

Sacred Forest Yoga Festival Guest Teacher Sign Up

This List is being filled out by Guest Teachers using THE HONOR SYSTEM

Please Place Your Name and Style of Class in the columns below

*Choose a Maximum of 2 time slots for your unique offering.

Name	Style of Class	Day	Time
		Friday	6pm
		Friday	7pm
Sarah Geiser, RYT 200	Yin (Bring a Blanket)	Friday	8pm

Name	Style of Class	Day	Time
		Saturday	6am
		Saturday	7am
		Saturday	8am
Sarah Geiser, RYT 200	All Levels Vinyasa	Saturday	9am
Gregory Ormson	Song and Chant in stillness and motion	Saturday	10am
Jen Pickard	eating meditation	Saturday	11am
Deb Smith, CMMT noon	Mindfulness Meditation	Saturday	12pm
Sharon Bohjanen, RYT200	Slow flow	Saturday	1pm
Solar Moonwave	All levels- Imagination flow to connect w/ your inner child	Saturday	2pm
Barbi Nebel, NLYMCA	Ashtanga flow	Saturday	3pm
Jen Pickard	walking meditation	Saturday	4pm

Name	Style of Class	Day	Time
		Saturday	6am
		Saturday	5pm

Name	Style of Class	Day	Time
Barbi Nebel, NLYMCA	Hatha flow	Sunday	6am
		Sunday	7am
		Sunday	8am
		Sunday	9am
		Sunday	10am
		Sunday	11am
Deb Smith, CMMT	Meditation: Self Compassion Practice	Sunday	12pm
		Sunday	1pm
		Sunday	2pm
		Sunday	3pm
		Sunday	4pm