

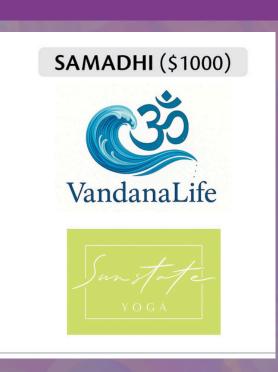
St Pete Yoga Fest 2025 Schedule Street Stree



| 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) |

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