

Sunday

LITT MAIN STAGE

HEAL

EXPAND

REMEMBER

BECOME

9-9:30AM

GATES OPEN - - AND FESTIVAL VILLAGE IS OPEN TO EXPLORE--

9:30-10:45AM

DEBBIE DIXON-LITT FLOW

NICOLE RAVEN PELTIER
MOVE THE WAY LOVE MOVES-
YOGA

Awaken Your Hearts
potential-Yoga Flow-
DIKLA KAFKA

SUMEDHA-YIN AND THE
SACRED ENERGY BODY

11-12:30PM

OPEN HEART, OPEN HIPS
YOGA EOIN FINN

BREATH IS LIFE
PRANAYAMA-
TALK-GOVIND DAS

BECKY ROBBINS
Embodied Tarot -
The Hero's Journey

YOGA OF RELATIONSHIPS
TALK-MANOJ CHALAM

CACAO CEREMONY

12:45-2PM

UNL3ASH3D
YOGA-LEAH ZACCARIA &
TAGUS

INTRO TO AYURVEDA- A
TALK- WITH GOVIND DAS

Freedom & Devotion
in Yoga Mythology-
TALK- DIKLA KAFKA

SOUND HEALING
SHAMANIC JOURNEYI
MATTHEW & JULIETH DAUBLE

2:15-3:30PM

BRIAN PITTMAN-A FIERCE
FLOW FOR THE UNTAMED
HEART-YOGA

Awaken Shakti- The Goddess
Archetype within you in Your
Heroine's Journey
A TALK-MANOJ CHALAM

LISSY

LULLABY YOGA-
JOHANNA BEEKMAN
RESTORATIVE-YOGA NIDRA

3:30-5PM

KIRTAN -GOVIND DAS-Joss
Jaffe-Johanna Beekman

TBD-EXCITING DETAILS
COMING

TBD

DEBBIE DIXON-TALK ON
SUBTLE BODY

5-6PM

FINAL CEREMONY