

Schedule by Location

All Sessions

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