

2008 Yoga Festival Schedule

Yoga Center Main Room

Yoga Center Bookstore

Atlantic Stereo Plaza Parking Lot

EVENTS

- 11:00-11:50 Puja
- 12:00-1:00 Kirtan with Swami Vishwakaunteyananda
- 1:00-1:30 Yoga for Kids with Alexis Kemp (Soul at Home)
- 1:15-1:45 Body Sculpting and Conditioning with Mark Devenport (Triad Yoga)
- 1:30-1:50 Energy Healing with Kelly Gamble
- 1:30-2:00 Kids Dance with Hope Dieringer (Karma Centre)
- 2:00-3:30 Flow Yoga with Katie Sheldon (Soul at Home)
- 2:00-2:20 Yoga Facelift with Mary Bunnett
- 2:00-3:00 Drum Circle with David Van Dorn
- 2:30-2:50 Ayurveda and Yoga with Dr. Ram (Healing Gardens)
- 2:45-3:00 Indian Dance
- 3:00-3:20 Structural Integration and Yoga with Manny Aragon
- 3:00-3:30 Spiritual Dance with Hope Dieringer (Karma Centre)
- 3:30-3:50 Soul at Home with David Milligan
- 3:45-4:15 Hatha Flow Class with Anahata (Triad Yoga)
- 4:00-4:20 Set Goals and Love Your Failures with Monika Griffin from lululemon athletica
- 4:00-5:00 Drum Circle with David Van Don
- 4:30-5:00 Exploring Alignment with David Treat (Yoga Works)
- 5:00-5:30 Asana and Meditation (Yoga Center of California)

EVENING PROGRAM

- 6:30-7:00 Gong Meditation with Solantar (Yoga Works)
- 7:00-8:00 Indian Music with Pandit Vikash Maharaj and Prabhash Maharaj
- 8:00-10:00 Kirtan with BOLO! and Swami Nirvanananda