



# Floyd Yoga Jam 2017 Schedule

## **Sunday 9/3 Schedule**

### **Brahma Nirvana- tent located in Bliss Land**

7:00-8:00am "Pranayama and Meditation: The Bridge to Freedom" HawaH \*  
8:30-10am "Joy Pilots of the Kali Yuga" Jeffrey Cohen  
10:30-12noon "Flow Yoga with Live Band" Drishti Beats  
12-1pm Free Time  
1pm-3pm " Wildly Devoted: Bhakti On The Mat" with Sean Johnson & The Wild Lotus Band \*  
3:15-5:15pm "Super Hero School" Yogi J Miles  
5:30-6:45pm "5Elements Earth Flow" with Live Drumming Brad and Nicole Fitzwater Boyle

### **Buddha Moon- tent located in Bliss Land**

7-8am - Self Led Meditation \*  
8-9:30am "Love Flow Yoga" Shankari Bowmaster  
10-12pm "Blossoming Heart" Leia Jones  
12-1 Free Time  
1-3pm "Bhakti -The Technology of Love and Devotion" Katie Silcox  
3:30-5:30pm "Returning H-om" a Prana Vinyasa practice with Twee Merrigan  
6-7:30pm "Lively Up Yourself" Nitika Achalam

### **Shiva Love- tent located in Bliss land**

7-8am "Seeking the Light Within" Vipasana Meditation with Thais \*  
8:30-9:30am "Kundalini Yoga" Brian Bayliss \*  
10-12pm "Kickasana: Yoga for Strength" Bart Westdorp  
12-1 Free Time  
1-2:30pm "Awakening the Animal Within" Namaslay- The Radical Healer  
3-4:30pm "Slow Tribal Flow and Kirtan" Narayani \*  
5-6:30pm "Opening the Heart Chakra : Kundalini Yoga" Stacey Vann & Live Music by Flavia Krishna & Gershone \*

### **Ganesha- tent located in Bliss Land**

7:30-8:30am "Instill Meditation" Jamie Regyle \*  
9-10:30am "Yoga for Depression" Jamie Martell \*  
11-12pm "Laughter Yoga" Carolyn Keller Sells \*  
12-1pm Free Time  
1-2:30pm "Fun with Fear: upside down poses with ease" Shaaron Honeycutt  
4:30-5:30 "Support for Spiritual Awakening" Sumati Govinda

### **Tea Shanti Speakeasy- located near Head Quarters**

9am-10:30am "The Spiritual Dimensions of Hatha Yoga" with Swami Asokananda  
11am-12noon Presentation about Afghanistan, it's culture, food, people and how different it is from United States with Samim & Nargis Noorzad \*  
12-1pm Free Time

1-2:30 "Finding the Gift in Pain" Sandy Jahmi Burg \*  
3:30-5pm "Kundalini and the Heroic Journey" Nick Atlas

**Peoples Playground- under the trees in JamLand**

10am YogaSlacker Conditioning \*  
11-12pm FLOW ZONE Staff- A Movement Art-Form \*  
12-1pm Free Time  
1-2pm "Yummy Water Yoga" Rebecca Elsen \*  
1:30-2:30 YOGASLACKERS Slack LineFUN  
1:30-3pm "Asana hang time" Kaelyn Rogers  
3:30-5pm "To Infinity and beyond!" AcroYoga Justin Lowery

**Om Space-In the woods behind food vendors**

10-12 "Healing Sound Temple" with Kathryn Ashera Rose, Luke Staengl & Friends \*  
1-2:30pm "Yoga Hike & Asana" with Becky Eschroeder \*  
3-4:30pm "weed walk" with Ryley \*  
3-4pm "Community Heart Songs" Kathryn Ashera Rose, Luke Staengl & Friends \*  
4:30-6:30pm "Chakra Renewal" Rev Brien Egan \*

**KIDSVILLE- located under the colorful tents in BlissLand**

9:00-9:30am Kids Yoga ages 5-10 Carmen Sanchez Yoga  
10:15-11am Yoga Games with Satya Yoga  
11:15-12pm Kids West African Djembé Drum Workshop with Cave Man Jones  
12:30-1:15pm Children's Creative Dance & Yoga Leia Jones  
2-3pm Growing OmYoga with Jenifer Mahanes  
3:30-4:30pm "kids yoga exploration and lessons" David Siller

**Art Village- located in JamLand**

ALL DAY Prayer Flag Creations

**Fire Circle- located on Mountain behind BlissLand**

8-12am Community Music/Drum Circle

**Stand Up Paddle Board Classes**

Free 15 minute Introduction class 6x a day  
Sign up at the Info Depot for a Yoga SUP class- class size limited to 6, 3-4 classes each day  
Classes are \$10, not included in ticket price  
Paddle Board Time in Pool-\$2 per session



**MUSIC**

**Main Stage- located in JamLand**

2:45-3:30 The Wildmans

4:30-5:30pm Music Road  
6:15-7:15 Morgan Wade  
8:00pm-9:30pm Sean Johnson & The Wild Lotus Band

**Chakra Stage-next door to YOJAM Main Stage**

Smart Mouth 2-2:45  
3:30-4:20 Kat Mills  
5:30-6:15 Virginia Hollow  
7:15-8pm Little Shiver

**Radical Mini-Stage located in BlissLand near YOJAM Main Stage**

11-11:30am Magic Peanut Puppets  
8:30pm Yamni Arts Fire Show  
9:30pm Release Lantern Light of Prayers

**Dance Hall- located in Jamland in the water/beer/wine garden**

9-9:45am Community Kirtan  
10-10:45am Lenee Christie  
12-1pm Isabel Bailey  
1:15pm-2 Flirting with Chemicals  
10-11:30pm Glow Dance Party with DJ Rah Bee

**Kirtan Music- located in BlissLand in Buddha Moon or Brahma tent**

3-4:30 "Slow Tribal Flow and Kirtan" Narayani  
5-6:30pm Opening the Heart Chakra : Kundalini Yoga, with Stacey Vann & Live Music  
by Flavia Krishna & Gershon



**Release Prayer Lanterns 9:15pm**  
**10 til 11:30pm Glowga Dance Party with DJ Rahbee**

\* Denotes appropriate for all levels of experience