



LITT WEEKEND SCHEDULE

A REVOLUTION OF LOVE

Spaces

HEAL

EXPAND

BECOME

GETLITT

FRIDAY

3-4:30PM

YOU ARE ENOUGH
YIN YOGA-AUDREY
SUTTON MILLS

Intro to Ayurveda-
Yoga's sister science-
Guided by GOVIND DAS

COMMUNITY KIRTAN
SHARE A CHANT OR
SING ALONG

FIND YOUR FREEDOM
FLOW-YOGA- LEAH
ZACCARIA

5PM-6PM

GRIEF COMPOSTING-A
HEALING JOURNEY-YOGA-
KYLEE GIES

LULLABY YOGA-
JOHANNA BEEKMAN
RESTORATIVE-YOGA NIDRA

SHULA AZHAR-
BELLY DANCING
PERFORMANCE

6:30-8PM

5:45-6:30PM
LEARN TO BELLY DANCE
SHULA AZHAR

KIRTAN -GOVIND DAS-Joss
Jaffe-Johanna Beekman &
Rob & Melissa Lundsgard

8:30-10PM

TORIN FROST
& LAUREN SANTI
PERFORMANCE

10:30-11:30PM

SOUND HEALING
RETURNING HOME
DEBBIE DIXON

7-8:30AM

JULIA BUGGY
empowerment yoga flow
YOGA CLASS

ANAHATA CHAKRA +
DHARMA FLOW-YOGA
AUDREY SUTTON MILLS

DESIGN YOUR LIFE
MAKE A
DREAM BOARD

DJ DREZ & MARTI NIKKO
YOGA CLASS

9-10:30AM

NANCY NOMELLINI
FINDING HANUMAN- COURAGE &
STRENGTH THROUGH DEVOTION
YOGA

O“Love, the Ultimate
Renewable Resource”:
Master Class EOIN FINN

MEET NEW FRIENDS
CONNECT WITH YOURR
COMMUNITY

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

11-12:30PM

Kriya-Breath-
Restorative Yoga-
CATALINA CARVAJAL

Becoming the Master
of the Self- Yoga Class
DJ Drez & Marti Nikko

