

OCTOBER 6, 2017 - FRIDAY SCHEDULE

	Blended Tent - Meditation, Workshops, Kids Yoga, Meeting place for Nature Walks ...	Studio or Individual Practitioner (IP)	Calm Yoga Grove	Studio or Individual Practitioner (IP)	Active Movement Tent	Studio or Individual Practitioner (IP)	Music
1:30 - 2:30 PM	MEDITATION - Brigitta Toruno - 'Guided Loving Kindness'	IP out of Loudoun County	Denyse Petersen - 'The Zen Zone'	IP - 'Virginia Yoga Therapy', out of Loudoun County	Leanne Cusumano Roque - 'Stand on Your Own Two Feet' Iyengar Yoga	Yoga 4 All Bodies - Reston, VA	
3:00 - 4:00 PM	WORKSHOP - Bruce Winkel - 'Reconnect with your Heart's True Essence'	Energy Healer, Teacher, Author	Sue 'Sumati' Sedlazek - 'Joyful Yin'	IP - 'Veg with Sue', out of Loudoun County, VA	Carly Pla - 'Vinyasa Flow: An Exploration of Breathe and Movement'	Flow Yoga Ashburn & Leesburg, VA	
4:30 - 5:30 PM	WORKSHOP - Kelly Armstrong - 'Let Your Love Flow! Understanding the 'Conditioned Mind' to Awaken Limitless Loving Kindness'	YogaShak - Ashburn, VA	Stuart Hill - 'Intro. to Kundalini Yoga'	IP out of Loudoun County, VA	Andrea Boyd & Jeffrey Cohen 'Born to be Wild' class	SatSang Yoga - Charleston, SC	
6:00 - 8:00 PM	NO WORKSHOPS - MUSIC BEGINS		NO CLASSES - MUSIC BEGINS		NO CLASSES - MUSIC BEGINS		6 - 8 pm - MUSIC - 'Nationally known Maddie Curtis' accompanied on guitar by her brother Josh, followed by popular Yoga Circuit performer 'Mateo Monk'

OCTOBER 7, 2017 - SATURDAY SCHEDULE

	Blended Tent - Meditation, Wellness Workshops, Kids Yoga, Meeting place for Nature Walks ...	Studio or Individual Practitioner (IP)	Calm Yoga Grove	Studio or Individual Practitioner (IP)	Active Movement Yoga Tent	Studio or Individual Practitioner (IP)	Music
8:00 - 9:00 AM	Dr. Martha Callhan - 'Morning Mindfulness'	Five Stones Institute - Leesburg, VA	Marsha Banks-Harold - 'My Body Don't Bend That Way!'	PIES Fitness Yoga Studio - Alexandria, VA	Colleen McHale - 'Rise n' Shine: An Invigorating Vinyasa Flow'	The YogaShak - Ashburn, VA	
9:30 - 10:30 AM	WORKSHOP - Marsha Banks-Harold - 'Yoga Therapy for Self Care'	PIES Fitness Yoga Studio - Alexandria, VA	Nancy Barbara Montes - 'Sinking into stillness with Yin'	CowFace Yoga & Beloved Yoga Reston, VA	Jennifer Topper - 'Soul Powered: A Vinyasa Flow Class'	Sol Yoga - Frederick, MD	
11:00 AM - 12:00 PM	WORKSHOP - Kristi Schwickerath - 'Optimal Wellness for Chronic Pain'	PIES Fitness Yoga Studio - Alexandria, VA	Meredith Walsh - 'Meditative Slow Flow'	WineDown Yoga Washington, DC	Andrea Boyd & Jeffrey Cohen - 'Born to be Wild'	SatSang Yoga - Charleston, SC	
12:30-1:30 PM	WORKSHOP - Kimberly Berlin, Trained Trauma Informed Yoga Practitioner - 'Yoga to journey through Life's Traumas, Large and Small'	Compassionate Beginnings / Divine Yoga Essence	Kristi Schwickerath - 'Yoga for Optimal Wellness'	PIES Fitness Yoga Studio - Alexandria, VA	Ginny Loving - 'Yoga Jam, Freestyle Flow'	532 Yoga - Alexandria, VA	
2:00 - 3:00 PM	Cathy Hansen - 1/2 hour Laughter Yoga following Trauma Yoga class - 'Tickle Your Heart, Lighten Your Outlook'	IP out of Fayetteville, PA	Turi Nevin-Turkel - 'Yin'	Turiya Yoga + Wellness - Berryville, VA	Anthony Gonzales - 'Dynamic Free Flow'	Sol Yoga - Frederick, MD	
3:30 - 4:30PM	Dr. Suzanne Nixon 'Centering Meditation: Finding Balance Within'	Inspirational Journeys - Leesburg, VA	Kim Klemecic - 'Sooth Your Soul - Gentle Hatha'	IP out of Frederick, MD	Alyson MacLatchy - 'Lila - Embracing the Play of the Universe'	Beloved Yoga Great Falls & Reston, VA	
5:00 - 6:00 PM	CHILDREN'S YOGA - Sue Sedlazeck - Children's Yoga - 'Sunshine Yoga for Kids' (age 6-12)	IP - 'Veg with Sue', out of Loudoun County, VA	End your day of Yoga and before the evening music, with a Meditative Nature Walk with Donna. Meet in front of the Mansion!	Loudoun based hiking enthusiast	Danielle Kearney - 'Sacred Geometry - Stretch, Strength, and Balance'	IP out of Loudoun County, VA	
6:00 - 8:00 PM	NO WORKSHOPS - MUSIC BEGINS		NO YOGA - MUSIC BEGINS		NO YOGA - MUSIC BEGINS		6 - 8 pm - MUSIC - 'Popular Nationally known Justin Trawick and the Common Good'

OCTOBER 8, 2017 - SUNDAY SCHEDULE

	Blended Tent - Meditation, Workshops, Kids Yoga, Meeting place for Nature Walks ...	Studio or Individual Practitioner (IP)	Calm Yoga Grove	Studio or Individual Practitioner (IP)	Active Movement Yoga Tent	Studio or Individual Practitioner (IP)	Music
8:00 - 9:00 AM	WORKSHOP - Kimberly Berlin, LCSW - 'Return to Yourself - Healing During Challenging Times	Compassionate Beginnings/Divine Yoga Essence	Kelly Armstrong - 'Delve "Yin" - a Yin Practice to Create Space and Calm the Mind'	YogaShak - Ashburn, VA	Vinaya Saunders - 'Suriya Pranam' (Sun Salutations)	IP out of Loudoun County, VA	
9:30 - 10:30 AM	BEGINNER MEDITATION - Vinaya Saunders 'Own Your Calm!'	IP out of Loudoun County, VA	Chris Oemler - 'Mindfully Made Stillness'	Flow Yoga Ashburn & Leesburg, VA	Andrea Boyd & Jeffrey Cohen 'Born to be Wild' class	SatSang Yoga - Charleston, SC	
11:00 AM - 12:00 PM	CHILDREN'S YOGA - Sue 'Sumati' Sedlazeck - 'Sunshine Yoga for Kids' (ages 6-12)	IP - 'Veg with Sue', out of Loudoun County, VA	Livdhyan Kaur Khalsa - 'Kundalini Yoga - Movement for Relaxation'	Raj Yoga Center Sterling, VA	Lauren Christian - 'Power Vinyasa - All Levels'	Five Peaks Power Yoga Leesburg, VA	
12:30-1:30 PM	TEEN WORKSHOP - Ksanati - 'Understanding Karma, and the role of Astrology in your family, work and major life events.'	Ksanati Jyotish Philadelphia, PA	Jami McClellan 'Yin Mindfulness'	IP out of Loudoun County, VA	Chris Oemler - 'Mindful Moving Meditation'	Flow Yoga Ashburn & Leesburg, VA	
2:00 - 3:00 PM	TEEN WORKSHOP - Amalia Colyer - 'Just for You - Together Let's De-Stress!'	DeStress for Success & Karmic Kindness Leesburg, VA	Heather Sanden - 'Harvest Hatha Flow'	Loudoun based hiking enthusiast	Glenn Payne - 'Beyond Balance - Intro to AcroYoga'	YogaShak Ashburn, VA	
3:30 - 4:30PM	WORKSHOP - Jim & Ashley Cash of Woven Green - 'Chakra Sound Attunement & 3rd Eye Activation	National Healing Performers	Donna Reuss - 'Good Energy through Hatha Yoga'	Body n' Brain Yoga Tai Chi Alexandria, VA	Stevie Bolger - 'Embodied Vinyasa'	Beloved Yoga Great Falls & Reston, VA	
5:00 - 6:00 PM	End your day of Yoga and before the evening music, with a Meditative Nature Walk with Donna. Meet in front of the Mansion!	Loudoun based hiking enthusiast	End your day of Yoga and before the evening music, with a Meditative Nature Walk with Donna. Meet in front of the Mansion!	Loudoun based hiking enthusiast	End your day of Yoga and before the evening music, with a Meditative Nature Walk with Donna. Meet in front of the Mansion!	Loudoun based hiking enthusiast	
6:00 - 8:00 PM	NO WORKSHOPS - MUSIC BEGINS		NO YOGA - MUSIC BEGINS		NO YOGA - MUSIC BEGINS		6 - 8 pm - MUSIC - Sound Healers 'Woven Green' and 'Joey and the Waitress Band'