



# CLASS SCHEDULE

## Large Tent behind Outdoor Riding Arena

**8:30am Layers Yoga: "Raw" w/ Michelle Olson** This class is a high intensity movement session designed to physically challenge the body as a means to explore individual mental / emotional patterns. Release toxins and reinvigorate the spirit. It's a combination of yoga, dance, breathwork and body conditioning.

**9:45am Fall Equinox Balanced Flow w/ Jacquelyn Crowhurst** The Fall Equinox marks the start of Fall where there is a balance of day and night. This balance themed flow will take a fun spin on not only experiencing **balance**, but also **imbalance**, throughout your yoga practice. We will play around with balance, while checking in with how our bodies and our minds are responding to both.

**11:00am The Motion of Devotion w/ Pati Richards** In our class we will begin with a fun, interactive story time including sounds, motions and props. We will then weave the story into our asana practice which is suitable for all levels and complete it with savasana. We will conclude our session with an easy, live devotional Kirtan Chant for all!

**1:00pm ROOT Flow w/ Kristine Rosa (aka Rosa)** Always know your roots, engage with complete intention in this soul-filled flow led by one of our festival favorites and founder of Common Grounds Yoga Festival.

**2:15pm New Moon Flow w/ Brenna Rollie** Harness the magic of the New Moon as we use its darkness to light up the path ahead. We'll flow to Chandra Namaskar before setting intentions for the upcoming moon cycle. Live DJ providing music throughout class.

**3:30pm Pranayama, Omring & Sound Bath w/ Elle Allen** An introductory experience in Omring, Chakra Tuning and Chanting followed by delightful and not to be missed 7-frequency Singing Bowl Immersion.

**4:45pm Yin & Yang Yoga w/ Carolyn Gross & Jenn Holm** In this practice we find balance in our bodies and mind beginning with our Yang (or active) practice and ending our practice and our day by relaxing and calming our nervous system with our Yin (or passive) practice.

## Small Tent by Pond

**8:30am Mindfulness Meditation w/ Christopher Crowhurst** Start your day at the festival off in the right frame of mind; centered, balanced, calm and with clarity of purpose. This guided, breath focused, meditation session is accessible to all levels including absolute beginners. Bring a mat or blanket to sit or lie on and leave refreshed and ready for your day. We will end with a guided relaxation on our mats.

**9:45am Chakra Talk w/ Brenna Rollie** Are you a deeply feeling person who is looking for a healthier way to experience, process, and release big emotions? Your yoga practice can take you so much deeper, and the chakras provide you a framework for how.

**11:00am Autumnal Equinox Ceremony w/ Elle Allen** Ready for fall? It's a deeper question than you might think. To attain the light we seek, we must also face and honor the darkness. Ceremony helps us access inner healing and the balance reflected in the natural world as this moment. (Bring a drum or rattle if you have one.)

**1:00pm Mindfulness in Motion w/ Christopher Crowhurst** After a fun morning of movement help absorb your practice with a guided walking meditation in the tradition of Thich Nhat Hanh, bringing yourself back into the present and preparing to engage all your sense in your afternoon practice. We will end with a guided relaxation on our mats.

**2:15pm "Let Go" Gentle Flow w/ Mary Mullett** As we head towards the fall equinox, let's use this class to let go of what we don't need, turning inward and stocking up energy for the winter ahead. We'll practice breathwork, balance and grounding with our poses.

**3:30pm Fall Equinox 108 Sun Salutations w/ Marcia Rienhardt** Clean the slate to start fresh for the new season. Shed what is no longer serving you and manifest what you need for the end of 2020. The session will be broken up into 4 themed sections allowing for in-between poses and/or a break. Variations will be provided and taking what you need from the practice will be encouraged.