

**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'