

NEWTOWN YOGA Festival

Featuring Internationally Known Yogis:
Ray Crist, Kathryn Templeton,
David Schouela and Tao Porchon-Lynch

Embracing Bliss & Blessings




Schedule

- 8:30 am** Registration
- 9:00 am** Opening Sacred Space Jennifer Aurelia and Guest
Speaker *Bessel van der Kolk*
- 10:00 am** *Ray Crist & Kathryn Templeton*
- 12 noon** Journey Dance
- 12:15 pm** Lunch & Shopping in Courtyard
Lunch & Learn with *Tao Porchon-Lynch*
- 1:45 pm** *David Schouela*
- 2:45 pm** Relaxation with Sacred Sound Bath & Yoga Nidra
- 3:30 pm** Silent Auction Drawing
- 4:00 pm** Closing Mantra & more Music!

All-day activities include Tai Chi, Reiki, Reflexology,
Chair Massage, Kids & Family Yoga, mini Yoga sessions

Reserve a spot online at:

www.NewtownYogaFestival.org

- Suggested Donation: \$50 / \$55 at door
- Bring Your Own Mat (and any blankets/props)
- Follow Us On:   



**SATURDAY,
AUGUST 25, 2018**

**NYA Sports & Fitness
4 Primrose Lane
Newtown, CT 06470**

9:00am-4:00pm



Bessel van der Kolk



Tao Porchon-Lynch



Ray Crist



David Schouela



Kathryn Templeton