



Saturday, March 23, 2019
McKimmon Center, Raleigh, NC

****SESSION 1****

Session 1 - Meditation: Morning Practice: Chant, Flow, Meditate

Rani Margolin

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.)

Session 1 - Chair: Chair Based Breath and Flow

Lauren Morris

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.)

Session 1 - Gentle Mat: A Mooncycle Practice

Renée Baker

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.)

Session 1 - Yin: Don't Hate, Meditate

Mike Belmares

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.)

Session 1 - Moderate Mat: Flow and Restore

RJ Lisander

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.)

Session 1 - Unique: Neck and Shoulder Therapeutics

Zach McKinney

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.)

Session 1 - Unique: Within: Exploring the Power of Stillness

Kiesha Battles

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.)

Session 1 - Active Mat: Gypsy Yoga Mama Goddess Flow

Briana Young-Roane

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.)

****SESSION 2****

Session 2 - Chair: Chair Yoga - "The Beauty of Chair Yoga"

Susan Kilmon

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).

Session 2 - Gentle Mat: Yoga for Golfers

Charles Arnold

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.)

Session 2 - Gentle Mat: Gentle Yoga with Guided Relaxation

Mia Casile

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.)

Session 2 - Moderate Mat: Practicing Resilience

Barbara Vosk

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.)

Session 2 - Unique: Ravi 101: healing, therapy & yoga practice

Lori Skerjanz

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.

Session 2 - Unique: Concepts of a Sustainable Asana Practice

Monica Shannon & Laura Foley

We start with a 30-minute discussion to introduce 3 concepts of a sustainable asana practice: Posture Variability, Body Mobility, and the Feet. 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.)

Session 2 - Active Mat: Root to Crown Chakra Yoga

Priya Amaresh

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.)

Session 2 - Active Mat: Awaken the Magic - Yoga-Mojo Vinyasa Flow

Loretta Jo Schlatzer

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.)

****SESSION 3****

Session 3 - Meditation: Meditation and Healing

Tom Spector, PhD

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.)

Session 3 - Chair: Chair Yoga for Everyone

Carole Snyder

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.)

Session 3 - Gentle Mat: Radical Rest

Kennae Miller

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.)

Session 3 - Yin: Recoup & Restore: Active Recovery Yoga

Tiffany Pridgen

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.)

Session 3 - Moderate: Yoga for Life

Allison Born

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.)

Session 3 - Unique: Trauma-Sensitive Yoga for Everyone Yoga for Everyone

Sue Stevens

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.)

Session 3 - Unique: The Songs We Sing

Gregory Whitt

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.)

Session 3 - Active Mat: Energetic Alignment

Sunny Davis

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.)

****SESSION 4****

Session 4 - Chair: Bring Your Yoga to Work

Tiffany Cole

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.)

Session 4 - Gentle: Tai Chi and Yoga

Elyse Ribbons

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.)

Session 4 - Yin: Yin Yoga with Mindfulness Meditation

Lisa McCaskill

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.)

Session 4 - Moderate: Kundalini Yoga, Meditation & Sound

Aubrey Zinaich

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.)

Session 4 - Unique: Whole Yoga/Brave Space: Diverse Practice

Tamara Jefferies & Dr. Santiba Campbell

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.)

Session 4 - Unique: Cultivating A Home Practice

Rayneen Thebeau

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.)

Session 4 - Active Mat: BODY MATRIX® Transformational Yoga

Victoria Haffer

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.)

Session 4 - Unique: iRest Yoga Nidra

Sonya Quijada

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.)

****CLOSING****

Closing- Mantra, Sound & Chant

Cheryl Fenner Brown

Learn how simple sound practices have a profound impact on mood and mindfulness. Use bija mantras to create vibration and increase awareness while in seated meditation and other poses. Create connection by chanting in a group with tamera and shruti box accompaniment. Finish with a beautiful bell meditation. (Suggested for all yoga levels.)