

Schedule by Location

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	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!
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.
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.