

	time	Studio
1	9:00 - 9:40	<p><b>Yoga Tree Presents: Jelayna Da Silva</b>  Welcome summer and a full day of invigorating yoga with a Hatha flow class that will leave you aching for more. Let Jelayna Da Silva guide you through an energizing flow of postures, creatively sequenced to warm up the body with methodical movement, engage your mind with metaphors and fill your heart with compassion. Expect a graceful, steady pace of poses synchronized with breath meant to challenge you physically and focus you mentally. With a keen emphasis on alignment and strength, get ready to explore your boundaries while still respecting your limitations. Grab your mat, a water bottle and a smile, it's time to breathe in summer and exhale winter.</p>
2	9:55- 10:35	<p><b>Yoga Sanctuary Presents: Cynthia Funk</b>  Hypnosis goes back over 2000 years where it was practiced in ancient Egyptian sleep temples. All hypnosis is self-hypnosis; it is much like deep meditation, EXCEPT that the thoughts are consciously directed towards a positive intent. Hypnosis heals on a profoundly deep level.</p> <p>Your HypnoZenYoga class will help you feel rested, confident, uplifted and powerful. True cellular healing and DNA transformation takes place in the space between the breath; the still point. The exciting combination of hypnosis and yoga trains the brain to go into the deeply healing state of theta, where the mind and body meet; the Zen space of true coherence and healing.</p> <p>This transformative class of discovery and new techniques will leave you amazed at how flexible your brain and body really are. Learn to get out of your limbic brain, and free up your thinking, breathe and move through asana and live in the magic of the prefrontal cortex.</p>
3	10:50 - 11:30	<p><b>889 Presents: Jodi Fischtein</b>  889 Shine &amp; Align Flow: Soar into the collective energy of the annual OmTO yoga festival with 889. Align with the potency of the sun with an energizing vinyasa flow with 889 Yoga Teacher Jodi Fischtein. This vigorous vinyasa flow will warm your body and ignite your soul! As the sun seeks its highest point in the sky on this auspicious day, we too shall reach towards vitality and strength. Let go and have fun in this empowering all-levels flow yoga class.</p>
4	11:45 - 12:25	<p><b>Y Yoga Presents: Catherine LaVallee</b>  Flow - A dynamic and challenging sequence of postures that synchronizes breath with movement in order to build strength, balance, and flexibility. All levels welcome.</p> <p>We don't have level 1, 2 and 3 classes, or beginning and advanced. The key message that makes us unique is that everyone is welcome to all classes. Our teachers are trained to build classes in a manner that's appropriate for beginners and experienced students providing opportunities to modify throughout each class.</p>

	½ HR BREAK	<b>LUNCH</b>
5	1:00- 1:40	<p><b>Moksha Yoga Presents: Megan Hoskins</b>  Moksha yoga is a dynamic system of postures and breathing exercises specifically designed to be practiced in the heat. The Moksha series is a cardiovascular workout that relaxes, strengthens and tones the muscles, while calming the mind and reducing stress. The heat - provided by mother nature in this case - allows for deep, safe stretching and promotes detoxification of the skin, blood and muscles through sweat. Class is suitable for all levels.</p>
6	1:55- 2:35	<p><b>Union Yoga Presents: Scotty Mac</b>  To your hips' content!: A playful flow practice focusing on the hips. We move slowly, riding each breath fully and exploring the contours of the hips in standing postures as well as seated. Expect to get a little sweaty and to flow slow like honey in this challenging and accessible class.</p>
7	2:50 - 3:30	<p><b>Iam Yoga Presents - Lisa Kitteringham</b>  Iam Yoga's Flow class is an elegant and methodical class; the sequences of postures will energize you and the style of instruction will ground you. We focus on producing yoga sequences that will strengthen your muscular structure, elongate your skeletal structure and teach you over time how to use breath to manage your stress response and your nervous system. Our teachers focus on alignment-based instruction - and we really believe that it's possible to use the body to create a moving meditation (over time) for the mind. Our All Level class is a suitable starting point for beginners but also a great class for experienced yogis because the instruction we provide allows each student to customize each posture (by pulling back or moving forward) depending on their experience and also energy level.</p>
8	3:45 -4:25	<p><b>Spynga Presents: Sari Nisker</b>  Vinyasa Flow -As a hybrid studio our vinyasa classes are designed to complement indoor cycling, barre and strength training for all levels of students. Journey through postures at a steady pace and deepen your awareness of breath and movement with a focus on your body's alignment in poses. Increase strength, flexibility and vibrancy.</p>
9	4:40-5:20	<p><b>Tracey Soghrati Yoga- Tracey Soghrati</b>  Yoga Therapy: A Yang to Yin Approach - Tracey Soghrati will guide you through a therapeutic yoga class that is simple, accessible to everyone, and deeply satisfying. Participants will begin by moving dynamically while focusing on strength and muscular coordination. Moreover, the postures will be gracefully guided by deep breathing practices (pranayama) following the primal pulse of a drum.</p> <p>The last half of the class will utilize slow, long held stretches (yin yoga) to release tension and stress, while students meditate on the process of change, both internal and external. Finally, Lana Sugarman, with her hauntingly beautiful voice, will move us through savasana.</p>

