

Schedule of Activities

| LEFT WING | |
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| Time | Activity |
| 9:00am | Welcome |
| 9:30am | Journey Dance Gentle Yoga Alignment Based Yoga Eclectic Vinyasa Yin Yoga Kid's Yoga |
| 11:00am | Community Class with Felicia Tomasko |
| 12:00nn | LUNCH BREAK Hannah's Field (lobby music) Visit Vendors |
| 1:30pm | Community Class with Stephen Cope |
| 2:30pm | Meditation with Stephen Cope |
| 3:00pm | Soundscape Sound Bath |
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| RIGHT WING | |
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| Time | Activity |
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| 9:30am | Chair Yoga Yoga Nidra |
| 11:00am | Kid's Art Project |
| 12:00nn | LUNCH BREAK Silent Auction Visit Vendors |
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| 3:45pm | Silent Auction Drawing |
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