



You call this **YOGA.**  
**YogaFest**  
 NC



Saturday, April 8, 2017

McKimmon Center - Raleigh, NC

[www.youcallthisyoga.org](http://www.youcallthisyoga.org)

	Active	Active	Educational	Gentle	Meditation/ Chair	Unique	Chair	Teacher CE	Teacher CE	Youth 6-11	Youth 12-17	
8:00am	<b>7:30am Check-In and Exhibits Open</b>											
8:30am	<b>Brioga</b> 8:30 -9:45 <i>Briana Roane-Young</i>	<b>Intro to Ashtanga</b> 8:30-9:45 <i>Stacy Ingham</i>	<b>Stress Effects &amp; Management</b> 8:45-10:00 <i>Jen Davis</i>	<b>Building Strength/Balance</b> 8:45-10:00 <i>Tim Keim</i>	<b>Mindful Flow &amp; Meditation</b> 8:45-10:00 <i>Rani Margolin</i>	<b>Acro Yoga</b> 9:00-10:15 <i>D. Strauss/ K. Valeta</i>	<b>Greet the Day with Chair Yoga</b> 9:00-10:15 <i>Tiffany Ingersoll</i>	<b>Refine Your Assisting</b> 8:30-11:30 <i>Michele Shipley</i>	<b>Introduction to Yoga Nidra</b> 9:00-12:00 <i>Cheryl Fenner-Brown</i>	<b>Youth Asana</b> 8:30-9:15 <i>M Verdicchio</i>	<b>Off Mat</b> 8:30-9:15 <i>Victoria Smith</i>	
9:00am												
9:30am												
10:00am											<b>Beginner's Kundalini</b> 9:45-10:30 <i>Kenn Strickland</i>	<b>Keep Calm &amp; Yoga On</b> 9:45-10:30 <i>M Arondeau</i>
10:30am	<b>Roots to Rise</b> 10:15 - 11:30 <i>P. Gieger/ B. Altman</i>	<b>Fire Practice</b> 10:15-11:30 <i>Carrington Jackson</i>	<b>Drumming for Healing</b> 10:30-11:45 <i>Greg Whitt</i>	<b>Every Body Yoga</b> 10:30-11:45 <i>Jessamyn Stanley</i>	<b>Secrets of Breath</b> 10:30-11:45 <i>Tom Mitchell</i>	<b>Mindfulness on the Mat</b> 10:45-12:00 <i>Barbara Vosk</i>	<b>Kripalu Chair Yoga</b> 10:45-12:00 <i>Susan Kilmon</i>					
11:00am												
11:30am												
12:00pm	<b>Lunch</b>											
12:30pm	<b>Lunch</b>											
1:00pm	<b>Vinyasa</b> 1:15-2:30 <i>Rachel Wright</i>	<b>Flow with Alignment</b> 1:15-2:30 <i>Zach McKinney</i>	<b>Introduction to MELT</b> 1:15-2:30 <i>Karin Singleton</i>	<b>Pangu Yoga</b> 1:15-2:45 <i>Anisha Desai Fraser</i>	<b>Exploring Mindful Meditation</b> 1:30-2:45 <i>M. Engeman</i>	<b>Yin Yoga</b> 1:30-2:45 <i>Sandy Scherer</i>	<b>Active Chair Yoga</b> 1:30-2:45 <i>B Vohlwinkel</i>	<b>History of Yoga</b> 1:15-4:15 <i>Marcy Braverman-Goldstein</i>	<b>Yoga for Seniors</b> 1:30-4:30 <i>Carol Krucoff</i>	<b>Feeling Groovy</b> 1:15-2:00 <i>Gregg Whitt</i>	<b>Beginner's Kundalini</b> 1:15-2:00 <i>Kenn Strickland</i>	
1:30pm												
2:00pm												
2:30pm												
3:00pm	<b>Yoga of Discernment</b> 3:00-4:15 <i>Hayley Hedges</i>	<b>Fundamentals of Balance</b> 3:00-4:15 <i>Linda Martinez</i>	<b>Engaging the Chakras</b> 3:00-4:15 <i>Kathleen Yount</i>	<b>Alignment Focus</b> 3:15-4:30 <i>Sarah Wechsberg</i>	<b>Healing Meditation</b> 3:15-4:30 <i>Tom Spector</i>	<b>Pi-Yo: Pilates/Yoga</b> 3:15-4:30 <i>Kristina Pugh</i>	<b>Relieve Shoulder Tension</b> 3:15-4:30 <i>Kris Moon</i>					
3:30pm												
4:00pm										<b>Youth Asana</b> 2:30-3:15 <i>Ingrid Walker</i>	<b>Youth Asana</b> 2:30-3:15 <i>B Verdicchio</i>	
4:30pm										<b>Youth Asana</b> 3:45-4:30 <i>M Verdicchio</i>	<b>Youth Asana</b> 3:45-4:30 <i>Rachel Wright</i>	
5:00pm	<b>Closing Session - Savasana - Gong Bath</b>											