

# SONOMA COUNTY YOGA FESTIVAL

---

## Schedule of Events

---

**FRIDAY, OCTOBER 19TH, 2018**

---

**Opening Ceremony - North Bay WildFires Remembrance Ceremony** *sponsored by One with Nature*

4:30PM **Meditation Meadow** One by Nature Ceremony Community and Thai Buddhist Monks from Wat Mahabuddhaphumi, a local Buddhist Temple, open the Sonoma County Yoga Festival with a ceremony of remembrance to honor and acknowledge our community. Our intention is to remember those lost and affected, and renew the spirit of community that carried us through the storm and best carries us through the future.

---

**Opening Class - Vinyasa Flow** *w/ Pamela Maldonado Sponsored by Renew Yoga*

4:30pm - 6:15pm **Kapha Yoga Room** Join Pamela in this rich, heart opening all levels Vinyasa practice to lay the foundation for our 2nd annual Sonoma County Yoga Festival which is dedicated to First Responders, Firefighters, and Fire survivors.

---

**Core Stability** *w/Nicole Myers Sponsored by Blue Door Yoga & Wellness*

5:00pm - 5:45pm **Pitta Yoga Room** A blend of Pilates and Yoga principles that focus on anatomical alignment, muscle engagement, and joint flexibility. The goal is to move from your core and be able to use your joints and muscles through their full range of motion, with stability and power. We will perform exercises and movements that teach your body how to be more efficient, stronger, and safer. A range of exercise variations allows you to increase your flexibility and strength at your own pace.

---

**Hip Hop Yoga** *w/ Jensen Curtis Sponsored by Stillness Retreat*

6:30pm - 8:00pm **Kapha Yoga Room** Kick off your weekend with some beats! You will be transported to the club for an all levels high energy 90min Vinyasa flow. Spinning your favorite old and new Hip Hop songs at this playful and empowering class. Guaranteed to make you sweat and leave you feeling fly!

---

**Hatha Yoga: 26 & 2** *w/ Zachary McCloskey Sponsored by Napa Hot Yoga*

7:15pm - 8:15pm **Pitta Yoga Room** The 26 and 2 sequence is unlike any other Yoga class. It is a series of twenty-six asana poses designed to scientifically warm and stretch muscles, ligaments, and tendons in the order in which they should be stretched. The practice of these twenty-six poses will enhance mind and body, relax, strengthen, reshape and heal you over time.

---

*Friday Continued...*

---

**Baptiste Power Beats** *w/ Lisa Ellisen Sponsored by Soul Yoga*

8:15pm - 9:30pm **Kapha Yoga Room** Familiarity with sun salutations recommended, but all-levels welcome. Baptiste inspired power vinyasa yoga, focusing on the balance of strength and flexibility to cultivate total body wellness. Get balanced, de-stressed, strong and fluid. If not now, when?

---

**Black Yoga Buti Yoga** *w/ Andrea Thomas & Laurie Gatti Sponsored by FooDog Yoga*

8:30pm - 9:45pm **Pitta Yoga Room** Buti Yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement. Created by Celebrity Trainer Bizzie Gold, Buti Yoga utilizes the Spiral Structure Technique to sculpt + tone the deep abdominal muscles that stabilize and strengthen the body. An energetic and empowering practice sure to make you sweat and smile!

---

**DJ Micah and DJ Dragon Fly** *Live DJ Set*



8:30pm - 11:15pm **Sally Tomatoes Good ViBes Stage**

Opening with DJ Micah, DJ Dragon Fly takes us through the evening on a magic carpet ride of sound that transports the dancefloor when he throws down his full-spectrum, body-mind-soul transglobal sound experience where cutting-edge, polyrhythmic akashic bass meets primordial sound, elastic dreamtempo, tribal mayhem, and ecstatic bliss.

---

## **SATURDAY, OCTOBER 20TH, 2018**

---

**Gentle Yoga & Yoga Nidra** *w/ Barbara Brady Sponsored by Blue Door Yoga and Wellness*

8:00am - 9:00am **Kapha Yoga Room** Slow, stretching class designed to enhance flexibility and injury recovery. What if you could release: Anxiety, Stress, Insomnia, Restless mind, Depression. And cultivate: Unsurpassed calm, Resiliency, Peace, Overall well-being. You can. Through Yoga Nidra, or "yogic sleep." It is unlike anything else you've ever experienced. You're in Savasana, the pose of relaxation, while Barbra guides you into deeper and deeper states of peaceful rest and awareness. Appropriate for all levels. You just rest while Yoga Nidra guides you through visualizations that relax you all the way down to the subconscious, where some of our deepest stress gets stuck.

---

**Vinyasa Flow** *w/ Jenn Russo Sponsored by Yoga On Center*

8:30am - 9:45am **SOMO Village Vata Stage** Jenn Russo's classes are an inspiring blend of fun flow rooted in traditional alignment, with a focus on feeling, breath, integrity, and core strength. Vinyasa yoga provides the space for people to explore their power, delight their spirit, move with their breath, and go deeper into their True Self. Expect this class to include a blend of flowing and heat-inducing movements with a blend of standing poses, arm balances, twists, hip-openers back bends and more. Jenn's class will leave you feeling aligned internally and externally and in a blissful state of being.

---

## *Saturday Continued...*

---

### **Yoga w/ Tirza Dawn**

9:15am - 10:30am **Kapha Yoga Room** Tirza Dawn from the dhyana Center in Sebastopol teaches a well balanced flow, structure and meditative class called Yoga Ceremony on Saturday morning at Sonoma Yoga Festival. This class provides a space to unwind slowly, circulate thoroughly, and strengthen mindfully within the ritual of group practice in the old traditions. Tirza will be accompanied by Benjamin Ezekiel offering musical and sound healing journeys for the heart!

---

### **Kidding Around Yoga w/ Kidding Around Yoga Sponsored by Elizabeth Smith**

9:30am - 10:30am **Meditation Meadow** Come dance, limbo, skip, jump, and move and groove to the Yoga beat. Class will include creative instruction in meditation, mindfulness, breathing techniques, relaxation, poses, kids yoga games & activities, and lots of stress management, meeting children and families where they are! Don't have kids? That's okay, come have fun with us! Everyone benefits from a good time.

---

### **Kundalini Yoga w/ Anne Seaver Sponsored by Hot Yoga Calistoga**

10:00am - 11:30am **SOMO Village Vata Stage** Come align and ignite your inner energies with Anne Seaver in this powerful practice that combines movement, breathwork and chanting in order to balance the nervous and endocrine system.

---

### **Body Lever Jam w/ Steve Terry Sponsored by The Body Lever**

10:30am - 11:30am **Meditation Meadow** The Body Lever is a new self-care technology that allows each user to apply superhuman pressure to specific points on the body. Each variation will have its own nuance, though many techniques have similarities, with common themes like using the wrist rolling action when Leveraging and using the Body Handle for pinpoint pressure. Come join us for a Body Lever Jam!

---

### **Vinyasa Flow + Workshop w/ Jessica Webb Sponsored by Blue Door Yoga & Wellness**

10:45am - 11:45am **Kapha Yoga Room** Vinyasa translates from Sanskrit as, placing your body with care in a special way. In yoga classes it has transmuted into "one breath, one movement." And that is what you will find in Vinyasa Flow classes: almost constant movement that is one with the breath. The teacher incorporates some holding in poses to focus on alignment and stillness. Vinyasa Flow classes are strong and are recommended for students who are comfortable with a faster, stronger practice. There will be a pause in the middle to break down a pose creating a mini-workshop.

---

### **HEAL Movie Screening Sponsored by SF Yoga Magazine**

11:00am - 1:30pm **Pitta Yoga Room** HEAL is a global film as our health is something we all face and have the power to influence. The response to HEAL has been stunning. From our theatrically released sell out shows in LA, its four time extension in SF, to event screenings that span from a 900-person event screening in Billings Montana, to our private screening at Urban Zen NYC by Donna Karen's personal request. All walk away with an experience and deep understanding that we have the power, through our thoughts, emotions, beliefs and perceptions, to HEAL.

*Saturday Continued...*

---

**Silent Disco Yoga - Peak Flow** *w/ Chrysa Johnson Sponsored by Point of You Yoga*

12:00pm - 1:30pm **SOMO Village Vata Stage** Level 1/2 Vinyasa Flow class that mixes in elements of Dance, Tai Chi & Meditation set to a soundtrack of uplifting hip-hop, electronic dance, acoustic and devotional music

---

**Arm Balancing Workshop** *w/ Ann Austin Sponsored by Yoga Studio Ganesha*

12:00pm - 1:00pm **Kapha Yoga Room** This fun, challenging sequence of arm-balances is designed to teach you how to do arm-balances with greater mindfulness and ease. Students often over-rely on force when working on these poses rather than learning to understand the essential actions and movements. This sequence will help your body understand the mechanics and leverage of arm-balances and make these inspiring poses part of your repertoire.

---

**Workshop: Intro into Slacklining** *w/ Eleanor McCall Sponsored by Elevated Slacklining*

12:00pm - 1:00pm **Meditation Meadow** This class offers a balance of vinyasa yoga and slacklining, warming up with Vinyasa Yoga, playing with the peak of our practice and cool down on the slackline. This class is great for beginner – intermediate.

---

**Workshop: Yoga for Special Populations** *w/ Shannon McQuaide Sponsored by Fire Flex Yoga*

1:15pm - 2:15 pm **Kapha Yoga Room** Are you interested in bringing yoga to a specific population, such as veterans, first responders, nurses, educators, and many more groups who could benefit from yoga? A key aspect of creating yoga programs for special populations is understanding their unique needs and challenges. And then to develop a protocol where qualitative and quantitative data can demonstrate how yoga is a solution.

---

**Let's Connect via Laughter and Partner Yoga** *w/ Deb Reid Sponsored by P.O.S.T Wellness by Design*

1:30pm - 2:45pm **Meditation Meadow** Weaving together Laughter and Partner Yoga. Please note this isn't Acro Yoga. I make it very safe for participants. Meet many yogis in a short amount of time!

---

**Baptiste Power Yoga** *w/ Lisa Ellisen Sponsored by Soul Yoga*

1:45pm - 3:00pm **SOMO Village Vata Stage** Familiarity with sun salutations recommended, but all-levels welcome. Baptiste inspired power vinyasa yoga, focusing on the balance of strength and flexibility to cultivate total body wellness. Get balanced, de-stressed, strong and fluid. If not now, when

---

**Hatha Flow** *w/ Jesi Mifsud Sponsored by Blue Door Yoga & Wellness*

2:00pm - 3:00pm **Pitta Yoga Room** Classical Hatha Yoga is the practice of combining the focus of breath and movement of asana. This yoga practice is a potent alignment-oriented practice emphasizes the forms and actions within yoga postu

---

**Stable Flow** *w/ Amy Wolff Sponsored by Renew Yoga*

2:30pm - 3:45pm **Kapha Yoga Room** Amy anchors her classes in breath and stability while helping you find a new sense of freedom in your flow. This dynamic and creative flow will help you rebuild a strong foundation. Walk away transformed with a new sense of strength, confidence and ease!

*Saturday Continued...*

---

**Family Yoga Workshop** *w/ Kidding Around Yoga Sponsored by Elizabeth Smith*

3:00pm - 4:00pm **Pitta Yoga Room** Come Join Sunday morning for a strengthening and heart opening Meditative Vinyasa yoga practice. Leave feeling more expansive, compassionate, and connected to spirit. This practice brings focus to yoga principles of alignment, breath awareness and overall unification of body, mind and spirit.

---

**Movement Rehabilitation for PTS** *w/ Sonya McVay Sponsored by Fitness Rx*

4:00pm - 5:00pm **Kapha Yoga Room** Every second that you move, you create patterns. If you sit to make money, if you suffer from trauma, if you use your body for sport, if you suffer from arthritis... however you spend time in your body, your soft tissue is following suit. Over time, this tissue becomes susceptible to injury and chronic pain. To compensate, our joints, nerves, tendons, ligaments, etc. begin a new pattern. At Fitness Rx, we do a few things: we get your overused tissue healthy, we acknowledge your neurology and movement and then we teach you how to move functionally. We ask you to take a look at your patterns and challenge you to change.

---

**Slack-Yoga Class** *w/ Eleanor McCall Sponsored by Elevated Slacklining*

4:00pm - 5:00pm **Meditation Meadow** This class offers a balance of vinyasa yoga and slacklining, warming up with Vinyasa Yoga, playing with the peak of our practice and cool down on the slackline. This class is great for beginner – intermediate levels

---

**Yoga Chakra Tune Up w/ CBD Treatment + Discussion** *w/ Mary Gavin Sponsored by Vida Drops*

4:00pm - 5:45pm **Pitta Yoga Room** Join Mary Gavin and Vida Drops CBD for an intimate experience of Yoga Healing with CBD. Find yourself renewed and recharged with a class designed around igniting your inner wisdom for health and vitality with a bhakti flow by Mary Gavin + Topical CBD discussion and workshop provided by Vida Drops. This hybrid class + workshop will leave your body relaxed and soothed while you expand your horizons. You will leave the class with an new understanding of the possibilities for your health and vitality with CBD and the combination of nurturing a sustaining and meaningful yoga practice.

---

**Chanting** *w/ Ann Austin Sponsored by Yoga Studio Ganesha*

5:15pm - 6:00pm **Kapha Yoga Room** Chanting the Yoga Sutra is a way of not only connecting to the past but also to bring this ancient wisdom to her students.

---

**Black Light Inferno Hot Pilates** *w/ Anne Seaver Sponsored by Hot Yoga Calistoga*

6:00pm - 7:15pm **Pitta Yoga Room** Anne Seaver brings high intensity interval training with a party vibe in her Blacklight Inferno Hot Pilates Class. Expect an upbeat class focusing on Pilates alignment principles combined with plyometrics and tabata timing.

---

**YinYasa** *w/ Helaine Sheias Sponsored by Renew Yoga*

6:15pm - 7:15pm **Kapha Yoga Room** Our YinYasa Yoga focuses on the cultivation of a co-existing energetic and physical alignment within us through unique sequencing of movement and breath, in order to attain a sense of strength & agility; balance & fluidity; equanimity & peacefulness within

*Saturday Continued...*

---

**Happy Hour Yoga** w/ *Elizabeth Smith* sponsored by **Kidding Around Yoga**

7:30pm - 8:30pm **Kapha Yoga Room**

Enjoy a guided sip and stretch class that will provide you a unique experience.

---

**Powerflow** w/ *Anna Kyshynska* Sponsored by **Hot Yoga Calistoga**

7:30pm - 8:45pm **Pitta Yoga Room** Anna Kyshynska will challenge you with a powerful hybrid Ashtanga/Vinyasa flow class. Come move, sweat, and breathe in this high vibration practice.

---

**Black Light Buti Twerk** w/ *Tristan St. Germain* Sponsored by **Foodog Yoga**

9:00pm - 10:15pm **Pitta Yoga Room** BUTI is a fusion of Vinyasa Flow with cardio-intensive tribal and hip hop dance + body sculpting primal movement. With a kick-ass soundtrack, we will glow in the dark as we boogie down and shake it loose! A practice sure to energize the body and free the soul

---

**LIVE MUSIC w/ NOCEAN** *Opening musical act*

 9:00pm - 9:45pm **sally tomatoes good vibes stage** NOCEAN is California Reggae/Dub music created by multi-instrumentalist Bobby Goin.

---

**LIVE MUSIC w/ Sol Horizon** *Headlining musical act*

10:15pm - 11:15pm **sally tomatoes good vibes stage** "Best Reggae Band in the North Bay" Readers Poll Winner, NorBay awards 2010, 2017, 2018 "Sebastopol's Official Reggae Band." -Official city ordinance "Sol Horizon breaks all the rules, all the stereotypes, and reminds us, that we are all connected on this planet. Their music is genuine, and their messages are clear." -Beyondchron.com "I have had the great privilege of working with Sol Horizon on several occasions. As individual musicians they are great, but as a band they are awesome. Their sound is unique and their positive energy will keep any audience dancing to the light through the night.

---

**Moon Salutations & Yoga Astrology** w/ *Melissa Lakritz* Sponsored by **Blue Door Yoga & Wellness**

10:45pm - 11:45pm **Meditation Meadow** Join Melissa for a powerful, peaceful, and playful Vinyasa practice. Being a yogi for the last 18 years has transformed Mel's mind, body, and healed her soul. Allow her to take you on a spiritual hike to strengthen your core, connect to your heart, and quiet your mind. Calming, inward-moving, and meditative, moon salutes can transform your practice and your perceptions. During the class, Mel will be discussing what cycle the moon is in and in which planet, giving you more insight into how the moon and planets rule our emotions and well-being.

---

**Midnight Yoga** w/ *Pamela Maldonado* Sponsored by **Renew Yoga**

11:30pm - 12:30am **SOMO Village Vata Stage** Join us for Midnight Yoga! Outdoors on the SOMO Village Vata Stage in the main courtyard. We will bring the night sky, stars and moon into an up-beat flow with partner poses.

---

# SUNDAY, OCTOBER 21st, 2018

---

**Agnihotra** - *Agnihotra is a fire ceremony done every day at exactly at the time of sunrise & sunset.*

7:15am - 7:45am **Meditation Meadow**

---

**Sunshine Flow** w/ *Baddoura Carte Sponsored by FoodDog Yoga*

8:00am - 9:30am **SOMO Village Vata Stage** Let's enjoy life by taking a deep breath in & out and go with the Flow

---

**Morning Meditation** w/ *Justin Chaffe Sponsored by Dynamic Body Therapy*

8:00am - 8:30am **Kapha Yoga Room**

---

**Awakening as a Aquarian Human** w/ *Sopurkh Kaur Sponsored by Aumni Apparel*

8:15am - 9:30am **Meditation Meadow** Moving swiftly into the Age of Aquarius , we are pressurized from all dimensions. These challenges are our collective wake-up call. Now is the time to activate our true human potential and step into our Authority as leaders for the Age. We will practice the Saahibee Kriya to control your domain and a powerful Master's Touch meditation.

---

**Discussion: To Teach Or Not to Teach** w/ *Amy Wolf Sponsored by Renew Yoga*

9:30am - 10:30am **Pitta Yoga Room** To teach or not to teach? What is the why behind your question? Spend some time with Amy Wolff, the co-founder of Renew Yoga School discussing the powerful path and unique calling of becoming a yoga teacher. We will discuss the many roads, tracts and options available to become a registered yoga teacher.

---

**Yoga Church** w/ *Chrys Johnson Sponsored by Point Of You Yoga*

10:00am - 11:15am **SOMO Village Vata Stage** Come join Sunday morning for a strengthening and heart opening Meditative Vinyasa yoga practice. Leave feeling more expansive, compassionate, and connected to spirit. This practice brings focus to oga principles of alignment, breath awareness and overall unification of the body, mind and spirit

---

**Workshop: Elevated Slacklining** w/ *Eleanor McCall Sponsored by Elevated Slacklining*

10:00am - 11:00am **Meditation Meadow** This workshop will offer a blend of meditation, vinyasa yoga and slacklining, with the intention of creating a fun, open, creative, and honest container to settle into our bodies. Slacklining engages the entire body, and as such requires attention, intention, breath, flow, and union with oneself. Get grounded and feel free!

---

**Slow Flow w/ Healing Touch** w/ *Pamela Maldonado & Kathleen Callahan Sponsored by Renew Yoga*

10:15am - 11:30am **Kapha Yoga Room** Join Pamela and Kathleen in a deeply sacred journey journey of chant, reiki healing touch and slow flow Vinyasa. Leave your mat immersed in your soft and open heart.

*Sunday Continued...*

---

**Grow Your Soul-Centered Business** *w/ Samantha Fe*

11:00am - 12:00pm **PittaYoga Room** Samantha Fe is ranked Top 5 Female Psychic Medium in the US by the AFCPM. She trains natural born leaders how to start a revolution from square ONE by teaching psychic development and entrepreneurial skills. If you are ready to create a career from your soul-centered passion, Samantha will show you how.

---

**Bhakti Flow** *w/ Shane Davis Sponsored by Yoga One*

11:45am - 1:00pm **SOMO Village Vata Stage** Join Shane Davis for Bhakti Flow. Bring strength and balance to your body, quiet your mind, calm your nervous system and illuminate your spirit. This class is a moving meditation and flowing practice that will bring music, mantra, and promote inner peace.

---

**Venus Detox Flow** *Sponsored by SF Yoga Magazine*

12:00pm - 1:30pm **Kapha Yoga Room**

This detox flow class is held in honor of Venus in retrograde. Listen to the mythological story of Inanna, chant to Shiva, engage in a rigorous vinyasa based flow and meditate with your sangha. This is an all levels class that will call into question aspects of your life that are no longer serving you. Come with an open mind and a willing heart.

---

**Sound Healing** *w/ Darleen Gardner and Susan Jette Sponsored by Napa Hot Yoga*

12:30-1:30PM **Pitta Yoga Room**

---

**Slack- Yoga: Partner Class** *w/ El McCall Sponsored by Elevated Slacklining*

1:00pm - 2:30pm **Meditation Meadow** This class offers a balance of vinyasa yoga and slacklining, warming up with Vinyasa Yoga, playing with the peak of our practice and cool down on the slackline...with a partner! Tandem and partner centered slacklining helps to promote community and interconnection through the exchange of subtle energies.

---

**Yoga Fusion** *w/ Jensen Curtis Sponsored by Stillness Retreat*

1:15pm - 2:30pm **SOMO Village Vata Stage** Yoga Fusion is a mindful blend meditation and a Hatha-based yoga practice, uniting a perfect balance of physical health and mental peace. Experience a combination of movement, breathing practices, and timeless meditation teachings meant to inspire and transform us as the core. Yoga Fusion is a completely unique class, placing just as much emphasis on training the mind as it does the body. This class is designed to be fun, inspiring and above all peaceful and centering. It's a challenging class, so it's not ideal for the absolute beginner - but all other levels welcome.

---

**Local Leaders: Medical Panel** *w/ Nikita Mehta Sponsored by SF Yoga Magazine*

1:30pm - 2:45pm **Kapha Yoga Room**

Join Nikita Mehta of SF Yoga Magazine for a moderated panel looking at the implications of yoga on the field of modern medicine. Discussion topics will look at the integration of modern medicine with holistic and homeopathic treatments. The panel will include a MD, a hospice nurse, an Ayurvedic doctor, an Integrative Health Coach, a holistic health practitioner and a clinical hypnotherapist. Audience questions are encouraged.

*Sunday Continued...*

---

**Sacred Kirtan w/ Jens Jarvie & The Heart Wide Open** *With Opening Act Atmana*



2:30pm - 4:00pm **Meditation Meadow**

Through the experience of sacred mantra and song we will dive deep into the heart of being. In co-creating a space of grace we will hold the collective intention to invite healing where needed and raise the energetic vibration of ourself and the planet as a whole. Kirtan is a beautiful practice of connecting to the devotion of the Heart ♥ as well as purifying the mind. See you in the Bhav!

---

**Therapeutic Yoga and Kundalini Meditation** *w/ Nicole Ward/Guru Karam Kaur sponsored by P.O.S.T. Wellness*

3:00 - 4:00pm **Pitta Yoga Room** Kundalini Yoga works to balance the energy systems in the body – including the brain, glandular, and nervous systems. Familiar postures, simple yogic techniques, chanting, and meditation form a practice that stimulates optimal health and a radiant sense of well-being. This short course will incorporate therapeutic yoga in exploring what's needed to move forward with our soul's purpose. We'll use the basic tools of yoga and the science of the chakras to explore and review our relationship to what's called the Subtle Body.

---

**Yin - Yang** *w/ Baddoura Carte, Helaine Sheias & music by Lauren Brown Sponsored by FooDog Yoga*

4:00pm - 5:30pm **Kapha Yoga Room**

---

Visit us online at

[www.sonomacountyogafestival.com](http://www.sonomacountyogafestival.com)

for more information. Be sure to sign up for our email list for the most up to date information.

We look forward to hearing your feedback! Stay tuned for a festival survey and announcements regarding next year's festival!