

MCKIMMON CENTER, RALEIGH, N.C.
SATURDAY, MARCH 23RD 2019



You call this **YOGA.**
YogaFest
 NC

Yoga for All
 FULL-DAY RETREAT
 7:30a - 5:00p
REGISTER TODAY
 LEARN MORE ABOUT YOGA

CHECK IN & EXPO HALL OPENS AT 7:30 AM									
Yoga Style Key:	MEDITATION	UNIQUE	ACTIVE MAT	MODERATE MAT	YIN	GENTLE	CHAIR	MINI-SEMINAR	
Room	1C	1D	3	4	5	6	8	7A	7B
8:00									
8:30	GYPSY YOGA MAMA GODDESS FLOW	NECK AND SHOULDERS THERAPEUTICS	MORNING PRACTICE: CHANT, FLOW MEDITATE	A MOONCYCLE PRACTICE	WITHIN: EXPLORING THE POWER OF STILLNESS	DON'T HATE, MEDITATE	FLOW AND RESTORE	CHAIR BASED BREATH AND FLOW	RELIEVE YOUR BACK PAIN IN MINUTES
9:00	Briana Young-Roane (8:30-9:45 am)	Zach McKinney (8:30-9:45 am)	Rani Margolin (8:30-9:45 am)	Renée Baker (8:45-10:00 am)	Kiesha Battles (8:45-10:00 am)	Mike Belmares (8:45-10:00 am)	RJ Lisander (9:00-10:15 am)	Lauren Morris (9:00-10:15 am)	Kara Crooks (9:00 - 9:30 am)
9:30									RESTORE HORMONE IMBALANCE NATURALLY
10:00									Sharon Price (9:45 - 10:15 am)
10:30	ROOT TO CROWN CHAKRA YOGA	PRACTICING RESILIENCE	AWAKEN THE MAGIC: YOGA-MOJO VINYASA FLOW	CONCEPTS OF A SUSTAINABLE ASANA PRACTICE	YOGA FOR GOLFERS	GENTLE YOGA WITH GUIDED MEDITATION	RAVI 101: HEALING, THERAPY & YOGA PRACTICE	THE BEAUTY OF CHAIR YOGA	LEARNING TO LET GO
11:00	Priya Amaresh (10:15-11:30 am)	Barbara Vosk (10:15-11:30 am)	Loretta Schlatter (10:15-11:30 am)	Monica Shannon & Laura Foley (10:30-11:45 am)	Charles Arnold (10:30-11:45 am)	Mira Casile (10:30-11:45 pm)	Lori Skerjanz (10:45-12:00 pm)	Susan Kilmon (10:45-12:00 pm)	Kathy Burroughs (10:30 - 11:00 am)
11:30									DETOX: 4 SECRETS OF A VIBRANT LIFE
12:00	LUNCHEON								
12:30	LUNCHEON								
1:00									
1:30	MEDITATION AND HEALING	YOGA FOR LIFE	ENERGETIC ALIGNMENT	TRAUMA SENSITIVE YOGA FOR EVERYONE	RADICAL REST	THE SONGS WE SING	RECOUP & RESTORE: ACTIVE RECOVERY YOGA	CHAIR YOGA FOR EVERYONE	RAVI HEAVY BLANKETS FOR YOGA AND WELLNESS
2:00	Tom Spector (1:15-2:30 pm)	Allison Born (1:15-2:30 pm)	Sunny Davis (1:15-2:30 pm)	Sue Stevens (1:00-2:15 pm)	Kennae Miller (1:00-2:15 pm)	Greg Whitt (1:15-2:30pm)	Tiffany Pridgen (1:30-2:45 pm)	Carole Snyder (1:30-2:45 pm)	Lori Skerjanz (1:15 - 1:45 pm)
2:30									ESSENTIAL OILS FOR EVERYDAY SELF-CARE
3:00	KUNDALINI YOGA, MEDITATION & SOUND	BODY MATRIX TRANSFORMATION YOGA	TAI CHI AND YOGA	CULTIVATING A HOME PRACTICE	WHOLE YOGA/ BRAVE SPACE: DIVERSE PRACTICE	I REST YOGA NIDRA	YIN YOGA WITH MINDFUL MEDITATION	BRING YOUR YOGA TO WORK	SELF-CARE FOR CAREGIVERS (OR FOR TRAUMA)
3:30	Aubrey Zinaich (3:00-4:15 pm)	Victoria Haffer (3:00-4:15 pm)	Elyse Ribbons (3:00-4:15 pm)	Rayneen Thebeau (2:45-4:00 pm)	Tamara Jeffries & Santiba Campbell (2:45-4:00 pm)	Sonya Quijada (3:00-4:15 pm)	Lisa Mccaskill (3:15-4:30 pm)	Tiffany Cole (3:15-4:30 pm)	Gin Burchfield (3:00-4:15 pm)
4:00									
4:30									
5:00	CLOSING CEREMONY: YOGA NIDRA Cheryl Brown (4:45-5:15 pm)								

*Note: life happens, therefore, agenda is subject to change.

SESSION 1

(start times 8:30, 8:45 and 9:00 am)

- Active -

GYPSY YOGA MAMA GODDESS FLOW

The G.Y.M Experience will invite your spirit to celebrate the magic of movement in this super fun and sparkly practice. Be prepared to dance, groove, flow, flex, sweat and open your heart. This class is for the lovers of freedom and are looking for more on their mats and even more out of life! (Suggested for all yoga levels; recommended for those with high mobility range.)

Briana Young-Roane.

- Unique -

NECK AND SHOULDER THERAPEUTICS

Using simple alignment principles, we will explore how asana can help heal our bodies. Instead of blaming poses for our injuries, let's take responsibility and use the poses to gain awareness! (Suggested for all yoga levels.)

Zach McKinney.

- Meditation -

MORNING PRACTICE: CHANT, FLOW, MEDITATE

A sweet rich practice with live music to start your YogaFest journey! We'll open with a brief contemplation to set a sankalpa (intention) for the day; offer a morning chant as a blessing; honor our bodies and open our hearts with gentle asana; quiet our minds with guided meditation. (Suggested for beginner and intermediate yoga levels.) *Rani Margolin.*

- Gentle -

A MOONCYCLE PRACTICE

This gentle class addresses the needs of women in the days leading up to, during, and after menstruation. Moon salutations will encourage grounding energy and slowing down. Floor work will ease tension, irritability, bloating, headaches, and cramping. Bring a bolster, blanket, and blocks if possible. (Suggested for beginner to intermediate yoga levels.) *Renée Baker.*

- Unique -

WITHIN: EXPLORING THE POWER OF STILLNESS

Imagine stillness, imagine silence, imagine sitting with your thoughts and emotions, all while in the midst of physical sensations. In this session you'll experience the meditative practices of Yin Yoga, Pranayama, Mantra, and Mudra. Session will end with Yoga Nidra to seal what you uncover within. (Suggested for all yoga levels.) *Kiesha Battles.*

- Yin -

DON'T HATE, MEDITATE

A meditative practice, very breath-centric. Think yin yoga with a calming meditative twist, long held postures that focus on getting to the connective tissues of the body and central nervous system. (Suggested for all yoga levels.) *Mike Belmares.*

- Moderate -

FLOW AND RESTORE

Practice begins with a flow designed to warm the body and awaken your senses. Whether you are sitting at a desk all day, a serious athlete, both or somewhere in-between, your body, mind and soul will thank you for slowing down and taking this class. Come prepared to breathe, restore and renew. (Suggested for beginner to intermediate yoga levels.)

RJ Lisander.

- Chair -

CHAIR BASED BREATH AND FLOW

Chair based practice incorporates breath, meditation, strength practices, and balancing. These practices invite each student to identify with their body by practicing postures with various modifications. This gentle fun practice can bring surprising results in building strength and flexibility. (Suggested for all yoga levels; recommended for those with limited mobility range but open to all.) *Lauren Morris.*

- Mini-Seminar -

RELIEVE YOUR BACK PAIN IN MINUTES

There are many modalities for dealing with back pain, but one of the most direct and easiest to apply is the age-old practice of yoga. Having personally dealt with back and other kinds of pain for many years, Kara understands how powerful a yoga practice can be for immediately addressing these pains. This class will discuss and experience postures that can often address the root causes so that back pain is significantly reduced. *Kara Crooks, owner Zin Yoga Studio and Wine Lounge.*

- Mini-Seminar -

RESTORE YOUR HORMONE IMBALANCE NATURALLY

Hormone imbalance can occur at all life stages, not just menopause. Different imbalances can disrupt your ability to achieve and maintain a healthy body composition, fertility levels and mood balance. They can even heighten risk for future illnesses like diabetes, heart disease and more. Learn how to prevent, address and manage the different imbalance symptoms and conditions in order to feel your best! *Sharon Price, MS Nutrition, Beverly Medical Center.*

SESSION 2

(start times 10:15, 10:30 and 10:45 am)

- Active -

AWAKEN THE MAGIC - YOGA-MOJO VINYASA FLOW

A vinyasa flow that includes dynamic asana, sprinkled with mythology, mantras and mudras. Our practice begins with meditation, mantra and breath work. The sharing of a story will be weaved throughout the practice. Enjoy the connection with mind/body/breath followed by a wonderful savasana. (Suggested for intermediate to advanced yoga levels; recommended for those with normal to high mobility range.)

Loretta Schlatzer

- Moderate -

PRACTICING RESILIENCE

Resilience, the ability to recover quickly from difficult or stressful experiences, is not only a quality of character. We can build resilience in our bodies by practicing yoga poses that are more active, balanced with calming poses that invite more rest and relaxation. (Suggested for all yoga levels.) *Barbara Vosk*

- Active -

ROOT TO CROWN CHAKRA YOGA

Journey along the mythical rainbow of the 7 Chakras, divine energy centers of our core being. Enjoy an invigorating and mindful yoga practice, while exploring these subtle energy points. A unique Chakra Yoga to invite vibrant health, mental alertness and spiritual awakening into your life. (Suggested for intermediate yoga levels; recommended for those with normal to high mobility range.)

Priya Amaresh

- Unique -

CONCEPTS OF A SUSTAINABLE ASANA PRACTICE

We start with a 30-minute discussion to introduce 3 concepts of a sustainable life long asana practice that goes beyond making pretty shapes: Human Variability, Mobility Myths, and Applying Adaptations. Following our discussion, we will guide students through a 40-minute simple practice inviting them to experience these concepts in their body. (Suggested for all yoga levels.)

Monica Shannon & Laura Foley

- Gentle -

YOGA FOR GOLFERS

Golfers of all levels will learn a combination of movements from the greatest golfers of all-time. Learn how elite athletes spontaneously respond to create energy, store the energy, and release it at the correct moment. Class includes warm-up, body movements routine and mental training exercise. (Suggested for all yoga levels. Suitable for those with some limited mobility.) *Charles Arnold*

- Gentle -

GENTLE YOGA WITH GUIDED RELAXATION

This is a gentle, hatha style yoga class. Students will have the time to explore each pose and find what works for them. We will cover the basic sequence for a hatha style sun salutation along with modifications and variations. Suitable for all levels, this class ends with a long, guided relaxation. (Suggested for beginner yoga levels but open to all.)

Mia Casile

- Unique -

RAVI 101: HEALING, THERAPY & YOGA PRACTICE

RAVI is an 8.5 lb., compact, portable and versatile weighted blanket that's like a hug in a blanket. This workshop style class will take you on a flow, stretch and strengthening

journey using RAVI as a game changing prop. Experience yoga in a new way with RAVI.

Lori Skerjanz

- Chair -

CHAIR YOGA - "THE BEAUTY OF CHAIR YOGA"

This Chair Yoga class is especially for people who cannot get down on the floor and who would like to learn more about yoga, and how a chair can support their practice. That's "The Beauty of Chair Yoga"...it's for everyone. (Suggested for all yoga levels; recommended for those with limited mobility range but open to all). *Susan Kilmon*

- Mini-Seminar -

LEARNING TO LET GO

Do you find it difficult to leave work at the "office"? Would you like to be more patient and in control of your emotions? Come learn how meditation can bring peace and clarity by investing only 15-20 minutes, three times a week. This discussion will be followed by a guided meditation. *Kathy Burroughs from Triangle Pranic Healing & Meditation.*

- Mini-Seminar -

HOW DO YOU KNOW WHEN IT'S TIME TO DETOX: THE 4 SECRETS OF VIBRANT HEALTH.

Jules Zoetmulder from Jules Guide Coaching.

SESSION 3

(start times 1:00, 1:15 and 1:30pm)

- Meditation -

MEDITATION AND HEALING

This is for everyone, even people who believe they could never meditate. Your busy mind will become calmer and you will begin to experience your Inner Being and to see things with clarity and insight. Tom will also present practical healing techniques for relief from worry, fear, pain, and stress. (Suggested for all yoga levels; recommended for those with limited mobility but open to all.)

Tom Spector, PhD

- Moderate -

MODERATE: YOGA FOR LIFE

Yoga for Life is all about cultivating a practice that will carry you through life's challenges. The class will focus on building a strong core, finding stability in standing balances, transitioning smoothly, and calming the mind. What we practice on the mat is what we take with us off the mat. (Suggested for all yoga levels; recommended for those with normal to high mobility range.) *Allison Born*

- Active -

ENERGETIC ALIGNMENT

When the body is in alignment we experience a sense of spaciousness in our asana, where breath and energy can flow freely. We will discuss the lines of energy and how we can use them as a tool to reveal our structural alignment. We will practice applying the principles in both asana and meditation. (Suggested for intermediate to advance yoga levels.) *Sunny Davis*

- Unique -

TRAUMA-SENSITIVE YOGA FOR EVERYONE

Trauma-Sensitive Yoga helps those who have experienced trauma, grief, or have PTSD symptoms. Students are invited to explore slow, gentle yoga movements in a relaxed, safe environment. No yoga experience is needed and can be done sitting in a chair or on a yoga mat. (Suggested for all yoga levels.) *Sue Stevens*

- Unique -

THE SONGS WE SING

Celebrate connection to people and planet through rhythm and song and dance. As we rekindle ways of embracing old world traditions, consider starting with some of those songs: songs with deep meaning to help us better co-create the world in which we want to live. (Suggested for all yoga levels.) *Gregory Whitt*

- Yin -

RECOUP & RESTORE: ACTIVE RECOVERY YOGA

This slow-paced R & R yoga class will blend restorative and yin postures with dynamic stretches to soothe your muscles, increase flexibility and mobility to create balance in your body. (Suggested for beginner yoga level.) *Tiffany Pridgen*

- Gentle -

RADICAL REST

Radical Rest is an invitation to liberation. Radical Rest is a yoga class for all levels where we will dive deep into a restorative yoga practice. Why radical rest? Our society is designed to keep you busy, moving, coming and going and it is a radical decision to choose rest. (Suggested for all yoga levels; recommended for those with limited mobility range but open to all.) *Kennae Miller*

- Chair -

CHAIR YOGA FOR EVERYONE

This class shows the range of possibility in a chair yoga class, showing that chair yoga can be gentle but also vigorous in nature. (Suggested for beginner to intermediate yoga levels; recommended for the with some limited mobility range but open to all.) *Carole Snyder*

- Mini-Seminar -

RAVI HEAVY BLANKETS FOR YOGA AND WELLNESS

Lori Skerjanz, Yoga Teacher and inventor of the Ravi.

- Mini-Seminar -

ESSENTIAL OILS FOR EVERY DAY SELF CARE RITUALS

Essential oils are become mainstream. In this class you will learn what to look for to determine a quality essential oils and how to use essential oils in every day rituals from yoga to meditation to helping to support your body in staying well.

Deb Orol, RN Holistic Health Coach.

SESSION 4

(start times 2:45, 3:00 and 3:15pm)

- Moderate -

KUNDALINI YOGA, MEDITATION & SOUND

Kundalini Yoga uses movement, sound, breath, and meditation to stimulate the nervous and immune systems, while improving strength and flexibility. This powerful yoga is a great way to recharge and heal your mind and body quickly. (Suggested for all yoga levels.) *Aubrey Zinaich*

- Gentle -

TAI CHI AND YOGA

Utilizing the grounding techniques of Tai Chi to better connect with the breath, this class will help you achieve better balance and mindfulness, the building blocks of a good yoga practice. A meditative class that includes movement as well as chanting and tonal breathing. (Suggested for beginner and intermediate yoga levels. Suitable for those with some limited mobility range.)

Elyse Ribbons

- Active -

BODY MATRIX® TRANSFORMATIONAL YOGA

An intelligent fusion of yoga, functional fitness, deep core activation, anatomically correct sequencing with a strong focus on structural alignment. Classes incorporate a mix of asana, PNF stretching, core strength and myo-fascial release, achieving postural repatterning and optimal healing. (Suggested for all levels. Recommended for those with normal to high mobility range.) *Victoria Haffer*

- Unique -

CULTIVATING A HOME PRACTICE

Explore how to take this transformative practice into the comfort of your home, where you can deliver yourself exactly what you need on a daily basis. Our discussion will surround the elements of what a home practice consists of and how to tailor your practice to suit your needs. A few short

exercises during class. (Suggested for all yoga levels.) *Rayneen Thebeau*

- Unique -

WHOLE YOGA/BRAVE SPACE: DIVERSE PRACTICE

For teachers offering yoga service in “non-traditional” communities, the “Whole Yoga” model intentionally infuses asana practice with philosophy, history and culture to address nuances related to gender, body image, religion, identity and other diversities that impact students’ yoga experience. (Suggested for yoga teachers but open to all.) *Tamara Jefferies & Dr. Santiba Campbell*

- Unique -

iREST YOGA NIDRA

Integrative Restoration (iRest) Yoga Nidra, or “yogic sleep,” is mindfulness for ALL levels of practitioners and ALL bodies. This is a resting pose class; no physical asana will be practiced. Evidence-based research shows iRest Yoga Nidra helps with anxiety, pain, and sleep disorders. (Suggested for all yoga levels and any mobility range.) *Sonya Quijada*

- Yin -

YIN YOGA WITH MINDFULNESS MEDITATION

In this practice, we will explore Mindfulness Meditation while in Yin Yoga poses. Since Yin yoga poses are held for several minutes, it's a style of yoga that allows for plenty of opportunities to connect with the sensations in the body and to focus the attention with the breath. (Suggested for beginner to intermediate yoga levels.) *Lisa McCaskill*

- Chair -

BRING YOUR YOGA TO WORK

This class can be done right at your desk! Designed to release tension, move the body and help you regain focus during the workday. Poses can be modified for a closed-

door office or open concept workspace. (Suggested for all yoga levels.) *Tiffany Cole*

- Mini-Seminar -

SELF-CARE FOR CAREGIVERS (OR FOR TRAUMA)

Caregivers must take responsibility for someone's health while keeping up with the demands of their own life. How can they

maintain or improve their own health and thrive? We will discuss simple tools for self-care, how to build habitual routine, and navigation of cross-generational values. Ideal for people taking care of others or for parents of young children. *Gin Burchfield from Pure Life Massage and Ayurveda.*

CLOSING CEREMONY

(start time 4:45)

YOGA NIDRA FOR CONNECTION

Finish your day with a sound practice attuning your mind toward relaxation; a mudra meditation allowing your intention to emerge; then Yoga Nidra exploring the importance of being in community. Find that profound place between waking and sleeping where you find self-observation without judgment and get in touch with the threads that connect us all. (Recommended for all. No props necessary.) *Cheryl Fenner Brown*

