



You call this **YOGA.**  
**YogaFest**  
 2020 NC

CHECK IN & EXPO HALL OPENS AT 7:30 AM									
YOGA CLASS STYLE KEY:	MEDITATION	GENTLE	UNIQUE	MODERATE MAT	ACTIVE MAT	YIN	CHAIR		
8:00									
8:30	<b>MEDITATION FOR HEALING</b> Sunny Davis (8:30-9:45 am)	<b>DYNAMIC VINYASA FLOW</b> Stacy Smith (8:30-9:45 am)	<b>COMMON-UNITY YOGA IN COMMUNITY</b> Kenna Miller (8:30-9:45 am)	<b>PAIN, PAIN GO AWAY</b> Kathleen Loucks (8:45-10:00 am)	<b>PRE-NATAL AND POST-NATAL YOGA</b> Theresa Giorno (8:45-10:00 am)	<b>REBOOT YOUR POSTURES</b> Roxane Barville (8:45-10:00 am)	<b>AMAZON HOOP YOGA</b> Briana Young-Roane (9:00-10:15 am)	<b>YOGA FOR FIRST RESPONDERS</b> Roman Szpond (9:00-10:15 am)	<b>LIVE LIFE YOGA</b> Anjana Rathore (9:00-10:15 am)
9:00									
9:30									
10:00									
10:30	<b>YIELD VIA YIN</b> Lyndsay Rhodes (10:15-11:30 am)	<b>KUNDALINI YOGA AND MEDITATION</b> Aubrey Ziraich (10:15-11:30 am)	<b>LAUGHTER YOGA</b> Renée Baker (10:15-11:30 am)	<b>HEALTHY HEARTS</b> Molly McCollum (10:30-11:45 am)	<b>RAVI 101: YOGA AND WEIGHTED BLANKETS</b> Lori Skerjanz (10:30-11:45 am)	<b>JAR BARRE AND YOGA</b> Judy Raby (10:30-11:45 am)	<b>WARRIOR FLOW</b> Vanessa Michel (10:45-12:00 pm)	<b>FINDING STILLNESS AMID CHAOS</b> Barbara Vosk (10:45-12:00 pm)	<b>BREATHE IN CHAIR YOGA</b> Susan Kilmon (10:45-12:00 pm)
11:00									
11:30									
12:00	<b>LUNCHEON</b>								
12:30									
1:00									
1:30	<b>MEDITATION AND HEALING</b> Tom Spector (1:15-2:30 pm)	<b>DEEPENING INTO THE WISDOM OF YOGA</b> Jennifer Stanigar (1:15-2:30 pm)	<b>RHYTHM IS GONNA GET YOU</b> Greg Whitt (1:15-2:30 pm)	<b>RELEASING INNER BS</b> Devon Pelto (1:00-2:15 pm)	<b>YOGA FOR AUTOIMMUNE DISEASE</b> Lori Burgwyn-Hernandez (1:00-2:15 pm)	<b>STABILITY</b> Kristen Rae (1:15-2:30 pm)	<b>THE HEAT OF THE HIPS</b> Joseph Moehrlt (1:30-2:45 pm)	<b>GETTING CURIOUS: ASANAS FOR EXPLORERS</b> Rachel Manetti (1:30-2:45 pm)	<b>YOGA FOR PEOPLE MANAGING CANCER</b> Cheryl Brown (1:30-2:45 pm)
2:00									
2:30									
3:00	<b>YINBOUND (PARTNER YIN CLASS)</b> Erin Babcock (3:00-4:15 pm)	<b>GENTLE FLOW FOR CANCER SURVIVORS</b> Jamie Banwell (3:00-4:15 pm)	<b>ENERGY MEDICINE YOGA &amp; EMOTIONAL BALANCE</b> Michelle Waltz (3:00-4:15 pm)	<b>YOGA FOR TRAUMA RECOVERY</b> Laura Phoenix (2:45-4:00 pm)	<b>RELEASE THE ISSUES FROM THE TISSUES</b> Kris Moon (2:45-4:00 pm)	<b>INNER WISDOM: LIBERATE THRU MOVEMENT</b> Sarah Kadel (3:00-4:15 pm)	<b>GATEWAY TO THE SOUL</b> Priya Amaresh (3:15-4:30 pm)	<b>YANG TO THE YIN YOGA</b> Alise Beccaria (3:15-4:30 pm)	<b>RELAX INTO YOGA FOR CHRONIC PAIN</b> Carol Krucoff (3:15-4:30 pm)
3:30									
4:00									
4:30									
5:00	<b>CLOSING CEREMONY: YOGA NIDRA</b> Cheryl Brown (4:45-5:15 pm)								

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

Saturday, March 28, 2020 • 7:30am to 5pm  
 McKimmon Center • Raleigh N.C.

REGISTER AT [YOGAFESTNC.COM](http://YOGAFESTNC.COM)

# SESSION 1

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

## - Meditation -

### **MEDITATION FOR HEALING**

Meditation is a proven method to aid in our bodies natural ability to heal. This class will offer some techniques which can be used to navigate healing during all aspects of cancer treatment. Although we will focus on cancer, the techniques can be used for any healing.. (Suggested for beginner and intermediate yoga levels. Appropriate for low mobility range. Props recommended: blanket and bolster.) *Sunny Davis*

## - Active -

### **DYNAMIC VINYASA FLOW**

This is a powerful dynamic flowing vinyasa style class. We start with meditation and pranayama, flow through kriyas, sun salutations, include core, back strengtheners, hips openers, inversions and twists and end in savasana. Many options will be available in this energetic yoga practice. (Suggested for intermediate yoga levels. Appropriate for high mobility range.) *Stacy Smith*

## - Unique -

### **COMMON-UNITY YOGA IN COMMUNITY**

This class is open to all levels and for those interested in utilizing the tools of yoga to create inclusive yoga spaces for all. This class/workshop is a hybrid of asana and discussion for applying the philosophy of yoga in daily life. (Suggested for all yoga levels. Appropriate for limited to average mobility range. Recommended props: 1 block, strap, bolster, and blanket.) *Kennae Miller*

## - Gentle -

### **PAIN, PAIN GO AWAY**

Using a mat, chair, or a combination of the two, the class will offer specific breath, movement and mental exercises to help the nervous system of those of us challenged by

chronic pain to come into balance. (Suggested for beginner levels. Appropriate for very limited to average mobility range. Props required: 1 block, strap, blanket. Chairs will be supplied.) *Kathleen Loucks*

## - Unique -

### **PRE-NATAL AND POST-NATAL YOGA**

A practice uniquely designed for the pregnant and postpartum body. It helps support students emotionally and physically. Along with asana, special emphasis is placed on the use of the breath, resilience and coping skills, and pelvis floor work. (Suggested for all yoga levels and mobility ranges. Props required: 2 blocks, blanket. Props recommended: bolster.) *Theresa Giorno*

## - Moderate -

### **REBOOT YOUR POSTURES**

Don't get as much out of your warriors anymore? Go into automatic mode in down dog? In this class we'll explore accessory muscles and techniques to enhance your yoga postures. We start with basics and go beyond, making this class as challenging for you as your breath will allow. (Suggested for all yoga levels. Appropriate for low to high mobility range. Recommended props: 2 blocks, strap.) *Roxane Banville*

## - Active -

### **AMAZON HOOP YOGA**

This class is for the powerful soul. Tradition yoga class incorporates Hula Hoops, so be prepared for anything. Be prepared to move, sweat, and flow with unique transitions, lots of core work, and balance poses. This class is done to upbeat music that encourages dancing, twerking, and sweating. (Suggested for intermediate yoga levels. Appropriate for average to high mobility range. Props will be supplied.) *Briana Young-Roane*

- Unique -

### **YOGA FOR FIRST RESPONDERS**

Yoga is being sourced to help mitigate the adverse effects of post-traumatic stress, heart attack, suicide and other stress-based issues in the first responder population. Learn techniques to manage stress, strengthen and enhance your resiliency with yoga. (Recommended for all yoga levels and mobility ranges. Props will be supplied.)

*Roman Szpond*

- Chair -

### **LIVE LIFE YOGA**

Chair yoga is one of the most effective therapy for chronic ailments and stiffness. It is particularly useful for people with sedentary lifestyle as it can be practiced anytime sitting on a chair or standing using a chair for support. (Suggested for beginner to intermediate yoga levels. Appropriate for limited to average mobility range but open to all. Recommended props: 2 blocks.)

*Anjana Rathore*

## SESSION 2

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

- Yin -

### **YIELD VIA YIN**

Yield definition: bring forth as a natural product especially through cultivation, to give way, to surrender. Learn and experience how we can surrender and give way to positive thoughts and a productive headspace through Yin Yoga. (Suggested for beginner to intermediate yoga levels. Appropriate for limited to average mobility range. Required props: 1 block. Recommended props: 2 blocks, strap.)

*Lyndsay Rhodes*

- Unique -

### **KUNDALINI YOGA AND MEDITATION**

Kundalini yoga is called the yoga of awareness. The Kundalini energy is vitality, creativity and consciousness. Kundalini Yoga combines posture, breath, hand position, sound and eye focus to produce a powerful experience and a shift in mind, body and spirit. (Suggested for all yoga levels. Appropriate for average mobility range. Chairs will be available.) *Aubrey Ziraich*

- Unique -

### **LAUGHTER YOGA**

Laughter Yoga is a social class designed to promote connection with others, a return to a child-like sense of playfulness, relaxation, and wellness! You will move, laugh, and make noise. No yoga mat necessary. (Suggested for all yoga levels. Appropriate for all mobility levels.) *Renée Baker*.

- Gentle -

### **HEALTHY HEARTS**

This class is appropriate for yogis seeking to improve or maintain cardiovascular function. Using evidence-based poses and sequences, we will practice Strala yoga, a form of yoga emphasizing gentle, natural movement and deep breathing. (Suggested for beginner yoga levels. Appropriate for very limited to average mobility range.) *Molly McCollum*

- Unique -

### **RAVI 101: HEALING, THERAPY & YOGA PRACTICE**

RAVI is a yoga sized weighted blanket - adding weight to your yoga flow to experience the calming effects RAVI creator, Lori Skerjanz will help you weave RAVI into familiar shapes and guide you experience RAVI Calm, RAVI Strong, RAVI Assists and RAVI

Flow. (Recommended for all yoga levels. Appropriate for low to high mobility range.)

*Lori Skerjanz*

**- Moderate -**

**JAR BARRE AND YOGA**

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 intermediate yoga levels. Appropriate for average to high mobility range. Props required: 1 block. Props recommended: 2 blocks, strap, blanket and bolster.) *Judy Raby*

**- Active -**

**WARRIOR 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. Appropriate for high mobility range. Required props: 2 blocks.)

*Vanessa Michel*

**- Unique -**

**FINDING STILLNESS AMID CHAOS**

Being human comes with inevitable challenges that may, at times, leave us feeling overwhelmed. How can yoga support you during difficult times? This class will offer a blend of breathing practices, meditation, gentle and restorative yoga to help cultivate relaxation and calm. (Suggested for beginner to intermediate levels. Appropriate for average mobility range. Recommended props: 2 blocks, bolster, blanket.)

*Barbara Vosk*

**- Chair -**

**BREATHE IN CHAIR YOGA**

Breathe in with the support of Chair yoga and find lasting joy. As we explore the union of body, mind and breath we will seek to create a gentler experience of yoga. There are many benefits of yoga, as we breathe, relax, feel, watch and allow the insights to appear. (Suggested for beginner yoga levels. Appropriate for very low to low mobility range but open to all. Recommended props: 2 blocks, strap, blanket.) *Susan Kilmon*

## 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. Appropriate for all mobility ranges.) *Tom Spector, PhD*

**- Gentle -**

**DEEPENING INTO THE WISDOM OF YOGA**

This gentle class is designed for all levels, giving new and experienced practitioners an opportunity to explore some of the ancient traditions of yoga and draw on their wisdom, power and capacity to positively affect all aspects of modern life. (Suggested for beginner and intermediate yoga levels. Appropriate for low to average mobility range. Recommended props: 1 block, strap.) *Jennifer Stanigar*

- Unique -

### **RHYTHM IS GONNA GET YOU**

Take (what) matters into your own hands! Explore indigenous ideas about wellness in this playshop focused on concepts of movement and balance - only we'll take them off the mat and into the realm of psychoacoustics. That's fancy talk for how sound affects our physiology. Only it won't be very fancy or very talky, but it will be very much fun! Join in for interactive music-making at it's best. (Suggested for all yoga levels. Appropriate for all mobility levels.) *Gregory Whitt*

- Gentle -

### **RAISING INNER BS**

How much of your BS (belief systems) limits you in feeling balance? In this class, Devon Peltó, will lead you through a gentle opening practice that helps you discover limiting beliefs and how to release them. It's a unique practice as you're led to explore each posture for your unique needs. (Suggested for beginner yoga levels. Appropriate for low to average mobility range. Recommended props: 1 block, strap, blanket.) *Devon Peltó*

- Unique -

### **YOGA FOR AUTOIMMUNE DISEASE**

Learn how to find a daily dose of ease in your life by synchronizing your mind and body through the rhythm of movement, breath, and stillness. Experience mental, emotional, and physical balance, and then a stronger sense of peace and compassion and increased overall wellbeing. (Suggested for beginner and intermediate yoga levels. Appropriate for very low to average mobility range. Required props: 2 blocks, blanket. Recommended props: strap, bolster.) *Lori Burgwyn-Hernandez*

- Moderate -

### **STABILITY**

STABILITY classes are for anyone wanting to practice static postures with short breaks in between the postures. In this class you will learn how to safely practice a variety of yoga

postures building strength and grounding the body and mind.. (Suggested for beginner and intermediate yoga levels. Appropriate for low to high mobility range. Required props: 2 blocks. Recommended props: strap.)

*Kristen Rae*

- Active -

### **THE HEAT OF THE HIPS**

We all love hips! Join Joey for this dynamic hip class as you explore functional movement in all out favorite his poses and beyond. Working with the core and stabilizing the body to take your practice to the next level. (Suggested for intermediate yoga levels. Appropriate for high to very high mobility levels. Recommended props: 2 blocks, strap.)

*Joseph Moehrholt*

- Unique -

### **GETTING CURIOUS: ASANAS FOR EXPLORERS**

Some yoga poses may appear "easy" but they are actually beautifully complex in their coordination of parts. In this class, the students will form the exploration. We will take two poses from the group and break them down into component pieces for exploration. Come ready to slow down and get curious. (Suggested for all yoga levels. Appropriate for low to high mobility levels. Required props: 1 block. Recommended props: 2 blocks, strap, blanket.) *Rachel Manetti*

- Chair -

### **YOGA FOR PEOPLE MANAGING CANCER**

Simple and effective evidence-informed yoga practices that help cancer patients/survivors manage treatment side-effects. The combination of intention setting, movement, breathing, sound, mudra, and guided visualization empowers a positive connection to the body and soothes the mind and spirit. (Suggested for beginner yoga levels. Appropriate for low mobility range but open to all.) *Cheryl Brown*

## SESSION 4

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

- Yin -

### **YINBOUD (PARTNER YIN YOGA)**

Experience yin in a beautiful way by working together with a partner, deepening the sensations and learning to trust and let go. With a meditative approach, Yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality. (Suggested for beginner yoga level. Appropriate for average mobility range.) *Erin Babcock*

- Gentle -

### **GENTLE FLOW FOR CANCER SURVIVORS**

Gentle flow focused on strength, stretching, and balance to help move people through their bodies and calming their minds. (Suggested for beginner and intermediate yoga levels. Appropriate for very low to average mobility range. Required prop: 1 block. Recommended props: 2 blocks, strap blanket.) *Jamie Banwell*

- Unique -

### **ENERGY MEDICINE YOGA & EMOTIONAL BALANCE**

Unprocessed emotions are linked to dis-ease in the body. EMYoga can help balance your emotions by utilizing ancient energy medicine techniques and the 5 Element system. Learn to create harmony within and find your emotional center through the ebbs and flows of life with this EMYoga practice. (Suggested for beginner yoga level. Appropriate for average mobility range. Recommended props: 1 block, blanket.) *Michelle Waltz*

- Gentle -

### **YOGA FOR TRAUMA RECOVERY**

A number of studies support yoga as a successful intervention for people struggling with the effects of trauma - but the yoga used in the studies is different from how most yoga classes are taught. We'll explore yoga and somatics in a way intended to help

alleviate trauma in the body. (Suggested for beginner and intermediate yoga levels. Appropriate for very low to average mobility range. Recommended props: 2 blocks, blanket.) *Laura Phoenix*

- Unique -

### **RELEASE THE ISSUES FROM THE TISSUES**

If you'd like to explore simple ways to encourage greater support & ease in your neck & shoulders, (and maybe your life), this gentle, trauma-sensitive session might be the offering for you. The invitation is to notice what you're feeling as we practice mindful, restorative movement together. (Suggested for beginner yoga level. Appropriate for low to average mobility range. Recommended props: 2 blocks, blanket.) *Kris Moon*

- Moderate -

### **INNER WISDOM: LIBERATE THRU MOVEMENT**

Yoga has the power to awaken our inner teacher, the wisdom within. Breakthrough old patterns in the body with the exploration of creative movements. Find freedom from limiting beliefs and negative self-talk. Liberate your mind, body, and breath in this fun, flowing, Hatha-Vinyasa inspired class. (Suggested for beginner to intermediate yoga levels. Appropriate for average to high mobility range. Recommended props: 2 blocks.) *Sarah Kadel*

- Active -

### **GATEWAY TO THE SOUL**

In this class, we will understand the five koshas, or the sheaths of our essential being. Through physical postures and breathing techniques We will journey towards our innermost being arriving to "soul body" - the layer of joy, bliss, and equanimity, where stillness animates our existence. (Suggested for intermediate yoga levels. Appropriate for



average mobility levels. Recommended props: 1 block, strap.) *Priya Amaresh*

**- Unique -**

**YANG TO THE YIN YOGA**

Incorporating the basic principles of Chinese Medicine, Alise Beccaria, a local Doctor of Acupuncture, guides you thru a gentle flow class. Through breathe and asanas, we will bring awareness to the body, mind and spirit as we explore what you body is telling you. (Suggested for beginner and intermediate yoga levels. Appropriate for low to average mobility range. Recommended prop: 1 block.) *Alise Beccaria*

**- Chair -**

**RELAX INTO YOGA FOR CHRONIC PAIN**

Experience the Relax into Yoga approach, adapted from the evidence-based Mindful Yoga program shown in clinical studies to significantly reduce pain in people with chronic pain conditions including fibromyalgia, low back pain and metastatic breast cancer pain. (Suggested for beginner to intermediate yoga levels. Appropriate for very limited to average mobility range but open to all. Recommended props: bolster, blanket.) *Carol Krucoff*

## CLOSING CEREMONY

(start time 4:45)

**YOGA NIDRA LIVE**

Access the sweet, sacred place between being awake and asleep in this live and unscripted Yoga Nidra session. A blend of movement, sound, mudra and nidra enable you to deeply enter the practice where you can release judgment and observe yourself with a compassionate heart. (Recommended for all yoga levels. Appropriate for all mobility ranges. No props necessary.) *Cheryl Fenner Brown*

