

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 <i>'Conditioned Mind'</i> 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'