

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'