

## Schedule by Location

### All Sessions

Location	Start Time	End Time	Session/Class Name	Instructor	Duration	Session Description
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.
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!
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.
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.
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.
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!
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.