



EVENT SCHEDULE

Large Tent behind Outdoor Riding Arena

9:00am Focus on Mobility w/ Amber Husevold Increasing mobility helps you move more easily and with less pain. Mobility helps our bodies function optimally. It helps correct our muscular imbalances, better our posture, helps prevent injuries (especially overuse injuries), and allows us to move more efficiently.

10:15am Layers Flow w/ Michelle Olson A body-mind-spirit movement class where there is less structure, and more fluidity. This class will challenge your body as a means to explore your mental and emotional patterns, release toxins, and reinvigorate your spirit.

11:30am Summer Fun Flow w/ Marcia Rienhardt A quick moving, fun vinyasa flow celebrating our love of being outdoors in the MN summer.

2:00pm Arrive & Awaken w/ Kjirsten Fogelson A new year can bring conciseness, and a wave of awakening that is filled with moments to reflect on the years past. In this Vinyasa practice, take time to breathe through reflections, thoughts, and feelings as you mindfully release items that are no longer serving you and your transformational journey. All levels are welcome to join me for practice.

3:15pm Festie Fun Flow w/ Kristine Rosa (aka Rosa) Allow your breath and body to move freely with your own unique rhythm. Explore with curiosity all the different ways in which you can shift and be. A little inversion play included as well. Led by one of our festival favorites and founder of Common Grounds Yoga Festival.

4:30pm Flow IN-to Bhakti Bliss w/ Pati Richards Cultivate your body bliss through connecting with Nataraja (Shiva, Lord of the Dance). We will begin this journey by exploring the Nataraja energy through a variety of modalities including a dharma talk, mudra, all levels flowing asana, and concluding with a live, blissful sound bath.

Small Tent by Pond

9:00am Homeopathy for Optimal Health w/ Bette Jo Arnett Learn about the history of homeopathy, what it is and how it works and leave with a list of remedies you can try out on your own at home.

10:15am Find Your Spirit Animal w/ Elle Allen Explore mysteries of the indigenous world view and experience a partially-guided shamanic drumming journey to seek deeper vision. No movement but bring your mat.

11:30am Psoas Release w/ Jill Sand (ends at 12:45pm) The pandemic has taken a toll on our mental and emotional states. Many of us are holding extra stress and trauma in our bodies. This yoga therapy group class is not like any other yoga practice. All levels are welcome as we "shake out" the past year of stress. This is the yoga practice you need!

2:00pm Daily Ayurveda: Everyday Habits for Living Well w/ Andrea Winter Discover how to create balance in your life with tiny changes to your daily routine leading to stronger digestion, nourishing sleep and more energy. These morning and evening practices help you check off the self-care box every day, in just a couple of minutes.

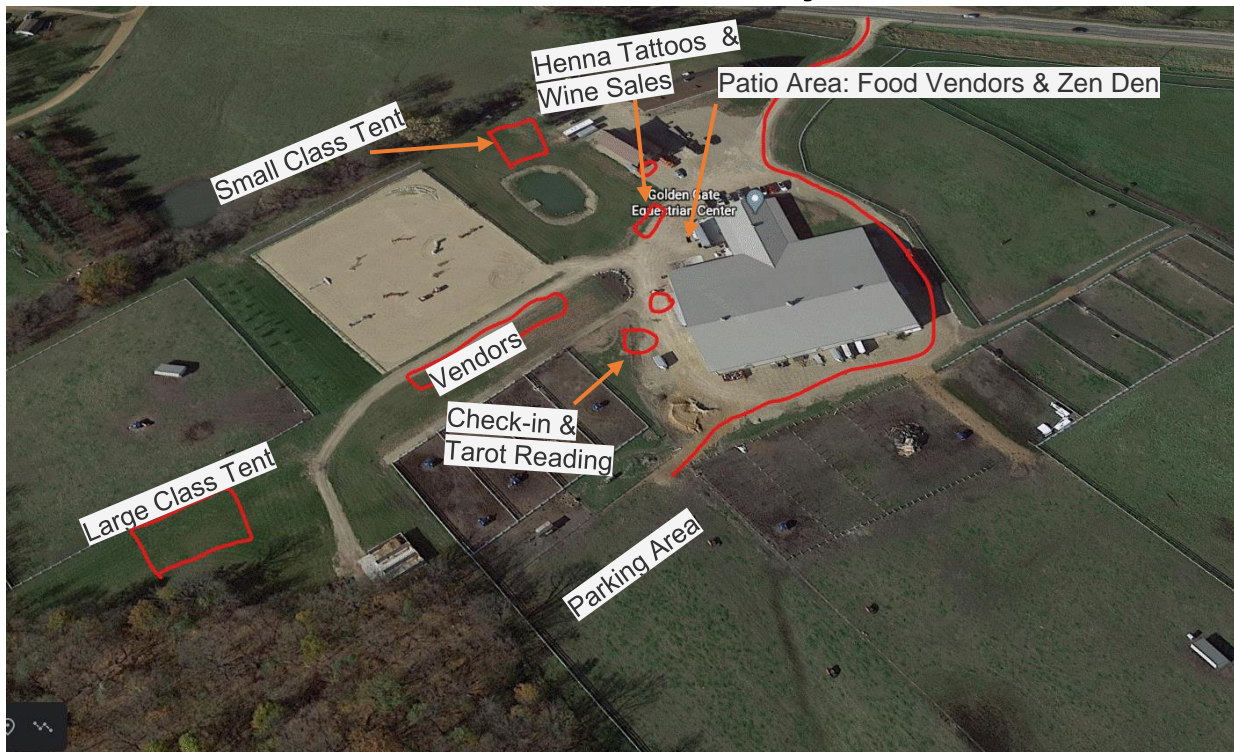
3:15pm "Let Go" Gentle Yoga Flow w/ Mary Mullett It's been quite the year, Actually quite the last 18 months has been challenging! We'll use this class to try to let go of some of the trauma and anxiety we may be holding and storing in our bodies. We'll practice breathwork, balance and grounding with our poses, to help us "Let Go."

4:30pm Chakra Talk w/ Brenna Rollie *Are you ready to tap into the secrets of your subtle body?* Discover 5 secrets to understanding your energy and how it moves plus the basic energetic imbalances we all face. Mostly workshop with a little gentle movement and meditation.

6:15pm Special Acoustic Concert by Chris Koza under big tent

Throughout the day you are welcome to wander the grounds, visit the vendors, hike the riding trail, sample some adult beverages, or just relax and enjoy the beautiful setting! Don't forget to bring a blanket to relax and enjoy the live music at the end of the day under the big tent.

Festival Layout



Patio Area:

9am – 6pm	Soup-Du-Joor Food Truck: Coffee/Bfast Sandwiches, Soups & Sandwiches
11am-2pm	Borealis Bowls Food Truck: Smoothie Bowls
12pm - 3pm	Sideshow Bloody Mary Mix Sampling & Sales
12pm - 4pm	Henna Tattoos – under white tent (starting at \$10)
12pm – 4pm	Tarot Reading – in check in tent (\$10 each)
9am – 6pm	Visit the Zen Den for a 20-minute mini-grounding session (\$15 each)
4pm – 7:30pm	Wine sales by Mousse Winery in Jordan - under white tent

Vendors: Available from 12-4 in Vendor area

- MIG Living: Handcrafted Luxury Beauty products
- Topsy Table Designs: Vintage & Antique furniture restored and refinished
- Prior Lake Chiropractic: Free chair massages
- Aham Love Yoga: Hand-knotted and energy infused meditation malas and gemstone bracelets
- Sunshine on Cedar: Semi-Precious Stones, Crystals, Energy Healing Bracelets and Greeting Cards
- Zya clothing: Active/fitness wear
- Beautifully Equipoised: Yoga mat Accessories
- Sunshine Ceramics: Handmade ceramics including mugs, bowls, planters & more!