



LITT FESTIVAL SCHEDULE

"LOVE"
IT'S A
VIBE

Saturday

LITT MAIN STAGE

HEAL

EXPAND

REMEMBER

BECOME-LAWN

GATES OPEN - - AND FESTIVAL VILLAGE IS OPEN TO EXPLORE--INVOCATION
OPENING CEREMONY

9:30-10:30AM

CHELSEA MURPHY-
RESILIENT SOUL FLOW-
YOGA

ANAHATA CHAKRA +
DHARMA FLOW-YOGA
AUDREY SUTTON MILLS

BECKY ROBBINS
AN EMBODIED YOGA
JOURNEY WITH NATURE

SUMEDHA-PLAY WIT PRANA -
AWAKEN YOUR RADIANCE
WITHIN

MEET NEW FRIENDS
CONNECT WITH YOUR
COMMUNITY

10-11:30AM

LOOSE, FREE & HAPPY
BLISS OUT FLOW
YOGA-EOIN FINN

LISA BLACK-FOUNDATIONS
OF INVERSION-LEARN TO FLY

TBD-EXCITING DETAILS
COMING

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

11:45-1:15PM

FIND YOUR FREEDOM FLOW-
YOGA- LEAH ZACCARIA

TBD-EXCITING DETAILS
COMING

Kundalini Yoga
w/Matthew and
Julieth

ALEX ABOSSEIN- YOQI

1:30-2:45PM

O"LOVE, THE ULTIMATE
RENEWABLE RESOURCE":
Master YOGA Class EOIN FINN

YOU ARE ENOUGH
YIN YOGA-AUDREY
SUTTON MILLS

LISA BLACK-THE ART OF
ASSISTING-FOR
TEACHERS

ANOOP & ASHWINI AYER-
SUDARSHAN KRIYA-THE
HAPPINESS KRIYA

3-4:30PM

4:30-6PM

COMMUNITY KIRTAN
ART OF LIVING

6:15-7PM

AZMYTH DJ ECSTATIC
DANCE