



# LITT WEEKEND SCHEDULE

## A REVOLUTION OF LOVE

Spaces

HEAL

EXPAND

BECOME

GETLITT

THURSDAY

3PM-4PM

STILLNESS & FLOW  
YOGA-JASON CALSYN

AWAKENING LAKSHMI FLOW  
SARAH HANNALA-YOGA

4PM-6PM

JOSS JAFFE  
OPENING YOUR VOICE  
SING-MANTRA

Be the Mirror  
CONNECT WITH YOUR  
COMMUNITY

KICK OFF YOUR FESTIVAL WITH  
A PERFORMANCE BY THE  
SALISH SEA

6:30PM-8PM

JOSS JAFFE & JOHANNA  
BEEKMAN

8PM-9:30PM

Azmyth-Dj-Vibe-Dance

10PM-11PM

SOUND HEALING  
INTEGRATION UNDER THE  
STARS DEBBIE DIXON

7-8:30AM

Chakra Energy Exploration  
Basics Class -  
JULIA BUGGY

HEATHER BALAJADIA  
YOGA- THE VAGUS NERVE

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

9-10:30AM

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

FINDING YOUR SANKALPA  
YOGA NIDRA-  
HEATHER BALAJADIA

DESIGN YOUR LIFE  
MAKE A  
DREAM BOARD

BREATH IS LIFE  
PRANAYAMA-  
TALK-GOVIND DAS

11PM-12:30PM

Release-Renew-Revitalize-  
PRANA IS POWER  
CATALINA CARVAJAL

SOUND HEALING  
SHAMANIC JOURNEYI  
MATTHEW & JULIETH DAUBLE

Reflect, Journal,  
Create a Vision- The  
Workshop to BECOME

NANCY NOMELLINI-  
Bhagavad Gita-the call to  
ACTION- YOGA CLASS

1-2:30PM

YOGA OF  
RELATIONSHIPs  
TALK-MANOJ CHALAM

Barefoot walking - Natural  
movement - Nature  
footwear-EMMY JOY

OPEN HEART, OPEN HIPS  
1-3PMPM EOIN FINN



FRIDAY



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**FRIDAY**

**3-4:30PM**

**YOU ARE ENOUGH  
YIN YOGA-AUDREY  
SUTTON MILLS**

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

**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**

**DJ DREZ & MARTI NIKKO  
YOGA CLASS**

**9-10:30AM**

**NANCY NOMEILLINI  
FINDING HANUMAN- COURAGE &  
STRENGTH THROUGH DEVOTION  
YOGA**

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

**DESIGN YOUR LIFE  
MAKE A  
DREAM BOARD**

**11-12:30PM**

**Kriya-Breath-  
Restorative Yoga-  
CATALINA CARVAJAL**

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

**MEET NEW FRIENDS  
CONNECT WITH YOURR  
COMMUNITY**





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SATURDAY AUGUST 31ST

1-2:30PM

Awaken Your Hearts potential-Yoga Flow-  
DIKLA KAFKA

Form & Formless:  
Hindu Buddhist Deity  
Archetypes & Enlightenment  
TALK-MANOJ CHALAM

Barefoot walking - Natural  
movement - Nature  
footwear-EMMY JOY

3-4:30PM

Kundalini Yoga  
w/Matthew and  
Julieth

Freedom & Devotion  
in Yoga Mythology-  
TALK- DIKLA KAFKA

UNL3ASH3D  
YOGA-LEAH ZACCARIA &  
TAGUS

5-6:30PM

SARAH HANNALA  
REIKI SOUND HEALING

CONNECT WITH NATURE/  
MEDITATE IN  
AMBIENT SOUNDS

KIRTAN-  
SALISH SEA-Mahalakshmi  
& Emam Kirtan

7PM-8PM

AZMYTH- DJ

8:30-10PM

DJ DREZ & MARTI NIKKO A  
JOURNEY THROUGH-  
ECSTATIC DANCE

10:30-11:30PM

SOUND HEALING  
THE INTEGRATION  
DEBBIE DIXON

SAY  
GOODBYE

KIRTAN-  
SALISH SEA





# LITT ADDITIONAL OFFERINGS

## A REVOLUTION OF LOVE

Spaces

### BELL TENT

### COMMUNITY ALTER

### NATURE HIKES

FRIDAY

1-2:30PM

#### Herbalism Q&A w/ MK (Barefoot&Barefoot)

Connect with Barefoot&Barefoot's owner, MK, to learn the ins & outs of the healing power of plants, owning an herbalism based business, and crafting herbal elixirs. Grab a drink from the elixir bar and join the conversation!

3-4:30PM

#### Sustainability: Local World & Local Ways of Life w/ Ben (Orkydaceae)

Orkydaceae is a Sustainability consultancy [[orkydaceae.com](http://orkydaceae.com)]. This workshop is an introduction to Orkydaceae's approach to sustainability by discussing the concepts of locals, worlds, and action. The dialogue on Sustainability occurs at the global level but, no matter what, its implementation occurs in localities, that is to say, locally. What this workshop aims to do is to make sustainability relevant to the reality of day-to-day experiences in local-worlds. There will be a 10-15 minute group activity on 'being a local' so bring something to write on and to write with. Looking forward to seeing you there!

5-6:30PM

#### The Shaman's Dream: A Blue Lotus Cacao Journey w/ Sōul (Awakened Cacao)

A ceremony and guided shamanic journey with founder of Awakened Cacao, Sōul. This experience will be a combined activation of the heart and third eye chakras, utilizing the magic of cacao and blue lotus. Drop into ceremony, connect with these powerful plant allies, and go on an exploration of the inner realms to the sound of crystal singing bowls. \$10-15pp

#### An opening ceremony will take place on Friday at 1PM lead by Nicole O'Byrne

There will be a Community Altar Space on site for you to visit throughout the entire festival. This sacred refuge will be providing a place to commune in the spirit of 'Oneness' and to connect with our humanity. The community altar will be a 'living interactive installation art piece' where you are invited to intentionally place your pain, grief, pure expression, hopes, dreams, and so much more. The design, artistry, and exercise will be a supportive invitation and testament of encouragement to; compost your grief, move stuck energy, share our life stories, spark insight, connect with the divine, and to create offerings of inspiration/ hope/ prayers TO self, community, the Great Mother, Pachamama, the Universe and beyond. There will be space carved out for ceremony, singing, circle way, sharing, and bringing the light and love to all of us. You are welcome to bring personal altar items to leave in the community altar space temporarily or for intentional release.

#### Wild food medicine foraging hike WITH AZMYTH

KIRTAN-SALISH SEA





# LITT ADDITIONAL OFFERINGS

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BELL TENT

COMMUNITY ALTAR

NATURE HIKES

SATURDAY

11:11AM

### The Awakened Heart - Cacao Ceremony w/ Sōul (Awakened Cacao)

Begin your day with this heart awakening cacao ceremony. Learn to live life as a ritual, honoring the spirit of cacao and connecting with community. We will begin with a ceremony, followed by a guided heart exploration. This workshop will leave you feeling uplifted, centered, connected and embodying the frequency of love!

\$10-15pp

1:30PM

### Inner Oracle: An exploration of Divinatory Cards and Journaling w/ Liz

Inner oracle is an exploration of divinatory oracle cards and the self.

We will dive into:

- the difference between oracle cards and tarot
- meditation
- journaling exercises

-and a creative project to create our own oracle cards using intuition as our guiding light.

No materials needed, just an open mind and an open heart.

### Plants & Pleasure w/ MK

A journey through the senses for presence, deep nourishment, connection and grounding... This workshop invites participants to discussion around the power of cultivating intimate relationships with our Plant Kin through the senses for mental, emotional and spiritual strength and well-being. Participants will dive deep into the sensual power of Rose and be guided to explore a sensual experience through an Intentional Drinking Ritual with Rose tea to connect with their mind, body and spirit, our Plant Kin, one another and the Earth. This is a fusion workshop including lecture, open discussion and a meditative ritual. Rose tea will be provided to all participants. Donations are accepted and appreciated.

Recommended donation is \$8/pp.

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Wild food medicine foraging hike WITH AZMYTH

KIRTAN-SALISH SEA





# LITT WEEKEND SCHEDULE

## EVOLVE IN LOVE

SATURDAY

*Spaces*

HEAL

EXPAND

BECOME

GETLITT

SATURDAY

SUNDAY

8-9AM

YOGA

YOGA

SUNDAY SEPT 1ST

