

Saturday Jan. 17th Itinerary/Schedule of Events

9:00am - 10:00am – Arrive/Sign in/Reception/Open Gym

9:00am – **MOVE SESSION** - One Flame: Prana Vinyasa Immersion with Holly Baade of Joyful Warrior Yoga with Special Guest James Kapicka of Sac-Sierra Yoga & Special Musical Guest David Kai (Room B)

10:00am – **LIVE PERFORMANCE** - Shamanic Drumming “Joyful Warrior Yoga Studio” (Main Floor)

10:15am – **LIVE PERFORMANCE** – “NeoFlow” (Parkour/Freerunning) (Main Floor)

10:30am – Special Guest/Keynote Speaker – Ruben Guzman (Main Floor)

11:00am – 12:00pm – **WORKSHOP** - Ruben Guzman - “The Neurology of Health and Food” (Mat 1)

11:00am – 12:00pm – **WORKSHOP** - Bret Mason – “Intro to Ayurveda” (Room A)

11:30 – 12:30pm **WORKSHOP** – Melissa Mango – “Authentic Games” (Room B)

12:00-12:30pm – **WORKSHOP** - Ayurveda/Vegan Cooking Class (Hosted by Baagan Restaurant) (Room A)

12:00 – 12:30pm – **WORKSHOP** – Nate Davies - Parkour/Freerunning (Main Floor)

12:30pm - **LIVE PERFORMANCE** – Katie Nicole (Lyra) (Main Floor)

12:40pm – **LIVE PERFORMANCE** – “The Way PK” (Parkour/Freerunning) (Main Floor)

12:50pm - **LIVE PERFORMANCE** – Stephanie Haber (Aerial Silks) (Main Floor)

1:15pm – Special Guest/Speaker – Ahmed Hassan (Garden Suite)

1:00pm – 3:00pm – Kids Crafting Stations (Room A)

1:45pm – 3:00pm – **WORKSHOP** - Ahmed Hassan – TBA (Garden Suite)

2:00pm – 3:00pm – **WORKSHOP** Brazilian Ju Jitsu/Open Mat – Bob Gagnon (Mat 1)

2:00pm – 2:30pm - **WORKSHOP** – Katie Nicole – Lyra (Main Floor)

2:30pm – 3:15pm – **WORKSHOP** – Colton Fuller/Andrew Juntunen - Postural Alignment (Main Floor)

2:30pm – 3:30pm – **WORKSHOP** Melissa Mango – “Removing Life’s Obstacles through Hypnosis” (Room B)

3:15pm – 3:45pm - Special Guest Speaker – Ruthie Bolton “Perseverance” (Main Floor)

3:45pm - **LIVE PERFORMANCE** – Nate Davies (Aerial Straps) & NeoFlow (Parkour/Freerunning) (Main Floor)

3:50pm - LIVE PERFORMANCE – Reno Gorman (Acro Yoga) (Main Floor)

4:00pm – 5:00pm - WORKSHOP Corey Romines – Parkour (Main Floor)

4:00pm – 4:30pm – WORKSHOP – Nikodemus – Urban Dance/Funk (Mat 1)

4:15pm – 5:00pm – WORKSHOP - Jennifer Jackson-Bowen – The Bowen Technique (Room A)

4:30pm – 5:00pm – WORKSHOP – Reno Gorman – Acro Yoga (Mat 1)

4:00 – 5:00pm - MOVE SESSION – Fitness 714 – WOD (Room B)

5:00pm - LIVE PERFORMANCE - Anastasia Evergreen – Fire Dance (Outdoor Garden Area)

5:15pm - LIVE PERFORMANCE – Susan Huntzinger – Belly Dance (Main Floor)

5:30pm - LIVE PERFORMANCE – Nikodemus (Urban Dance/Funk) (Main Floor)

6:00pm - OVERNIGHT JAM SESSION BEGINS

6:00pm – 11:00am - MOVE SESSION

7:30 – 9pm – Yoga Trance Dance Move Session – The Joyful Warrior/Sac-Sierra Yoga/DJ Tim Cannon

11:00am – Jackie Chan Movie Showing

1:00am – Lights Out (Minors must be accompanied by a guardian)

Please be considerate by refraining from talking or noise making after 1:00am to allow travelers to have a restful night sleep and be able to fully participate in Sunday’s activities. “Lights out” is our cue to rest and renew

There are no showers on site. Please bring proper/minimalist toiletries to keep yourself clean and comfortable