

DISCOVERY YOGA FEST

INDOOR

OUTDOOR

2:00 PM

WELCOME

Announcements and
Stretching

3:00 PM

**GROUNDING SOUND
BATH**

By Yoga London (45 mins)

4:00 PM

YOGA FOR EVERYONE

By Yoga Wellness Connection
(30 mins)

4:40 PM

**CORE CONNECTIONS
PILATES**

By Misty Myler (30 mins)

5:15 PM

GENTLE FLOW

By Yoga London
FOR ALL LEVELS (30 mins)

**GROUNDED
BREATHWORK**

By The Yoga Studio with
Betsy (45 mins)

6:15 PM

**WYLD! INTUITIVE
MOVEMENT / DANCE**

By Yoga Wellness Connection
(30 mins)

**RESTORATIVE YOGA
BLISS**

By Yoga Wellness Connection
(30 mins)

7:00 PM

**CHAKRA FLOW DE-
MYSTIFYING**

By Yoga London with Kundalini
(40 mins)

**SUNSET SOUNDBATH
EXPERIENCE**

Yoga Wellness Connection
(45 mins)

8:00 PM

9:00 PM

COSMIC ORB UPLIFT

By The Yoga Studio (45 mins)

10:00 PM

END

BREAKOUT CLASSES (SIGN UP ON SITE)

Acro-Yoga for Beginners by Yoga Wellness Connection

Thai Yoga Bodywork Fundamentals by Yoga Wellness Connection

Pilates Workshop by Yoga London

Kids Yoga Workshop at 6:30 by The Yoga Studio

**FEATURING:
Goat Yoga!**

