

All Sessions

Location	Start Time	End Time	Session/Class Name	Instructor	Duration	Session Description
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.
Awakening Alcove	11:30 AM	12:30 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.
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!
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.