiosity in movement of the body! See ya on the dance floor, Karen!
Bhakti Barn	10:15 AM	11:15 AM	Prana Centric Flow	Amani Murray	1h	Prāna - the stream of energy within and without; connecting the pulse of life to the rhythm of existence. Breathe, move, and connect in this unique yoga class. Amani will share her unique teaching style, incorporating movement and breath while weaving threads of mudrā, mantra, and the 5 elements enabling students to create their own energetic experience. Classes are appropriate for both students and yoga teachers, including those new to yoga!
Lotus Loft	10:30 AM	11:30 AM	Zumba	Karla Lopez	1h	Zumba Fitness, created by the amazing Beto Perez, is a worldwide sensation. In my Zumba class, we have such a blast with a variety of rhythms like Soca, Merengue, Salsa, Guaracha, Reggaeton, Disco, and Cumbia. All you need to bring is a towel and some water! Looking forward to dancing with you soon at ZenFest. Can't wait to see you there!
Prana Porch	10:45 AM	11:45 AM	Piyo	Angela Carson	1h	Join Angela for this power fusion class where modern Pilates blends with the ancient practice of yoga for a holistic full body workout. Enjoy the benefits of traditional yoga poses complemented with the classic body sculpting and core concentration of Pilates. Both promote a mind-body connection with an emphasis on slow, controlled movements
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.
Awakening Alcove	11:30 AM	12:30 PM	Divine Feminine Belly Dance	Elizabeth Powell	1h	Divine Feminine® Bellydance class combines the art of belly dancing with the vibrant elegance of fan veils. Perfect for all fitness levels, this class focuses on fundamental belly dance techniques while incorporating the graceful movements of fan veils to enhance your workout and artistic expression. Each session includes a warm-up, easy-to-follow dance combinations, and a cool-down to ensure a full-body workout. Join us for a fun and dynamic fitness experience that will leave you feeling energized, confident, and inspired!
Bhakti Barn	11:45 AM	1:00 PM	Breath Medicine: Breathwork with the Breath Nurse	Rachele Scevola	1h 15m	Join The Breath Nurse for a full body reset that will leave you feeling lighter, more alive, motivated and energized (+ likely blissed out!) through the medicine of your breath. Enhance your well-being and tap into your true nature for self-care, personal growth and development, healing, transformation, and activation of yourself and your life for greater joy, happiness, and health over time! You'll get out of your head as you reconnect with yourself and your body through breathwork to breathe out stress, anxiety, overwhelm, self-criticism and whatever else might be weighing you down (ie: low mood, anger, disappointment, shame, stuckness) to make room for more peace, calm, clarity, and joy within. No experience is necessary. *** You must be 18+. If you are/think you may be pregnant or have a severe uncontrolled physical/mental health condition, this practice is strongly not recommended.
Harmony Hall	12:00 PM	1:00 PM	Chair Yoga	Cynthia Haas	1h	A class designed to assist those for whom practicing in a chair or beside a chair is more desirable or practical. The class starts with a seated warm-up, and then participants repeat the sequence seated, or choose to stand beside the chair for the sequence. Come help us dismiss the stigma of chair yoga as being less than a mat workout!
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.
Lotus Loft	12:15 PM	1:15 PM	Vinyasa Flow	Andrew Peterson	1h	In this class we will move together through a series of shapes connected and supported by our breath. The body will build heat from within as the breath and our movements come together to bring awareness and intention to our practice. As we flow together from one asana to the next we will engage the body safely with alignment as we consider our energy centers and chakras. While challenging and dynamic this class is for every body and every level.

Updated: September 15, 2024

Schedule

by Start Time

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Prana Porch	12:15 PM	1:15 PM	Kitten Yoga	Emily Elder	1h	A gentle yoga session containing standing, seated, and prone positions ideal for watching, playing, and laughing at the antics of hilarious kittens. Be prepared for smiles and happiness. Kitten yoga is designed to ease your mood and your body.
Awakening Alcove	1:00 PM	2:00 PM	Bob Marley Flow	Briana Kidd	1h	"Let's get together and feel alright" in this all-levels feel-good flow! Get into the festival spirit as you create a practice where exploration thrives and playfulness is encouraged. It's all about building community, laughter, and memories together!
Harmony Hall	1:30 PM	2:30 PM	Cacao Ceremony	Meredith Marie Young	1h	Join Meredith Young 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 & rawest form. Then take a journey through light breath work & mindful movement, ending in a relaxing meditation with sand bag eye pillows. Your heart will thank you! Class size is limited to 30.
Bhakti Barn	1:45 PM	2:45 PM	Ayurveda for Yoga Teachers	Amani Murray	1h	Join Amani for this special continuing education offer specifically for yoga teachers. Lecture will include an overview of āyurvedic concepts that can be translated to students on and off the mat. Learn how to incorporate the 5 elements within a class setting as well as tools that can be implemented in daily life.
Lotus Loft	1:45 PM	2:45 PM	Pilates Flow and Stretch	Katie Gaither Bass	1h	This class combines both Pilate movements to help tone and strengthen areas of our bodies we tend to forget about and yoga poses to help our flexibility and balance. I call it the best of both worlds when we combine yoga and Pilates. Ending our class with a nice, feel good stretch to help our muscles lengthen and soften
Prana Porch	1:45 PM	2:45 PM	Self Defense	Josh Page	1h	Self Defense Seminar is good for all skill levels. Participants will learn Gracie Jiu Jitsu self defense from Pedro Sauer Blackbelt Joshua Page. All the skills taught will be simple, effective, and can be used to stay safe from a larger, stronger, opponent.
Awakening Alcove	2:30 PM	4:00 PM	Alchemy of Light	Sierra Hollister	1h 30m	This precise moment is full of golden light ~ late summer transforming into early autumn is beautiful, melancholic and deeply nourishing. Together, we'll capture this light and embody it with seasonal vinyasa flow and kundalini kriya. This is how gold becomes.
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.
Harmony Hall	3:00 PM	4:00 PM	Practicing from the Heart	Lynette Barker	1h	Class will be a buildable dynamic flow appropriate for all levels and open to those with a curious and open heart wishing to explore connection to breath body and community through movement. Movement offered will be both static and fluid with options offered so that the practitioner may pick the experience that suits them at the moment. LGBTQ+
Bhakti Barn	3:15 PM	4:15 PM	Get Zen	Heather Miller	1h	This class will focus on deep stretches. This is slower paced class meant to restore the body and mind while increasing flexibility. The poses are held for extended periods of time. The longer held postures allow tight muscles to gently release and tension in the mind and body to slowly melt away.
Lotus Loft	3:15 PM	4:15 PM	Qigong	Ruthie Hill	1h	Qigong -pronounced "chee gung,"- is an Integrative Exercise Practice consisting of Gentle stretching & flowing movements synchronized with breathing techniques that activate the body's "Qi"; Internal Energy for rejuvenation & healing. –An ancient practice for body, mind, and spirit.
Prana Porch	3:15 PM	4:15 PM	Yoga for EveryBody	MichelleZ	1h	New to yoga, looking for a refresher, or want to compliment cardio with stretching? Poses in this class will emphasize range of motion, increased flexibility, balance, strength, and the importance of breath work for good health. All tied together with an uplifting playlist!
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.
Awakening Alcove	4:30 PM	5:30 PM	Buti Yoga	Becky Sayer Kain	1h	Functional movement that heals. Buti is creativity in motion, regulating the nervous system, balancing the energetic centers of the body while reconnecting to the primal movement patterns that restore mind, body and soul.

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Harmony Hall	4:30 PM	6:00 PM	Reiki and Restore	Kellie Allie, assisted by Elizabeth Powell	1h 30m	Experience a tranquil blend of restorative yoga and the healing power of Reiki as we embark on a journey to restore both body and soul. This class takes place entirely on the mat, with postures held for 4-7 minutes and supported by a variety of props, culminating in an extended savasana. Suitable for all levels, this restful practice promises to revitalize and rejuvenate the body. Reiki, originating from Japan, is a form of energy healing that promotes emotional and physical well-being. With gentle touch and the optional use of crystals, this practice aims to support healing with the student's permission. Prepare to enter a state of deep relaxation that your body craves
Bhakti Barn	4:45 PM	5:45 PM	Joy and Shine Vinyasa Flow	Detra Bennett	1h	Joy and Shine Vinyasa Flow is a vibrant and invigorating style of yoga designed to energize the body, uplift the spirit, and bring a sense of joy and radiance. This dynamic flow focuses on synchronizing breath with movement, promoting both physical and mental well-being. Joy and Shine Vinyasa Flow is an ideal practice for those looking to infuse their day with energy, positivity, and a sense of accomplishment. Whether practiced in the morning to start the day on a high note or later to rejuvenate, it offers a holistic approach to physical fitness and emotional well-being. Don't miss this opportunity to experience the ultimate in relaxation and wellness at ZenFest!
Lotus Loft	4:45 PM	5:45 PM	Yoga for the Soul	Meredith Marie Young	1h	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!
Prana Porch	4:45 PM	5:45 PM	Pilates	Michelle Morgan	1h	Pilates centers on cultivating core strength—embracing the abdominals, lower back, hips, and buttocks—while gently lengthening and strengthening all major muscle groups. This harmonious practice enhances flexibility, strength, balance, and body awareness. Whether you participate in sports, walk, run, or practice yoga, Pilates offers a path to improved performance. The blend of mindful breath work and intentional movements of Pilates leaves you feeling both invigorated and serenely calm.
Bhakti Barn	6:00 PM	7:00 PM	Ritual of Release	Sierra Hollister	1h	Gentle movement to open and prepare the body to release and relax, to let go and receive a long gong powered healing sound bath.
Zen Zone	7:00 PM	7:15 PM	Closing Ceremony	Peggy Ownesby	15m	