



St Pete Yoga Fest 2025 Schedule



Time	Zone A	Zone B	Pavilion
9:30 AM - 9:45 AM			Opening Ceremony: Founder Vandana Dillon speaking w/ Native American Dance Performance by Deneshia Smith
10:00 AM - 10:45 AM	Sunstate Yoga: Power Flow with Autumn Scanio	Stuart Reed : Whale Yoga (FYTA)	Mindful Walking with a Monk- with Ajahn Tri Dao
11:00 AM - 11:45 AM	Yoga Village: Kundalini with Freddy Ross	Barry Cooper: Hatha Yoga: Balancing the 3 Gunas (FYTA)	Hip Expressions: Dance Performance
12:00 PM- 12:45 PM	Journey Into Fitness: Slow Flow Class by Nice Alberts	Andrea Correia: Yin by the Sea (FYTA)	Playful Poses, Family Yoga- Alexis Billings
1:00 PM- 1:45 PM	Ascend Yoga Academy: Grace & Strength Barre Yoga Fusion w/ Sherri	Wendy Santiago/ Marina Marek & Tatyana: Partner Yoga (FYTA)	1:50pm Thriller Flash Mob Performance, D. Smith Studio
2:00 PM - 2:45 PM	Smoky Mountain Yoga: “I AM Slow Flow” Amber Kleid	Clayton Sizemore: Hatha Yoga by Founder of Mindful Movement	Tejasvi Cross: The Eye Gazing Experience (FYTA)
3:00 PM - 3:45 PM	St Pete Acro: We Lift People Up!	Sherri Keenan: Shamanic Yoga Nidra (FYTA)	Marina Marek: Wow Facial Yoga (FYTA)
4:00 PM - 5:30 PM			Keynote Speaker: Dr Carlos Garcia, Living Yoga: A Journey of Compassion and Connection
5:45 PM - 6: 45 PM	Sunset Yoga by Laura Lauraitye with Live Music Raihan Alam		
7:00 PM - 8:00 PM			Sacred City: Kirtan Performance
8:00 PM - 9:00 PM			Headliner: DJ Violuna (Ecstatic Dance)

Thank you to our Sponsors

PRESENTING (\$1500)



SAMADHI (\$1000)



OM (\$500)



SUKASANA (\$250)



CHARITIES (PRICELESS)

