

Dirty South Yoga Kickoff Class with Hadji and Elizabeth

6:30PM-8:00PM

Friday, July 20, 2018

Venue: [Room 1](#)

Class Pace: Sweaty

Join Elizabeth and Hadji for a fun energetic flow to set the mood for a weekend of real, raw, southern yoga.

Instructors

Hadji Jones

Hadji Jones has been a dedicated practitioner and teacher of yoga for the past 5 years. Having appeared on several Television shows such as "Rock Your Yoga" and "Yoga Sutra now". Currently can be seen modeling in Kripalu Center's marketing, Origin Magazine, and Mantra Yoga + Health. Expert for Women's Health Magazine. Manduka & Lululemon Ambassadorships.

Often noted for his ability to levitate on the yoga mat: Hadji enjoys teaching high-energy classes that promote positivity. He often utilizes a series of inversions to encourage practitioners to push beyond their personal limits of self-normalcy. Hadji enjoys incorporating elements of his personal experience mixed with urban culture to bring what he describes as his own unique "Philly vibe" to his yoga classes. Through his teachings Hadji promotes a common theme of diversity, acceptance for all, and overall wellness.

Elizabeth Rowan

Called "The A-list's go-to yogi" by The Atlantan, and founder of The Alchemy of Yoga, Elizabeth Rowan has lived, studied and taught yoga around the world. MA and E-RYT500, she teaches in The Kaivalya Yoga Method, a style in both the Ashtanga and Jivamukti lineages that emphasizes intelligent sequencing, hands-on adjustments, yoga philosophy, ritual, humor and heart. She is also a certified prenatal yoga instructor. Elizabeth leads international yoga retreats for The Travel Yogi, an annual 100 hour immersion training, and a yoga business mentorship for teachers. She currently teaches private clients in addition to select classes at YogaWorks (formerly Infinity Yoga), Form Yoga, {SAMA} Food for Balance, and Solstice Yoga & Barre. Elizabeth currently lives in Atlanta, Georgia. Learn more and get in touch at thealchemyofyoga.com.

Types

● All Levels- Sweaty

Acro Yoga Adventure Time with Charlotte & Luke

10:00AM-11:00AM

Saturday, July 21, 2018

Venue: TBA

Class Pace: Beginner Focused (Intro/Foundations)

Join local acro yoga teachers Charlotte Kilbourn and Luke Jordan for a partner workshop designed with the beginner in mind. No partner? No problem! No experience? Awesome! Don't really know what acro yoga is? Come find out the fun way!

In this workshop, Charlotte and Luke will demonstrate and break down several partner exercises and foundational acro poses with an emphasis on trust, safety, and clear communication to set you up for success. One of our guiding principles is to create an environment where acro yoga is fun and accessible to anyone and everyone, so please join us if you are brand new or experienced. You are free to come solo or create your adventure with a friend! By the end, you will all feel like one big, happy, laughing acro family no matter what!

Instructors

Luke Jordan

Join us for partner yoga with Charlotte and Luke. This workshop is suitable for those with little or no acro yoga experience, but we gladly welcome yogis who are more experienced as well! Charlotte and Luke will lead you through fundamental partner balancing postures, talk through safety techniques, and help you build trust and body awareness while working cooperatively with others. You will get to try new and exciting variations of poses, both on the ground and in the air, as you test the boundaries of your comfort zone a bit. Unleash your inner child with us, and get ready to laugh. A lot.

Charlotte Kilbourn

I received my 200 hour from Konalani Yoga Ashram in 2012, but I took a hiatus from teaching because it terrified me so much. I thought I had to be perfect, and it took me a long time to realize that people appreciate real far more than they want perfect. So when Carly opened Thunderbolt in late 2014, I was still scared to teach, but I took the plunge and did it anyways. Along that path, acro yoga and the opportunity to teach it sort of fell into my lap. It was a nice complement to the independent and serious side of yoga. Now I love to incorporate some of that playful and light-hearted energy to my yoga teaching as well. I try not to take life too seriously. For anyone, it doesn't take a far search to find a source of frustration or disappointment; so I try to notice and illuminate the little things that bring joy and a sense of humor to my life. I think that's why acro makes me so happy. It brings out my inner child, it reminds me to laugh at myself, and it teaches me that falling and failing are all part of the process. And it has tapped me into a community of people who are just as crazy and filled with child-like mischief as I am. I hope to always be a student, to always be learning, and to never fully grow up.

Types

- Beginner Focused/All Levels
-

Be Hot 60 with Be Hot Yoga Atlanta with Ayodele

10:00AM-11:00AM

Saturday, July 21, 2018

Venue: [Room 4](#)

Class Pace: Sweaty

Workout meets meditation meets massage. This is the traditional Bikram series of 26 postures and 2 breathing exercises. You will strengthen, stretch, de-stress and sweat.

Instructors

Ayodele Murphy

Types

● All Levels- Sweaty

BUTI Yoga with Joshay Simmons

10:00AM-11:00AM

Saturday, July 21, 2018

Venue: [Room 5](#)

Class Pace: Sweaty

Dance. Flow. Sweat. Created by Celebrity Trainer Bizzie Gold, BUTI yoga is a dynamic yoga practice that intuitively blends power yoga, primal movement, and cardio bursts. BUTI yoga is the perfect class for students who love a sweaty yoga practice, heart pumping beats, and dance.

Instructors

Joshay Simmons

Joshay "Shay" Simmons is a 200hr Registered Yoga Teacher and a certified BUTI Yoga Instructor. She is an advocate for body acceptance and making yoga accessible for all. Joshay does her best to make everyone feel welcomed in her classes because yoga is truly for everyone. The mental, spiritual, and emotional benefits of a daily yoga practice have been phenomenal for her and she is excited to help you to begin/continue your yoga journey. Joshay has been featured in BuzzFeed, Plus Model Magazine, and Yes Yoga Has Curves.

Types

- All Levels- Sweaty
-

Creative Flow with Tanya Sizemore

10:00AM-11:00AM

Saturday, July 21, 2018

Venue: [Room 3](#)

Class Pace: Sweaty

Flowing with familiar poses but adding a little creativity along the way. We will just play and explore and have some fun. This is open for all levels as modifications will be given as we build our flow. Come prepared to play!

Instructors

Tanya Sizemore

Tanya Sizemore grew up in Atlanta, Ansley Park to be exact. She loves to teach inspired and creative flows with each class offering something unique from the last. Tanya's favorite space is that of a student because there is always more to learn. Most of the time she is a big goofball thinking of pizza and hoping that all her students leave the room feeling a little bit better, whether that means feeling a bit more flexible, a little bit stronger, a little bit lighter or a little bit more at peace. Her goal in each class is that everyone leaves there mat feeling a little bit better in whatever area needed that day.

Types

- All Levels- Sweaty
-

Freeing the Wings of Prana with Marti Yura

10:00AM-11:00AM

Saturday, July 21, 2018

Venue: [Room 2](#)

FILLING | **Class Pace:** Moderate

Everything in nature comes from prana, which in Sanskrit means life force. We are made of prana too, as we are part of nature. When our prana is circulating well, we may feel balanced, clear, calm and vibrant. When out of balance, we may feel lethargic, unmotivated, distracted, irritated, "not well." In this class we'll explore somatic movements, performed out of gravity, that improve circulation and facilitate deep listening, while tracking sensation. We will then practice postures that improve balance and stretch, strengthen and tone the muscles of respiration. The practice will end with a short pranayama and meditation to calm, center and improve focus.

Instructors

Marti Yura

Marti's journey has come full circle, from her first fitness studio in Charleston, SC in 1982, to the "birth" of Vista Yoga in Atlanta with her husband Marty, where she teaches yoga, leads workshops, retreats and trainings, as well as practicing Thai Yoga Therapy. She is a mother of three adult children and grandmother of two.

Her passion for physical and spiritual well-being led her to teaching various forms of fitness and participation in ontological studies, and to her discovery of Yoga in 1998.

Both dynamic and therapeutic, Marti's classes are infused with a thorough understanding of the body, threads of wisdom, and her nurturing spirit with a touch of humor. Her specialty is weaving western science and eastern philosophy together with her love of nature.

She is presently a 500 E-RYT Yoga Alliance - Certified Teacher.

After practicing with a wide variety of Yoga teachers, she has been studying with Tias and Surya Little, of Prajna Yoga, Santa Fe, New Mexico, where she completed her Prajna 500hr Senior Yoga Teacher certification and 300hr SATYA training.

As a Senior Prajna Teacher, she currently leads the Prajna 200hr Teacher Training in Atlanta at Vista Yoga.

Types

● All Levels- Moderate

Fresh Funky Flow with Kelsey Reed

10:00AM-11:00AM

Saturday, July 21, 2018

Venue: [Room 1](#)

Class Pace: Moderate/Sweaty

Get groovy on your mat with Kelsey Reed of Innercise Yoga! Fresh tunes and funky moves designed to balance the body, clear the mind, and activate awareness. Open your heart energy to universal consciousness and ignite divine knowledge within. The intention of this practice is to cultivate bliss in your daily journey.

Instructors

Kelsey Reed Armbruster

As childhood dancer, Kelsey Reed has always felt best in tune with her mind and body. After a few failed high school attempts with yoga, she found her love for the practice in college during her parents' divorce, heartbreak, and family addiction.

Since 2009, Kelsey Reed has been an avid yoga practitioner. In 2012, she received her RYT-200 from Asheville Community Yoga Center and now achieved her E-RYT with 1,000 hours of experience teaching. Since being certified and earning her degree in Health & Wellness Promotion at the University of North Carolina at Asheville, she has dedicated her life to sharing this practice to improve and motivate the health and growth of others.

Kelsey Reed also traveled to India in 2015 to explore yoga in its true origins. She has attended retreats and workshops with Rachel Brathen, Jenn Pastiloff, and Alanna Kaivalya.

Types

● All Levels

Community: Yoga & Talk about Connection, Our Practice, and Our Impact with Dr. Chelsea Jackson & Shane Roberts *2 hours

10:00AM-12:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

Class Pace: Discussion Format, Moderate

Experience the connection of yoga and community through an asana practice led by internationally celebrated yoga teacher, Chelsea Jackson Roberts. This accessible asana experience is followed by a talk that introduces the Atlanta community to Red Clay Yoga modules grounded in yoga, social justice, and community building. This talk will be co-facilitated by both Chelsea and Shane Roberts, co-founders of Red Clay Yoga. You are encouraged to bring a journal or notepad and pen/pencil.

*Note: class will end with a restorative guided meditation so feel free to bring any blankets or props that will support deep relaxation.

Class will include time for a short break.

Instructors

Dr. Chelsea Jackson Roberts

Dr. Chelsea Jackson Roberts is a 200 hour E-RYT, the co-founder of Red Clay Yoga, and founder of Yoga, Literature, and Art Camp for Teen Girls at Spelman College Museum of Fine Art. Chelsea is a faculty member of Off the Mat, Into the World and travels as a global yoga educator who teaches yoga practitioners how to use yoga as a tool for social change. Read more about Chelsea Jackson Roberts, Ph.D. by visiting chelsealovesyoga.com.

Shane Roberts

Shane Roberts is the co-founder of Red Clay Yoga and is a 200 hour RYT who is committed to justice, equity, and civic participation. Shane is a writer who places emphasis on the historical context of the United States in particular, as it relates to systems, communities, and power. Shane Roberts is a graduate of Kashi Atlanta and Off the Mat, Into the World Yoga, Purpose, and Action. Learn more by visiting redclayyoga.org.

Types

● All Levels- Moderate | ● Meditation or Discussion

808's & Meditate with Maestro Riko & Dr. Crystal Jones

11:30AM-12:30PM

Saturday, July 21, 2018

Venue: [Room 6](#)

Class Pace: Restorative

A Guided Meditation accompanied by live improvised instrumentation, played on digital instruments. Maestro Riko and Dr. Crystal Jones bring you this transformative experience that is fueled by a collective intention and curated in an atmosphere charged with love and healing: A 60-minute celebration of new energies.

Instructors

Dr. Crystal Jones

Dr. Crystal Jones moves through the world as a teacher, chiropractor, mindful integration specialist, reiki master, breath therapist, and 200 hr yoga teacher. She is the founder of The Sanctuary Experience as well as The Healers' Collective (a full wellness production company). In private (and public) practice, she cultivates intuitive experiences that place an emphasis on the mindful integration of the breath into dynamic stillness for the physiological and spiritual evolution of destructive cellular patterns. Central to all of her work is acknowledging and elevating core value and truth systems on a foundational level. She teaches in holistic spaces and collegiately with a focused intention on body autonomy and holding space for the integrity of the healing process.

Maestro Riko

Riko "Maestro Riko" Morrissette is a sonic healer, producer, and thought leader based in Atlanta, GA. Fusing his background spanning over two decades in music production and performance with his training in Reiki (Reiki I Certified) and studies in metaphysics, he orchestrates a space of healing through the skilled and purposeful manipulation of sound waves. His sound baths provide participants with an open space to renew and recharge while basking in the blissfulness of his melodic soundscapes. Maestro Riko established and currently facilitates Atlanta's only synth-based sound bath, "808's & Meditate."

Types

● Meditation or Discussion

Handstands 101 with Sumayya

11:30AM-12:30PM

Saturday, July 21, 2018

Venue: [Room 3](#)

Class Pace: Sweaty

Explore your practice from a new perspective! This workshop is designed to provide an introductory knowledge of handstand through building a solid foundation from the ground up. We will focus on building core strength, strengthening shoulders, improving endurance, and developing proper alignment and technique through a variety of exercises, drills, wall work and partner work. This workshop is appropriate for students who are new to handstands, but not new to yoga. Headstand and crow pose should be a part of the participants practice. In order to move toward handstand, it is important that you have a cultivated body awareness through regular asana practice.

Instructors

Sumayya Allen

Sumayya's primary teaching style is power vinyasa flow where students are encouraged to be playful, creative and explorative, but to most importantly be mindful of their bodies and respect where they are, at that present moment, on their mats.

She loves teaching because she believes in the transformational power of yoga to unify body, mind, heart and soul. Sumayya is continually inspired as a teacher to be part of her students' journeys in becoming more tuned in and connected to themselves, as well as in discovering their inner strength and fire to rise above self-imposed limits and to shed away fears and doubts that may hold them back.

Sumayya received her 200hr certification from Hotlanta Yoga in vinyasa and athletic power yoga. She has been teaching full time since March 2017 and has experience teaching basics, power, hot vinyasa, intermediate/advanced flow, handstands, and even athletic yoga for a youth basketball camp. She also teaches yoga to refugees at the International Rescue Committee through a program with Centering Youth.

Types

- Intermediate/Advanced
-

The Warrior Within

11:30AM-12:30PM

Saturday, July 21, 2018

Venue: [Room 7](#)

Class Pace: Moderate

This class is open to all levels and will offer an invigorating practice that deepens to your higher self.

Take the leap of faith to discover your inner strength and willpower in a variation of yoga poses, breathing techniques and balance.

Embrace into your inner hero and cultivate courage and integrity by building a strong foundation for your practice.

Instructors

Mayuri Mulji

Mayuri is an avid health and fitness professional. Her passion for yoga draws students to find physical, mental and spiritual balance.

She believes that we use the physical intensity of the practice to heal and tone the body as well as to expand the understanding of ourselves.

She shares her knowledge and love of yoga with every age and level.

Mayuri's goal is to motivate and inspire others to use yoga, not just as a physical exercise, but for deeper consciousness and tranquility.

Her philosophy is that each student can find balance, peace, love and community through their yoga practice.

Mayuri completed her 500 hour certification at the Kripalu Center for Yoga and Health in Massachusetts.

Types

- All Levels
-

Vinyasa Power Flow with Courtenay

11:30AM-12:30PM

Saturday, July 21, 2018

Venue: [Room 1](#)

Class Pace: Sweaty

This vinyasa class will be designed to elevate your heart rate and test your boundaries. Music will be up tempo and the sequence will be full of dynamic transitions to help students explore movement.

Instructors

Courtenay Teitelbaum

Courtenay grew up in Ohio and moved to Atlanta in 2014. Shortly after moving here Yoga was introduced to him by a studio owner who invited him to come take a class. He went hesitantly but was hooked after the first class. The athletic undertone along with being surrounded by amazing community members had him hooked. He would often practice twice a day or at least 6 times a week. Nine months after starting his journey he decided to get his 200 hour at Highland Yoga. The training was only meant to help gain a better understanding for practicing but now he couldn't imagine having a career doing anything else. Courtenay loves how this practice not only offers tremendous health benefits but also offers care and support for our mental health.

Types

- All Levels- Sweaty
-

Ashtanga Yoga Primary Series *80 mins with Sava

11:30AM-12:45PM

Saturday, July 21, 2018

Venue: [Room 4](#)

Class Pace: Sweaty

The Ashtanga Yoga Primary Series is a traditional, lineage-based Yoga practice that builds sequentially in terms of flexibility and strength as you progress through the series. You will experience inner transformation every time you practice. Ashtanga Yoga is one of the most powerful, popular and proven methods of Yoga. It involves synchronizing the breath with a progressive series of postures that produce intense internal heat and a purifying sweat that in turn detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

Instructors

Sava

Sava has been traveling to Mysore, India to study traditional method at the Shri K Pattabhi Jois Ashtanga Yoga Institute (KPJAYI), where his teacher, Sharath Jois, continues the yoga lineage after his grandfather, K. Pathabhi Jois and shares knowledge of traditional Ashtanga yoga method with his students. In Mysore, India, he also studied anatomy, Ayurvedic massage and Sanskrit to deepen his teaching of asana practice. After years of diligent and relentless yoga practice, research, and self-study, Sharath Jois blessed Sava to teach. He is now an authorized KPJAYI teacher who can pass Ashtanga Yoga tradition on to his students. This is known as Parampara, knowledge that is passed in succession from teacher to student. This Sanskrit word denotes the principle of transmitting knowledge in its most valuable form, knowledge based on direct and practical experience. It is the foundation of any lineage: the teacher and student form links in the chain of instruction that has been passed down for thousands of years.

Sava's teaching style is confident and firm, yet gentle and compassionate. He understands the needs, limitations, and strengths of each student and works with them individually to guide them through the practice and helps adapt to it in their own unique way. Sava provides clear verbal instruction for each movement of the practice and applies physical adjustments that help students get into the proper alignment of the posture. Sava's knowledge of Ashtanga yoga is based on his personal daily practice; he is well aware of all the challenges one may face on and off the mat. He believes in an incredible potential instilled in every human soul and accomplishments that can be achieved through devotion, discipline, persistence, veracity, temperance and mindfulness.

Types

- Intermediate/Advanced
-

Female Rebels: Abundance & Boundaries *75 mins with Chyla Walsh

11:30AM-12:45PM

Saturday, July 21, 2018

Venue: [Room 2](#)

FILLING | **Class Pace:** Discussion Format, Moderate

In this Female Rebels workshop we dive into *real* talk, focusing on two of the most potent topics for women today, abundance and boundaries. We clarify what abundance means to us. How we ask for it and how we receive it. We create more fluidity in our life by setting boundaries, for ourselves and with others. Together we help define what those parameters are for us. Through the tools of yoga, writing, meditation, and discussion we will untangle our deepest desires and fears with a tribe holding us. Prepare for a journey unlike any other.

Female Rebels' mission is to unite women globally in vulnerability and authenticity to ignite inner purpose and universal truth.

Instructors

Chyla Walsh

Chyla Walsh is a Mama, an entrepreneur and a yoga teacher. She began Female Rebels out of a desire and great need for women to feel safe and supported in tackling their fears and desires. Her vibrant energy and go for it now attitude creates experiences that are transformational and healing.

In the snowy mountains of Aspen, Colorado, Chyla fell in love with Vinyasa yoga and studied to receive her 200 hour certification. She spent 7 years teaching yoga across the US developing her own authentic and free-spirited style. She lives in Atlanta, GA with her family and hosts Female Rebels gatherings online and in person at workshops and retreats around the world.

Types

● All Levels

VIP 1:1 Massage *45 mins

1:15PM-2:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

FULL

Types

- VIP Experience
-

VIP 1:1 Palm Reading with Handful of Stars

1:15PM-2:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

FULL

Types

● VIP Experience

VIP 1:1 Tarot Reading *45 mins

1:15PM-2:00PM

Saturday, July 21, 2018

Venue: [Room 8](#)

Get a VIP one on one personalized tarot card reading.

Types

● VIP Experience

VIP 1:1 Thai Massage *45 mins

1:15PM-2:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

FULL

Thai bodywork therapy is a blend of assisted stretching with therapeutic massage. The treatment is given over comfortable clothing while the recipient relaxes on a floor mat. The therapeutic Boholistic experience is customized for each individual from deep pressure to light relaxation.

Guided breath, aromatherapy and herbal steam heat therapy are intertwined in this rejuvenating experience. It is informed by Ashley's training and experience in yoga, ayurveda, pranic healing, massage and Thai bodywork.

Instructors

Ashley Bohanon

Ashley Bohanon is an Atlanta based Thai bodywork therapist and yoga teacher, offering care from integrative East-meets-West science and soul. Teaching intelligent self care resulting in active compassion is the heart of Boholistic Bodywork's greater mission.

When not in studio, Ashley is likely basking outdoors among greenery and local public art, playing in the kitchen, or snuggling with the cutest kitten around, Rawr.

Types

- VIP Experience
-

{sacred} flow: a journey thru the chakras with {sacred} thread yoga lead by Annelise

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 1](#)

Class Pace: Moderate/Sweaty

Looking for a powerful practice that combines vinyasa, yin, breathwork and honors the body as it is today? Spend this session with {sacred} thread!

While our physical body is most immediate and tangible, our energy body may actually be more powerful. We've designed this practice with an intention of empowering you to live in your body in a whole new way. A Fun, transformational & engaging practice that is both dynamic and works on subtle energetic layers...you'll gain an understanding of this ""energy"" body & how yoga can be a tool to facilitate balance.

This practice is All Levels and includes elements of our style of vinyasa (empowered-creative flow), mantra, breath, and philosophy & ends with a deep, indulgent savasana.

Instructors

Annelise Lonidier

Annelise Lonidier is the owner of Atlanta-based {sacred} thread yoga and one of the original co-founders of the innovative Sacred Chill {West}, a studio dedicated to the art of stillness. Known for her passion, authenticity and self-made approach to life, Annelise was the first in her family to attend college, buy a house and open a business. She believes in living life on our own terms!

Annelise found yoga in college and fell in love with the rigor of the practice but leaned most heavily on the energetic and spiritual teachings. While working corporate America she completed a training program and taught weekly classes as a way of staying connected to the core teachings. She left corporate America in 2015 to expand {sacred} thread, opening three studios across Atlanta. Annelise has been teaching yoga for 15 years. She has a Baptiste-Yoga-esque foundation. She studied with Tiffany Cruikshank and completed her 300-HR with Laughing Lotus NYC. Her classes are fluid & creative, powerful, yet permissive. She guides with a focus on energy and skeletal alignment.

Annelise has worked with professional athletes, retirees, and after school programs and believes yoga is for everyone. Her current mission is to bring yoga into neighborhoods that corporate chains would never choose. Off the mat Annelise is an avid football fan, beer-lover and advocate for equality. She loves music, dancing, fashion, and long walks with God.

Types

- All Levels
-

12 Tips For Yogis: How to Live Yoga in Every Part of Life with Graham Fowler

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: Room 3

Class Pace: Discussion Format

We all love our practice on the yoga mat.

In time, it's only natural that we get curious: How do we expand our embrace of this beautiful practice, and take it into every corner of our life?

We will begin our session by learning to chant the Shanti Mantra, a very ancient chant found in the Upanishads and used for centuries to instill Shanti, or peace, in all of our relationships.

And then we will reveal 12 take-home techniques and practices inspired by the yoga scriptures, relevant to modern life and designed to uplift and brighten our journey.

Instructors

Graham Fowler

Graham Fowler, founder of Peachtree Yoga Center, brings a rare opportunity to explore the deep, subtle, and life-altering potential that Yoga practices offer. His teaching arises from the depth and breadth of 44 years of study and practice of the yogic arts. His exploration of yoga began with meditation in 1973 and continued under the guidance of many Indian and Western hatha, tantra, and meditation masters. During that time, he has personally validated over 800 yoga teachers. Graham loves to help people discover the wonders of their deepest selves through the mirror of asana, meditation, nature and conscious community.

Types

- All Levels
-

Bhakti Vinyasa Flow and Jenny

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 5](#)

Class Pace: Sweaty

Bhakti Vinyasa Flow is intended to withdraw from the daily grind, drop into flow state, and open the floodgates of inspiration. We will begin the class with intention-filled call and response chanting, followed by a heart-opening, soulful, and dynamic Bhakti Vinyasa Flow. We will shift and move energy with a balance of backbends, twists, and arm balances, while focusing our intentions on breath, body, humility, and devotion. Gaining better access to our true center so we can return to the world with poise and grace.

Instructors

Jenny Kontos

Jenny is convinced that yoga found her. The mat became the one place that Jenny encountered letting go, self acceptance, forgiveness, and compassion. It was her place to create movement and experience freedom from suffering. Her place to listen to her breath, explore self realization, and spirituality. Her practice is less about flexibility and more about personal transformation and healing. A forever student devoted to serve.

Jenny's playful, energetic, intention filled classes encourage students of all levels to get out of their head and into their already perfect bodies. Her hope is that students continue to do the work off of their mat so that we can all celebrate vulnerability, courage and bravery. Jenny's creative sequencing and vigorous flows help you to experience the presence in practice and can transform how you move on and off your mat.

E - RYT 200, lululemon athletica ambassador

Types

- All Levels- Sweaty
-

Functionality: An Infused Flow with Carly Curt

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 6](#)

Class Pace: Moderate

Enjoy a practice focused on infusing strength, stability and mobility into traditional vinyasa flow. This class will move at a similar pace as a flow class, while also allowing for moments to slow down and explore the differences between passive and active ranges of motion in certain postures. Students will learn how to move their bodies well with sustainable, functional movements. Even the seasoned practitioner will learn new tips and tricks!

Instructors

Carly Curt

Hi! I'm Carly. I'll save you from my basic "yoga girl" story, but if yoga has taught me one thing, it's how grateful I am to be able to move my body. We are all drawn to yoga for many different reasons, but there is always one commonality: to be more functional. To use yoga as a tool to keep our bodies healthy and stable. With that in mind, my focus is on creating thoughtful classes that include functional, sustainable movements to maintain a mobile body. My teaching is rooted in three core values: gratitude, self-acceptance and non-judgement. I don't believe in a "one size fits all" yoga practice, and ultimately, my goal is to offer you the opportunity to become curious about your body, how it moves and what works best for you.

Types

● All Levels- Moderate

Open to Grace with Shionta

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 2](#)

Class Pace: Moderate & Restorative

What is it that you are not willing to feel but that is exactly what you need to feel? Open to Grace is designed for beginner focused and all level students to explore and refine their connection of breath and movement. Cuing will be led by Shionta Pumphrey to guide students to be in relationship with self. There will be opportunity to acknowledge imbalances in the body, collaborate with self to create ways to flow and contemplate so that students can apply off their mat.

Instructors

Shionta Pumphrey

Shionta Pumphrey, founder of Shades of Health, LLC is a Hematology-Oncology nurse of 10 years and certified yoga teacher from Southern Maryland. She received her Bachelors of Science degree from Hampton University in 2008 and started her career at the world renowned Johns Hopkins Hospital in Baltimore, MD. Attempting to find balance with work and her personal life, Shionta made a transition to Orlando, FL in 2012 where she was introduced to yoga. It was here she found a love and deep connection with the breath and movement.

Her art of work experience as an adult caregiver for cancer patients has connected her passion for yoga and are strengthened with high responsibility and effort. Shionta incorporates her skill set as a nurse and yoga teacher to work with students that have cancer, rare genetic conditions, musculoskeletal disorders, respiratory complications, pain, mental imbalances, anxiety and depression. She has lead workshops, meditation, soul care seminars and a variety of yoga classes, including restorative, alignment and spiritually oriented. She has worked with UF Health Cancer Center of Orlando Health's Integrative Medicine department, Northside Hospital Atlanta campus, Georgia Tech's Horizon Enrichment program, Black Nurses Association Wellness Conference and The Wellness Sanctuary Inc. in support of their 'Meditate with Me' series on the Atlanta BetLine. In addition to her dedication with Black Girls Run organization, she was invited to share her practice at Sweat With Your Sole 2016 conference in Atlanta, GA.

Currently residing in Atlanta, GA she recently completed Yoga Collective's Advanced-300 hour yoga teacher training under the guidance of Gina Minyard.

Shionta has grown through many setbacks throughout her journey but she continues to explore collaborating with herself in order to serve well in collaborating with others.

Types

- Beginner Focused/All Levels
-

The Integrity of The Healing Process: Holding Sacred Space with Dr. Crystal Jones

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 7](#)

Class Pace: Discussion Format

This class is for the teachers who desire to listen and the students that want to be heard. This discussion highlights the integrity of the healing process and what that means as a teacher. We discuss global body autonomy, intuitive listening and the basic principles of healing. Even with the best intentions, some students suffer quietly out of shame. The most common misinterpretations will be addressed. And you will learn experientially how to take this work with you on and off of the mat.

Instructors

Dr. Crystal Jones

Dr. Crystal Jones moves through the world as a teacher, chiropractor, mindful integration specialist, reiki master, breath therapist, and 200 hr yoga teacher. She is the founder of The Sanctuary Experience as well as The Healers' Collective (a full wellness production company). In private (and public) practice, she cultivates intuitive experiences that place an emphasis on the mindful integration of the breath into dynamic stillness for the physiological and spiritual evolution of destructive cellular patterns. Central to all of her work is acknowledging and elevating core value and truth systems on a foundational level. She teaches in holistic spaces and collegiately with a focused intention on body autonomy and holding space for the integrity of the healing process.

Types

- Meditation or Discussion
-

Unleash Your Inner Goddess with Robyn Power

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 8](#)

Class Pace: Discussion Format

In this class, we will discuss our moon cycles, the changes our mind and body go through and how we can honor each phase. By tuning into our cycles and gaining a better understanding, we can harness our feminine energy. The feminine energy IS change. It is creative, ebbing and flowing, limitless, inspiring. This class will be a safe place for sharing, discussing and time for journaling.

Instructors

Robyn Power

Robyn discovered the power of yoga while working for a major corporation and was in desperate need to take a step outside her comfort zone. She quickly realized the incredible benefits yoga had for tuning into both mind and body. In 2012, she gave birth to her first child at home.

Once she became a mother, she realized how empowering but isolating the experience can be and saw other mothers who also felt alone. In an effort to build community, she created a playgroup. These groups served as inspiration to start a women's circle to create a safe place for women to share their own knowledge and experiences.

She completed her 200 hour teacher training in 2013 with Neda Honarvar at Tough Love Yoga where she then taught Baby Mamasana and Deep Stretch. Feeling the urge to explore, her family moved to Colorado in 2014 and then North Carolina in 2015. Neither felt quite like home so in 2017, her family relocated back to Atlanta!

Robyn's classes offer a fun sweaty flow and soothing restorative postures. She loves to bring yoga to new folks and talk about anything related to motherhood.

Types

- Meditation or Discussion
-

Vibe & Flow with Seviin Yoga with Eazy

2:00PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 4](#)

FILLING | **Class Pace:** Sweaty

Our signature style. We pair breath with movement and movement with music. You will get stronger, more flexible and more present while vibin' to eclectic beats and upbeat sounds. Be prepared to sweat during this 60-minute power flow.

Instructors

Evan "Eazy" Hall

Evan "Eazy" Hall found yoga as many of us do, when he needed it the most. Over indulgence of a sedentary lifestyle led to constant back pain and crippling respiratory issues. It was in the ER where his girlfriend suggested that he do some research into the world of yoga. Shortly after being introduced to yoga he knew that one day he had to share the practice that not only healed his body, but changed his perception of himself and the world around him. He has been sharing his ever evolving practice for over 4 years now with classes ranging from Hatha yoga to Rocket Yoga and even specialty handstand and mobility classes. A fun and charismatic individual you can expect plenty of laughter, a good work out, lots of inversions, and a welcoming atmosphere in all of Eazy's classes.

Types

- All Levels- Sweaty
-

VIP 1:1 Massage *45 mins

2:15PM-3:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

Types

● [VIP Experience](#)

VIP 1:1 Palm Reading with Handful of Stars

2:15PM-3:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

Types

● VIP Experience

VIP 1:1 Tarot Reading *45 mins

2:15PM-3:00PM

Saturday, July 21, 2018

Venue: [Room 8](#)

FULL

Get a VIP one on one personalized tarot card reading.

Types

● [VIP Experience](#)

VIP 1:1 Thai Massage *45 mins

2:15PM-3:00PM

Saturday, July 21, 2018

Venue: [TBA](#)

FULL

Thai bodywork therapy is a blend of assisted stretching with therapeutic massage. The treatment is given over comfortable clothing while the recipient relaxes on a floor mat. The therapeutic Boholistic experience is customized for each individual from deep pressure to light relaxation.

Guided breath, aromatherapy and herbal steam heat therapy are intertwined in this rejuvenating experience. It is informed by Ashley's training and experience in yoga, ayurveda, pranic healing, massage and Thai bodywork.

Instructors

Ashley Bohanon

Ashley Bohanon is an Atlanta based Thai bodywork therapist and yoga teacher, offering care from integrative East-meets-West science and soul. Teaching intelligent self care resulting in active compassion is the heart of Boholistic Bodywork's greater mission.

When not in studio, Ashley is likely basking outdoors among greenery and local public art, playing in the kitchen, or snuggling with the cutest kitten around, Rawr.

Types

- VIP Experience
-

Acropotics with Danielle Duncan

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: TBA

Class Pace: Restorative

A restorative class that uses the foundation of massage and yin yoga to release muscle tension. You will work with a partner (either bring one or meet one at the class) to find unique traction, shoulder, and hip releases. You will learn basic acroyoga poses to use therapeutically with a partner and will be led through Thai massage fundamentals. A great way to relax after a long day of yoga classes!

Instructors

Danielle Duncan

Danielle Duncan is an Acroyoga Montreal certified instructor with over 3 years of acroyoga instruction experience. She has performed with Holy City Cirque, Atlanta Acroyoga, Athens Acroyoga, Circus Combustus, private events, and is the bottom half of The Cunning Stunts, a Georgia burlesque acrobatic group. She has been a practitioner of yoga for the past 10 years and a lifelong student of body movement. Danielle uses circus arts, dance, and yoga to form creative expression and art through movement with acrobatics, aerial silks, lyra, and more.

Types

● All Levels- Moderate

Feel The Vibration - an immersive experience through sound + yoga with Angela and Danielle

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 1](#)

Class Pace: Restorative

Angela Beaver and Danielle Hall of Feel The Vibration Retreats will take you through an experience using their favorite tools from each of their own ritual practices. In this experience, we will incorporate meditation, yoga - asana with an immersive sound and scent experience. Connecting, Feeling and Aligning to a higher Vibration. We will start our practice with a guided candle meditation to CONNECT inward. We will then lead you into a humming meditation to FEEL internal vibration so that you may carry it into your physical practice. Next, we will find movement and explore our physical bodies. Looking to EMBODY our intentions and presence. From there we will land in an extended savasana sound bath; an immersive experience through sound, vibration, and essential oils. We will encourage you to ALIGN with your intention and higher frequencies physically, emotionally, and spiritually.

Instructors

Angela Beaver

Angela and Danielle's philosophy of how to encourage the human spirit through yoga, sound healing, and connecting with the earth inspired them to create opportunities for personal growth and transformation through fun events and beautiful retreats. Helping you to disconnect, to reconnect, and awaken that inner spark and excitement for life. When we retune to the frequency of anything nature our bodies naturally feel at peace and well being.

Danielle Hall

Angela and Danielle's philosophy of how to encourage the human spirit through yoga, sound healing, and connecting with the earth inspired them to create opportunities for personal growth and transformation through fun events and beautiful retreats. Helping you to disconnect, to reconnect, and awaken that inner spark and excitement for life. When we retune to the frequency of anything nature our bodies naturally feel at peace and well being.

Types

- Beginner Focused/All Levels
-

Power Up & Chill Out: The Art of Energy Management with Westside Yoga lead by Gabrielle

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 5](#)

Class Pace: Moderate & Restorative

Join Gabrielle Byndloss to learn a transformative approach to yoga practice that will help you reduce stress, quiet your mind, and be more resilient in all that you do! This unique blend of vinyasa flow and yin yoga incorporates music, mantra, pranayama and movement in ways that will renew your spirit, steady your mind, and energize your entire body. Mindful movement and mantra will elevate your mood, and prepare you for deep relaxation. Playful flow leads to longer-held restorative stretches, moving blocked energy and restoring your soul. You will leave class feeling energized, and empowered to practice the life-changing art of energy management.

Instructors

Gabrielle Byndloss

GABRIELLE BYNDLOSS fell in love with yoga while dealing with depression and anxiety. Yoga helped her connect with her breath, and use it as a force to control her mind. After attending weekly classes, she noticed that regular yoga practice changed both her mind and body, helping her grow in her passions, deal with frustration, build strength, and so much more! In her classes at Westside Yoga, Gabrielle uses creative sequencing to keep her students on their toes, and challenges them to do more than they think is possible. She loves to help her students connect breath and body, and to laugh hysterically at themselves every now and then. When she's not practicing and teaching yoga, Gabrielle also works as a model and actress.

Types

- All Levels
-

Restorative Yoga for Peace of Mind (and Body) with Stacey Beth Shulman

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 6](#)

Class Pace: Restorative

In our culture of constant doing, Restorative yoga invites us to practice being: being present with ourselves, just as we are right now. This experience of present moment awareness allows us to stop excessively striving for the future and/or pining for the past in order to find our calm center and make choices from that place. Join Stacey on the path unwinding and discover the gift of being present on your mat.

Instructors

Stacey Beth Shulman

Stacey Beth Shulman ERYT-500 C-IAYT is a yoga therapist offering yoga classes, workshops, and retreats in the metro Atlanta area and beyond. She received her 200 and 500 hour yoga teacher training from Yoganand Michael Carroll. Her teaching is influenced by Kripalu, Pranakriya, and Svaroopa yoga. Stacey's mission is to bring the joy of gentle movement and breath awareness to people of all shapes, sizes, genders, and abilities.

Types

- Restorative or Yin
-

Soul Nourish Yoga & Mini Retreat with FORM yoga & Soul Nourish Retreats with Shari and Mandy

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 3](#)

Class Pace: Discussion Format/Moderate

Yoga opens the door to the riches of our inner life. In this class we will explore how we can nourish our souls to support what's next on our unique personal and spiritual journey. We will explore presence through meditations, intentional postures and guided exercises that are personal, intuitive, deep and liberating. We'll integrate psychology and spirituality with mind-body practices based on the wisdom of the Enneagram. You'll feel safe to let your hair down and revel in some ah-hah moments that shift what's possible. This "mini-retreat" will give you the opportunity to re-connect with what matters to you. Come prepared to explore mind, body and soulful community. Please bring a mat, pen and journal.

Instructors

Shari L. Fox

Thriving on heart-warming experiences and honest conversations, Shari L. Fox is the founder of Soul Nourish Institute. At retreats, workshops, and one-on-one work around the world she witnesses self-aware women and men waking up to their innate strength, grace, and peace.

Shari focuses on igniting transformative inner work. She fuses yoga, meditation and energy techniques with a cutting-edge understanding of personality theory and psyche development. Specializing in a yogic tradition that nourishes the body-mind, Shari leads soothing, presencing meditations and deeply freeing guided relaxation. Her teaching style flows with energy, awareness, and grace.

Mandy Roberts

As the owner of FORM yoga owner Mandy Roberts has built a beautiful, inclusive community that focuses on yoga through play, empowerment, trust and connection. Finding yoga in 2004, Mandy had no idea she was embarking on a life-long journey of personal growth. Her divorce just a few years later was the catalyst for a complete dissolution of her former life and the beginning of what is now FORM yoga. At that point life led her into a new career teaching yoga, owning a yoga studio and leading retreats locally and around the world.

Types

● All Levels

The Hub of the Wheel with Yoga Collective *75 mins with Gina Minyard

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 2](#)

Class Pace: Moderate

The hub of the wheel is the Heart – our deepest Self of infinite stability and infinite flexibility. Refine your asana practice through a magnetic alignment to your powerful and serene center – activating a core strength that full-body, full-mind, and full-spirit. Learn to open and move from there safely and progressively in a full spectrum practice for all levels. We'll slow down and feel into the connections we are making for new possibilities of strength, flexibility, and Heart-Embodied form.

Instructors

Gina Minyard

Gina weaves yoga's wisdom and with life's ever-unfolding process, bringing it alive and experientially embodied through breath, muscle, and bone, creating a rich and magically alchemical experience through her teaching. Dynamic alignment principles, intelligent sequencing, and thematic metaphor infuse her engaging instruction, with a presence that is weighty, compassionate, and inviting. A "pillar of Grace" in the Atlanta yoga community, she is sought out for her charisma and passion, breadth of knowledge, and mastery of alignment-based methodology. For Gina, yoga is a radical practice to bring our truest Self – its steadiness, freedom, truth, and love – into full manifestation. Practicing and teaching yoga since 1999, she is committed to disciplined work infused with laughter and light-heartedness. Gina is an E-RYT 500 with Yoga Alliance, an Authorized Teacher of Neelakantha Meditation as taught in Blue Throat Yoga, and senior teacher at Yoga Collective in Atlanta, GA, where she directs and leads BODY of LIGHT Yoga Immersion and Teacher Training. Visit www.ginaminyard.com for more info.

Types

- All Levels- Moderate
-

Yin to Drop In with Korsi Yoga

3:30PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 4](#)

Class Pace: Restorative

Finding yourself completely immersed in the "yang" style of yoga (the active, muscular form)? It may be time to discover the missing half—the "yin" style, that works the deep tissues, energy body and mind/body connection. Through gentle, long holds, you'll access and open the yin tissues; tendons, ligaments, and fascia and passively work into the body's physical, emotional and subtle energetic layers. We will incorporate mindfulness meditation throughout the practice, leaving you with a complete mind/body/spirit re-centering practice.

Instructors

Ahoo Sarab

A lifelong practitioner of yoga, Ahoo has trained and apprenticed under the Kripalu School of Yoga and Ayurveda senior instructors and Shamans in meditation, mindfulness and energy work. She focuses on the healing and transformative qualities of yoga, and she brings these into each of her classes.

Types

- Restorative or Yin
-

VIP 1:1 Massage *45 mins

3:45PM-4:30PM

Saturday, July 21, 2018

Venue: [TBA](#)

FULL

Types

- VIP Experience
-

VIP 1:1 Palm Reading with Handful of Stars

3:45PM-4:30PM

Saturday, July 21, 2018

Venue: [TBA](#)

Types

● VIP Experience

VIP 1:1 Tarot Reading *45 mins

3:45PM-4:30PM

Saturday, July 21, 2018

Venue: [Room 8](#)

Get a VIP one on one personalized tarot card reading.

Types

● [VIP Experience](#)

VIP 1:1 Thai Massage *45 mins

3:45PM-4:30PM

Saturday, July 21, 2018

Venue: [TBA](#)

FULL

Thai bodywork therapy is a blend of assisted stretching with therapeutic massage. The treatment is given over comfortable clothing while the recipient relaxes on a floor mat. The therapeutic Boholistic experience is customized for each individual from deep pressure to light relaxation.

Guided breath, aromatherapy and herbal steam heat therapy are intertwined in this rejuvenating experience. It is informed by Ashley's training and experience in yoga, ayurveda, pranic healing, massage and Thai bodywork.

Instructors

Ashley Bohanon

Ashley Bohanon is an Atlanta based Thai bodywork therapist and yoga teacher, offering care from integrative East-meets-West science and soul. Teaching intelligent self care resulting in active compassion is the heart of Boholistic Bodywork's greater mission.

When not in studio, Ashley is likely basking outdoors among greenery and local public art, playing in the kitchen, or snuggling with the cutest kitten around, Rawr.

Types

- VIP Experience
-

The power within you with Leti Lopez

10:00AM-11:00AM

Sunday, July 22, 2018

Venue: [Room 1](#)

Class Pace: Sweaty

Come discover all the power that lays within you. This is dynamic Flow and discussion where we will explore grounding, empowerment and surrendering through fundamental poses, arm balances and a backbend and stillness. Only requirement is an open mind and compassionate heart.

Instructors

Leti Lopez

Yoga Alliance 500hr RYT, trained in Atlanta, yoking and learning from worldwide recognized teachers such as Meghan Currie, Bryan Kest, Missy White, David Regelin, Ali Cramer and Taylor Harkenss.

Born and raised in Venezuela, MBA Global Marketing professional, Yogi, Runner, Pilates Teacher, ACA SUP yoga certified and puppy lover.

Leti has been for more than 5 years at some of Atlantas most beautiful communities: Red Hot Yoga, Infinity Yoga, Exhale, Highland Yoga, Thunderbolt Power Yoga and Atlanta Hot Yoga where she started her yoga practice back in 2009.

Leti's main goal while teaching is to spread the yoga goodness encouraging students to focus not only on the work-out but on the work-in, to let go and to be fully present to explore their full potential. She believes Yoga is a happy inclusive place where you don't have to give up but rather give in, a place when you only need to be your courageously self. Leti's mantra: #BringItOM

Types

● All Levels- Sweaty

Athletic Power Yoga with Samson

10:00AM-11:00AM

Sunday, July 22, 2018

Venue: [Room 6](#)

Class Pace: Sweaty

In this class you will find the humor and the fun as well as the physical challenge. I weave in yoga philosophy to take your yoga deeper into self discovery and you will leave feeling motivated, lighter and ready for a sweaty hug.

Instructors

Samson Frederick

In my class you will find the humor and the fun as well as the physical challenge. I weave in yoga philosophy to take your yoga deeper into self discovery and you will leave feeling motivated, lighter and ready for a sweaty hug. CorePower Yoga has been my home for the past eight years. The people are amazing, the yoga is fresh and I get an instant feeling of release after stepping into any CPY. I can't think of a more accepting and encouraging group of people.

Types

- All Levels- Sweaty
-

AWEsana: The Magic of Joyful Practice with Siha

10:00AM-11:00AM

Sunday, July 22, 2018

Venue: [Room 5](#)

Class Pace: Discussion Format/Moderate

What makes an awesome yoga practice? Join Siha Collins, creator of Yellow Mat Yoga, for a lively interactive discussion and experience that explores Joy and how it shapes our practice on and off the mat. Discover ways to create a unique and sustainable practice that will align your body, mind, and intentions with your biggest and brightest self. Learn how to make your own sun, shine!

Instructors

Siha Collins

Siha Collins is a teacher, speaker, and wellness advocate who uses the principles of yoga + meditation to create transformative change in people and communities. Years after sitting on her first mat (a yellow one), she realized that cultivating a fun, sustainable practice had not only improved her Yoga, but helped improve her daily life. Her insight is that when people feel better, they do better. This led to the creation of Yellow Mat Yoga, a movement + meditation studio that teaches multi-dimensional classes for physical, mental, emotional, energetic, and social wellness.

Leading with humor and ease, Siha teaches the practice of yoga + meditation in a way that gives access to genuine well-being and well-doing in people's lives. She believes Joy is a powerful tool for bringing meaningful change and calls on her diverse background in athletics, experiential marketing and team building to create a unique experience that balances structured learning with energizing movement and deep rest and is adaptable for all shapes, abilities, and class settings. Her dynamic, open-hearted style holds space for alignment to our biggest, brightest, and most powerful selves.

Siha is also pleased to serve as National Program Director of Connection Coalition, a south-Florida based 501(c)(3) non-profit whose mission is to provide our at-risk youth the tools learned through yoga, meditation, and mindfulness to address the symptoms of trauma such as abuse, addiction, homelessness, incarceration, limited education, poverty, teen pregnancy, violence, and more. Since 2001, CoCo has been able to serve over 17,000 youth nationwide.

Types

● All Levels- Moderate

Fire Flow with Village Yoga with Sarah Truelove

10:00AM-11:00AM

Sunday, July 22, 2018

Venue: [Room 3](#)

Class Pace: Sweaty

Get your asana up and moving and twisting in this enlivening flow class. Sarah will take you through an invigorating flow, tapping into your Manipura chakra and lighting your inner fire. You'll leave class feeling refreshed, energized, and sweaty! A fantastic way to start your morning!

Instructors

Sarah Truelove

Sarah is a photographer, entrepreneur, and yogi passionate about living healthily and giving back to her community. In 2012, Sarah experienced a major health crisis and began searching for natural ways to heal her body. Yoga was and still is a large part the lifestyle change that resulted from diagnoses and health journey. She's been practicing ever since, and loves to share her experience and help others find there way to a healthier life. Sarah received her 200 HR certification from Peachtree Yoga Center, recently opened Village Yoga in Cumming, GA, and enjoys teaching fun and creative Vinyasa classes to all levels.

Off the mat, Sarah pursues many passions including traveling, volunteering with children in foster care, and photographing families and children with her other business, Truelove Photography.

Types

● All Levels

Mindful Mornings Atlanta - The Big Chill with Jennefer O'Brien

10:00AM-11:00AM

Sunday, July 22, 2018

Venue: [Room 4](#)

FILLING | **Class Pace:** Restorative

Yoga is not solely about where you can go in your physical practice. Most importantly is getting to your personal best (and this will change day to day!) - and comfortably owing that both on & off the mat. If you are interested in moving your Yoga to a deeper level and understanding of why Yoga makes you feel so good, this is the class for you.

Breath Awareness, Meditation Techniques and a Slow, Juicy Alignment Based Flow with no prerequisites, just encouragement with knowledge on how to move through your life a little more peacefully and sweetly. There will be hands on adjustments using flower essences, guided meditation, mantras and all things to just make you feel good. What speaks to you? What are you looking for in your Yoga practice? What are you looking for in life as a compassionate citizen in Atlanta? Tell us and we will direct you to studios and organizations best suited to you. Mindful Mornings Atlanta Mission is to connect with whats going on around Atlanta and connect you to what suits you best so you can be the best you can be.

Instructors

Jennefer O'Brien

Jennefer O'Brien's exploration of Yoga began 23 years ago while working at a non-profit arts fund in NYC , where she was inspired by Batoto Yetu - a man working passionately to change the lives of inner city children through expressive dance. Working with people through music and dance brought her joy and hope for children and adults everywhere to experience their inner light.

Jen's fascination with the power of the union of body and mind led to a pursuit of exploring further yoga practices both on and off the mat which continues to this day. She has studied under various inspiring and encouraging well known teachers including Shiva Rea, Cyndi Lee, Elena Brower, Danny Paradise, Sarah Powers, Chelsea Roberts and multiple others.

The roots of her practice were first under Kripalu, Iyengar and Anusara teachers in NYC & CT.

Yoga Studies were held at NYC's finest and original Yoga studios including Jiva Mukti, Vira, Laughing Lotus & Om.

Meditation studies under Parmath Niketan Teacher while living in Shanghai, China

TM Certified under Prudence Burns in Santa Rosa Beach, FL.

Jennefer shares with her students the excitement and gift of Dancing with The Divine through Yoga and the exploration of our selves by unraveling our inner butterfly from its cocoon.

Her classes have a balanced concentration of body / mind strengthening, hands on adjustments, stretching

and reflexology.

200 Hr Yoga Alliance CYT / Lotus Gardens / Sherman, CT / 2006
Childrens Yoga Teacher / Karma Kids NYC / 2004
300 Hr CYT / Tough Love Yoga, Atlanta, GA / Currently Enrolled

Types

- Restorative or Yin
-

The Sound of Soul: Yoga, Meditation, Journaling to listen beneath the surface with Sacred Chill West

10:00AM-11:00AM

Sunday, July 22, 2018

Venue: [Room 2](#)

Class Pace: Moderate

The Sound of Soul combines yoga, meditation, and soul-filled tunes to create a transforming experience anchored in the movement of a vinyasa based flow as well as the stillness of yin. This class is a journey through rhythmic and strumming sound, the kind that rocks the body. We will also travel into deep silence, the kind that allows us to tune into the humming of our own essence. We will drop beneath the surface to a deep resonant place of soul. From there you will be guided to listen and journal what we hear. "Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about."- Rumi

Instructors

Meryl Arnett

Meryl Arnett is the co-owner of Sacred Chill {West}, a 500-hour E-RYT, and a Yoga Therapist with a certification from Pranakriya. Her passion is introducing mindfulness in both movement and stillness in ways that are accessible to all of us. Meryl is the creator of The Mindful Minute podcast and her morning meditation classes have been featured on CNN Headline News. She has taught yoga & meditation to Fortune 500 companies, from the floor of Phillips Arena, at festivals and studios across the city, and she helped create the first yoga + meditation studio in Atlanta to offer regular, independent meditation classes. Meryl continues to study and practice daily with teachers she respects deeply, including Susan Piver, Tara Brach, Jack Kornfield and Yoganand Michael Carroll. Outside of general yoga practices, she focuses much of her work on the use of yoga and mindfulness to address trauma and addiction.

Off the mat, Meryl is the mom to one awesome little dude, the wife of her high school honey and the oldest of four kids. She graduated from the University of Georgia's Grady College of Journalism & Mass Communications (Go Dawgs!) with a BA in Broadcast News. Meryl spent almost 10 years doing public relations for the restaurant industry and will always love visiting a good restaurant. She served on the board of Slow Food Atlanta for several years, volunteered with Share Our Strength, and served on the founding board of directors for Pranakriya. Meryl loves to spend time in the mountains with her family camping, hiking and marshmallow roasting.

She will always encourage you to get on the mat or cushion, to be honest and most importantly to be yourself. We can all be happy, we can find a way to be comfortable in our bodies, and we can have fun doing it.

For more information visit www.merylarnett.com or www.sacredchillwest.com

Octavia Raheem

Octavia Raheem co-owns Sacred Chill {West} and is the creator of two separate brands CHILLshop@yoga, Starshine & Clay Retreats. Additionally she is also a part of the Yoga Alliance's newly formed Yoga Standards

Review Project under the area of “Ethics and Conduct”.

She is a Yoga Alliance experienced registered teacher (E-RYT) at the 200-hour level. She completed teacher training under the guidance of Graham Fowler and Elizabeth Nix at Peachtree Yoga Center in 2007 and began teaching later that year. To date, Octavia has taught over 7,500 hours of yoga in studio, corporate, and private settings. She holds additional certifications and specializes in restorative, yin, power, and yoga for kids+teens.

She has an academic background in English Literature and creative writing, 10+ years of professional experience teaching writing and language arts in K-12 settings, and developing curricula for innovative learning. Additionally she spent two years working in the nonprofit sector designing and implementing college preparatory programming.

With 10+ years of teaching in the public and nonprofit sector and 10+ years teaching yoga Octavia brings an unparalleled professionalism, mindfulness, and depth to the study and practice of yoga whether she is leading classes, retreats, or training teachers.

Off the mat Octavia is a wife, mama, avid reader, and writer. Her very real and every day life gives her a deep appreciation for the ongoing process of human development as well as provide her with tremendous raw material to study, teach, guide others, and live from.

For more information visit www.octaviaraheem.com or www.sacredchillwest.com

Types

- All Levels- Moderate
-

Root to Rise with Ashleigh Whelan

10:00AM-11:00PM

Sunday, July 22, 2018

Venue: [Room 7](#)

Class Pace: Sweaty

Start your day with a fun, accessible, and challenging vinyasa flow. Learn how to align from the ground up, and connect mindful breath with dynamic movement.

Instructors

Ashleigh Whelan

Ashleigh first came to yoga looking for a good workout, but over the next few years realized that she had found a way of life. We can't always predict or control how things will turn out, but through yoga we can learn to adjust how we respond. The lessons we learn on the mat are transferable to our daily life, and through the practice of yoga we can all live more authentically and fully. Ashleigh completed her RYT-200 at Highland Yoga in 2016. She is enlivened to be a life-long student of yoga asana and yoga philosophy. Ashleigh's classes are alignment-based flows infused with creative sequencing and supportive adjustments. Her goal is to create a safe, encouraging space where you can connect with your breath and explore what yoga means for you.

Types

- All Levels- Sweaty
-

AcroYoga 101: Flight School with Jordan & Kymmi *75 mins

11:30AM-12:30PM

Sunday, July 22, 2018

Venue: [Room 2](#)

Class Pace: Moderate

Come out and join Kymmi and Jordan for an afternoon of play as you explore the exciting and expansive world of AcroYoga, a practice based on community, confidence, and trust. Learn and work through the fundamentals of partner yoga while becoming comfortable L-basing and flying through proper alignment. Kymmi and Jordan will cover topics of trust and surrender, on how we can connect both verbally and non-verbally and finally (most importantly) play — the essence of AcroYoga and, more often than not, the key to a happy life.

AcroYoga is a physical practice which combines yoga, acrobatics and thai massage. This class is geared for beginners to AcroYoga and suitable for all ages and levels. Squad up and come with a friend or two, or come alone and get paired with one of our instructors or attendees. Most importantly, be prepared for an evening of fun!

Instructors

Jordan Coburn

Jordan Coburn is the life source of Revive Movement Therapy. Starting this company while finishing up his massage & bodywork licensing program, Jordan knew right away what he wanted to do with this profession and that wasn't sitting in the spa rubbing people down all day. As a former track and field athlete and coach, he realized which demographic would benefit greatly from this service, athletes professional and amateur, and everyday gym goers or anyone who moves in repeated patterns recreationally. Specializing in manual fascial therapy taught by Vinh Pham of Myodetox to bring back structural balance to clients. Jordan is also a level 2 Fascial Stretch Therapist, and with that he integrates FST into his treatments. Recently adding on Functional Movement Techniques for Performance Certification to his resume certifies him as a RockTape Doc.

Kymmi Cordovez

Kymmi is a certified yoga instructor and fitness junkie who is determined to put a refreshing green juice into every hand. In 2015, an devastating knee injury robbed her of her mobility but led her back to an old flame: yoga. This go around was different, like an old coat that she never realized she had loved so much. She fell in love. The practice was able to bring her the same challenges and satisfaction that any workout could. The relationship, like any worthwhile union, is still blossoming, transforming and growing. Her practices focuses on athletes of every level. Kymmi works with pros seeking to perform and recover at a high level, and anyone that considers themselves an athlete. And as the legend Bill Bowerman said, "If you have a body, you are an athlete."

Types

- All Levels
-

Art of Tantra Yoga with Maria Borghoff

11:30AM-12:30PM

Sunday, July 22, 2018

Venue: [Room 5](#)

Class Pace: Discussion Format/Moderate

Do you use Yoga as a tool for transforming your life? This class will explore Sri Vidya Tantra Yoga philosophy and energetic anatomy to help you awaken your desires, harness your energy, and become a powerful force in the world. We'll use asana, pranayama, meditation, visualization, and drawing to connect to your wisdom body and expand your personal practice. This 1-hour class is open to all students and teachers who practice Yoga in order to celebrate the richness of life!

Instructors

Maria Borghoff, E-RYT

Maria Borghoff is an artist & Tantra Yoga Teacher (BFA, E-RYT) currently living in Atlanta, GA. She helps passionate people embody their creative wisdom, and her teachings explore the intersection of creativity, sexuality and personal healing. Maria offers integrative Yoga teacher trainings with Vira Bhava Yoga School, and she provides consulting for artists, teachers and therapists with Groove Forward.

Types

- All Levels
-

Hips Take Flight: Hip-Focused Arm Balances with Melissa Katz

11:30AM-12:30PM

Sunday, July 22, 2018

Venue: Room 6

Class Pace: Moderate/Sweaty

This is your captain speaking. We are so glad you chose to fly with us today. This is a multi-“legged” flight that will travel to several exciting places, including Bakasana, Eka Pada Koundinyasana, Eka Pada Galvanasana, Astavakrasana, and Tittibhasana. Prepare for takeoff!

Many arm balances require range of motion in the hips to safely take flight. During the first part of this vinyasa-based class, we will flow through a sweaty, hip-based sequence to warmup, open, and bring awareness to the muscles in and around our pelvis. The second part of class will incorporate hip-based arm balances into the vinyasa, including some fun transitions into and out of them. The last leg of our flight will end with a cooling savasana to integrate it all.

Throughout our travel today, we will be reminded that the rewards are in the journey and not the destination.

Instructors

Melissa Katz

Melissa Katz, E-RYT 500 is grateful for the practice of yoga and the opportunity to share it with others. She teaches a fiery vinyasa practice that helps to break down barriers and resistance in the body, mind, and heart that hinder our range of motion and may limit the ways we think and feel. As we open and strengthen the body, we have the opportunity to open and strengthen all the layers of our being and move close to who we fully are in each moment.

Melissa completed a 200-hour basic teacher training with Graham Fowler and Ursula Nix at Peachtree Yoga Center in 2007 and a 500-hour advanced teacher training with Yoganand Michael Carroll and Jim O’Leary through Jai Shanti Yoga in 2010. She completed Yoga Therapy training with Marlysa Sullivan at Decatur Yoga in 2011.

Melissa recently dipped her toes in in the commercial film industry. She was hired to contort into a small box for a FedEx commercial.

She teaches yoga full-time in Atlanta, the city she loves and in which she was born and raised.

Types

● Intermediate/Advanced

Yogahour: More Badass Than Bendy with Tough Love Yoga with Neda

11:30AM-12:30PM

Sunday, July 22, 2018

Venue: [Room 1](#)

Class Pace: Sweaty

An hour of play and power, yogahour is an expertly taught flow/form class that's ideal for all levels of practitioners, from beginners to experienced students without major injuries. This particular yogahour class's focus will be bringing seldom seen poses into the mainstream with peaks including wild card pose, parsva sarvangasana, and gherandasana 1.

Instructors

Neda Draupadi Honarvar

Known for her fiery nature and deep desire to make yoga accessible, Neda's teaching style reflects her passion and playfulness as well as her dedication to the science and discipline of yoga. Her classes are an engaging blend of clear, direct, alignment-based instruction and skillful sequencing; expect hard work and play with generous servings of sweat and laughter. Neda is the owner of Tough Love Yoga, the creator of Metal Yoga, and a yogahour teacher trainer. She maintains an active teaching schedule locally and internationally, including private and group classes, workshops, retreats, festivals, and teacher trainings. Neda has trained over 100 yoga instructors and is the Program Director of Tough Love Yoga Teacher Training, which offers 200 hour and 300 hour alignment-based hatha yoga programs registered with the Yoga Alliance.

Neda's love for teaching is second only to her passion for learning, believing that being a student of yoga has and continues to transform the capacity and potential of her mind, body, and heart. She has been practicing yoga for over 18 years and is a devoted student of her beloved guru Ma Jaya Sati Bhagavati and her teacher and mentor Darren Rhodes.

Off the mat, Neda can be found gallivanting about Atlanta with her husband Dan and their Doberman Pinschers THOR & JUNO ?

Types

- All Levels- Sweaty
-

Nourishment for the Soul with LiveURYoga *75 mins with Tracy

11:30AM-12:45PM

Sunday, July 22, 2018

Venue: [Room 4](#)

Class Pace: Moderate & Restorative

Come join us for a complete balancing energetically..... A combination of opening and strengthening postures focused on balancing your Dosha in a slow flow Vinyasa progressing into a collective of simple Yin Restorative offerings and finishing with a sweet Yoga Nidra. This practice will recharge, center and bring peace to your day and your life!

Instructors

Tracy Jennings-Hill

[Website](#)

Owner/Founder of LiveURYoga, ERYT 500, C-IAYT, Ayurvedic Lifestyle Coach, YACEP

Tracy came to yoga because of an injury while in the Air Force over 20 years ago. After trying physical therapy and medications with no success, she found Yoga was what she needed and eventually wanted it in her life forever. Every time she thought of walking away, another milestone in her life solidified her place as a Yogi.

Since then, she has followed her heart and not only completed her own training, but became a Senior Master Trainer for YogaFit. Traveling all over the United States, Taiwan, Germany, Egypt and Canada to train teachers to teach yoga has been the highlight of her yoga journey because she knows it's her dharma—giving the gift of transformation, empowerment and growth. Being a yoga teacher changed her life forever for the better and each day it's the same gift she strives to give to everyone!

Types

● All Levels

Kundalini Yoga for Anxiety *90 mins with Narinder

11:30AM-1:00PM

Sunday, July 22, 2018

Venue: [Room 3](#)

Class Pace: Kundalini

"One Kundalini Yoga set done well is more than one needs." - Yogi Bajan This class will deliver an opportunity to experience the power of Kundalini Yoga. This class will include movement, pranayam, mantra, meditation, and relaxation. It will provide a profound space for healing. Students will leave with practical tools that they can use to navigate back to that inherently calm center point within. This class is also excellent for Yoga teachers who would like to learn more about serving those with anxiety. Kundalini Yoga is a science and an art and will be experienced as such through education and action. If you've always wanted to try Kundalini Yoga, here's your absolute chance.

Instructors

Narinder Kaur Bazen-Khalsa

For fourteen years, Narinder Kaur has witnessed the power of Kundalini Yoga as taught by Yogi Bajan, through practice, teaching and community.

Her teaching style is direct, devotional, encouraging and attuned with what's going on in our world.

She intends to inspire students to be ten times greater than her.

Types

● All Levels

VIP 1:1 Massage *45 mins

1:15PM-2:00PM

Sunday, July 22, 2018

Venue: [TBA](#)

FULL

Types

- VIP Experience
-

VIP 1:1 Palm Reading with Handful of Stars

1:15PM-2:00PM

Sunday, July 22, 2018

Venue: [TBA](#)

FULL

Types

● VIP Experience

VIP 1:1 Tarot Reading *45 mins

1:15PM-2:00PM

Sunday, July 22, 2018

Venue: [Room 8](#)

FULL

Get a VIP one on one personalized tarot card reading.

Types

- VIP Experience
-

VIP 1:1 Thai Massage *45 mins

1:15PM-2:00PM

Sunday, July 22, 2018

Venue: [TBA](#)

FULL

Thai bodywork therapy is a blend of assisted stretching with therapeutic massage. The treatment is given over comfortable clothing while the recipient relaxes on a floor mat. The therapeutic Boholistic experience is customized for each individual from deep pressure to light relaxation.

Guided breath, aromatherapy and herbal steam heat therapy are intertwined in this rejuvenating experience. It is informed by Ashley's training and experience in yoga, ayurveda, pranic healing, massage and Thai bodywork.

Instructors

Ashley Bohanon

Ashley Bohanon is an Atlanta based Thai bodywork therapist and yoga teacher, offering care from integrative East-meets-West science and soul. Teaching intelligent self care resulting in active compassion is the heart of Boholistic Bodywork's greater mission.

When not in studio, Ashley is likely basking outdoors among greenery and local public art, playing in the kitchen, or snuggling with the cutest kitten around, Rawr.

Types

- VIP Experience
-

Budokon Warrior Flow *75 mins with Jessica Taylor

2:00PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 5](#)

Class Pace: Sweaty

This will be an introduction to aspects of the Budokon Yoga Flow which pulls strongly from a martial arts influence. In preparation for the yoga flow we will prepare the body with mobility work, animal locomotion, and some calisthenics work. Come articulate and move your body in ways you may never have tried before. There is a freedom to be unlocked in the mind when we find freedom in the body.

Instructors

Jessica Taylor

Jessica grew up in Georgia and as an only child was quite shy and introverted. She was a non-athlete and her path took her to UGA where she received her Doctorate of Pharmacy. She found yoga and it reawakened her creative side and zest for life. In 2014, she broke out of her shell, followed her heart and transitioned to teaching full-time.

This practice has the ability not only to build more physical strength, but in her eyes, more importantly, emotional and mental as well. The yoga practice was and is a safe place to cry, to sweat, to delve inside, and to essentially let it all out. The practice is not always easy, but it does have an amazing power to transform.

There are so many lessons we can take from our yoga practice and apply to benefit us off the mat and those little nuggets are what she hopes to share with her students. Since her initial 200 Hr Ashtanga/Vinyasa training in Atlanta, she has accrued over 1000 hours of training and in teaching in modalities including: Budokon, Yin Yoga, SkyYoga, Thai Yoga and Yoga Nidra under teachers Cameron Shayne, Bernie Clark, Acacia Jade, Dylan Werner, David Regelin to name a few. She aims to create a safe space in all of her practices where her students feel free to explore, create and most important, be authentic to themselves.

Types

● All Levels- Sweaty

CBD VinYin: Sponsored by Blue Ridge Hemp Co. with Indigo Yoga Victoria & Dominique

2:00PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 4](#)

FULL | **Class Pace:** Moderate & Restorative

Blue Ridge Hemp Co. has kindly offered to donate their fabulous CBD (Cannabidiol) products for our yogic use. Each attendee will receive a custom essential oil roller to use throughout class. Come experience the effects of these incredible all-natural remedies during this half Vinyasa flow, half Yin practice. Join the movement to promote cannabis as a wellness product with healing properties, find out about the benefits of CBD, move your body in a mindful and healthy way, and socialize with a diverse group of like-minded people!

About CBD (Cannabidiol): CBD is one of many cannabinoid molecules produced by Cannabis, however it is non-psychoactive. Research evidence shows that it may have neuroprotective, anti-inflammatory and analgesic (pain-relieving) properties, and potential therapeutic value in the treatment of motivational disorders like depression, anxiety and addiction.

Instructors

Dominique Davis

Dominique was introduced to yoga over 15 years ago after retiring from competitive gymnastics on the regional and national levels. She felt an immediate connection to the physicality of yoga jumping and sometimes tumbling (old habits...) head first into the worlds of Bikram and Ashtanga. Over the years she has realized through the sweat, tears and smiles of her practice that it's not the physicality of yoga that's kept her coming back to the mat all these years but the stillness, space and clarity it creates in her life.

Dominique recently moved to Atlanta, GA with her family from Santa Barbara, CA. A native of St. Louis, she is a graduate of the University of Missouri with a degree in Sports Nutrition and Exercise Physiology. She is a mother of two and was a committed (ever-expanding) yogi through both pregnancies. She credits her practice for helping her through both pregnancies and deliveries. Motherhood and her love of learning are what inspired Dominique to become a teacher: she received her 200-hour certification in Atlanta, Georgia with {Sacred} Thread Yoga in 2018.

Dominique's journey down this yogic path is ever evolving, allowing her to continue learning as a student and providing her the opportunity to share this knowledge through teaching. Her approach to teaching uses asanas as opportunities for self-reflection. She believes the "magic" isn't in the pose itself, but what you observe within yourself while practicing, and what you ultimately do with those insights off the mat. She takes her practice seriously, but not herself: she is always ready to share in a moment of adventure or laughter. She is committed to helping her students along their own yoga journey providing them with guidance and compassion.

Victoria Morse

Victoria was born and raised in Atlanta where she began taking yoga classes in 2012. She quickly noticed the mental and emotional transformation yoga was providing, and dove into a training to deepen her personal practice. To say yoga changed her life is an understatement. She went from studying Biology at Kennesaw

State to traveling the world seeking shamans and healers to learn how to heal herself in order to heal the world. Victoria firmly believes each and every time we show up and do the work to heal ourselves, we heal a piece of the planet— a piece of the whole. The more mindful of ourselves we become, the more mindful we are of how we relate to others. Universal change starts within.

With a mix of strength, flexibility and balance, each of Victoria's classes offer a unique and challenging sequence intelligently designed to raise and lower the heart rate to practice controlled breathing. Victoria's goal is to hold space for her students to truly honor their body, breath and being. The physical aspect of yoga is a wonderful tool for students to begin to transcend their practice off the mat into everyday life. Through yoga, we can all experience greater peace and joy.

Victoria completed her 200-hour Yoga Teacher Training at Peachtree Yoga Center in 2014, and her advanced 300-hour training at Living Mandala Yoga in 2017 and holds the highest designation with Yoga Alliance as an E-RYT500. She is also certified to teach children and family yoga through Grounded Kids. In addition to yoga, Victoria is a Holistic Nutritionist, Reiki Master, Tarot enthusiast, and mom.

Types

- All Levels
-

Evoke Ma Durga Through Chant & Asana with Shonali

2:00PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 1](#)

Class Pace: Moderate

Join Shonali in a unique practice honoring Goddess Durga. Ma Durga is a powerful central goddess figure in the Hindu tradition, and it is said that by chanting her name her attributes are brought forward within the practitioner and into the world. Durga uses her great power to fight negative forces in the world and protect her people from evil. Inspired by Shonali's studies with TKV Desikachar, a specific series of postures will be linked to a Durga mantra. The practice is aimed at development of breath, focus and energy expansion. The layering of your own voice with your asana practice brings forth a unique quality of presence and empowerment. This will be a multi-dimensional practice, additionally incorporating 7 chakra energy centers. The effects of this type of practice are centering and powerful.

Instructors

Shonali Banerjee

Shonali has been singing and dancing since she first wiggled her way out of the womb. From the moment she could reach the keys, she studied classical piano. She received her B.F.A. in Drama from Syracuse University in 1996. Upon moving to NYC in 1998, Shonali found solace, strength and profound expansion through yoga and chanting. These practices supported Shonali while she was shifting away from the world of acting. In 2002, after a bicycle accident, Shonali quit her stressful job in downtown Manhattan, and still recovering from injuries, completed Alan Finger's 500 hour ISHTA yoga teacher training program. She became Director of ISHTA's Yoga Teacher Training programs. During this period, Shonali sang with a group of wise earth-honoring soul-seekers actively exploring chants from a multitude of traditions. Shonali apprenticed as an herbalist in the Wise Woman Tradition furthering a long-standing connection to the natural world, aligning herself with the natural cycles of the seasons & the moon. After moving to Paris, France in 2004, Shonali studied therapeutics & women's health with the illustrious TKV Desikachar and taught private yoga full time. In 2005, Shonali began teaching prenatal yoga. Shonali relocated to Atlanta in 2010 and soon thereafter completed a second 500 hour training with the Pranakriya Yoga school and is now a certified Yoga Therapist. Shonali teaches regularly at local yoga studios and offers private yoga sessions to any and all who are curious about yoga and it's healing potential. You'll find Shonali chanting mystical songs & harmonies to the vibrant Atlanta chanting community. Shonali supports Centering Youth, a non-profit bringing yoga to under-served populations throughout Atlanta.

Shonali's classes are open to everyone! Connect to your breath, flow and hold within unique sequences that encourage steady and safe alignment. Strengthen, challenge & expand honoring your individual process. Soften, play, and nurture creating a solid foundation of ever-present support. Honor the seasonal changes, what's happening culturally, and the moon cycles. In Shonali's classes, you'll encounter chanting, pranayama (breath work), mudras (positions of the hands), visualization, chakras awareness, a wide range of music (Bjork, Al Green, Juana Molina, Krishna Das) paired with mindful silence & sacred poetry. Shonali sings you into a blissfully opening final rest creating an expansive experience every time you practice. Shonali loves teaching! especially restorative yoga and meditation, making the most quiet practices accessible to the busiest of folks. With reverence for the unique process of each individual, Shonali encourages students to make the practices their own. Listen, Receive, and Nourish From Within. In perpetual gratitude to the many phenomenal

teachers who have inspired her: her students, her family, Alan Finger, TKV Desikachar, Carrie Wykoff, Robin Rose Bennett, Rachel Zinman, Tias Little among others! ... Namaste.

Types

- All Levels- Moderate
-

Flip Your Practice with Katie Bush

2:00PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 2](#)

Class Pace: Moderate

Take your practice to the next level as we explore flying with arm balances and inversions. We will break down familiar poses like crow and headstand, then introduce the foundations for advanced asanas such as grasshopper, forearm stand, handstand, and more!

Instructors

Katie Bush

A yogini for over a decade, Katie has personally experienced the transformative power of a yoga practice. Katie studied at Lakshmi Rising School of Yoga and Wellness and is currently working on her 300 hour training through Laughing Lotus. With a background in competitive cheerleading, gymnastics, platform diving, and circus arts, Katie is drawn to the physical aspects of yoga, but feels that the real work comes from the spiritual side. She is an avid bhakti yogi and is known to infuse mythology and mantra into her classes from time to time. She currently teaches yoga, including aerial yoga, at Lift Yoga and Body, Johns Creek Yoga, and SkyGym.

Types

- Intermediate/Advanced
-

Kemetic Yoga with Ona Hawk

2:00PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 3](#)

Class Pace: Moderate

Take a journey back to explore and practice an authentic yoga from ancient Africa (Kemet). This healing system of rejuvenation has been used in harmony with nature for thousands of years to purify, tone and align the body for wellness and spiritual enlightenment. Today Kemetic Yoga offers a way for us to restore and harness our life-force energy for living with ease and vitality and to gain self-knowledge for empowering our community. Reconnect with the power of the breath as you are guided through postures and sequences unique to Kemet. This gentle, alignment-based class focuses on building balanced strength with sound foundation, slow transitions and geometric poses. Experience how slowing down movements in coordination with intentional deep breathing can help to center your mind and relieve known or unknown tension from your body or mind. Learn how to balance your energy levels, control your energy flow, and align your energy centers for a true connection between body, mind and spirit. Let yourself enjoy bringing the intention of healing into your yoga with this fun and original practice. Ona Hawk makes learning easy and relaxed with a relatable yet precise way of teaching, making it a shared experience of self-healing. The real-life experiences she blends with her passion for history and her knowledge on the mat offer usable tools that will instill truth, confidence and balance in your healthy yoga journey.

Instructors

Ona Hawk

Ona is an artist, a student of yoga, a raw food lover and a traveler. A seeker of new and old ways to self-heal and live vibrantly, she finds her purpose and her power through learning and sharing yoga. She is inspired by the people and cultures that color this world, and driven by the needs of her community in Atlanta, to bring her passions together to help others see a path to wellness, freedom and inner peace.

Since 2007 Ona has studied ways of natural prevention and healing, and worked to make them accessible to all. In 2008 she was certified as a holistic health practitioner and opened Roots Raw Kitchen, a raw food cafe and education center, where she helped people transition to plant-based diets. In 2013 Ona earned her 200hr yoga teacher certification in Kemetic Yoga and opened Firehawk Yoga, a studio dedicated to this ancient African system of self-knowledge. Her highlight is teaching children's yoga as part of an after school and summer program by Grow Where You Are. She has also brought Kemetic Yoga to the 1st annual Black Yoga Teachers Conference and a Women's Live Food Wellness Retreat in Belize, and she will be teaching at this year's Black Women's Yoga Retreat in Costa Rica and at the Yoga, Art & Literature Girls Summer Camp in Atlanta. In 2017 Ona was awarded two scholarships which helped further her education and ignited her love for teaching yoga. Earning the Yoga Alliance Scholarship for advanced training assisted her in traveling to Mysore, India where she earned her 300hr certification to teach Hatha Yoga. Receiving the Cultivate Union Program Scholarship introduced her to Restorative Yoga for Race Based Traumatic Stress Injury with Dr. Gail Parker, inspiring Ona to see how important yoga is in the repair and rising up of our communities.

A class with Ona is a timeless space to connect with yourself through the breath as she guides gently through movements to create a balanced flow of energy, body awareness and sacred alignment. Ona's goals are to

continue to use her experience to help people connect with each other and reconnect with their natural skills to heal and empower. Off the mat she enjoys hiking, creating, writing, laughing and planning her next visit home to the ocean.

Types

- All Levels- Moderate
-

Unleash Your Inner Badass with Shelley Lowther

2:00PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 1](#)

Class Pace: Sweaty

Tap into your tapas, light an inner fire, and unleash your inner badass! Shelley's classes are known for fire, intensity and fun, and this all-levels fiery vinyasa session will get you out of your head, into your body, and ready for badassery. Access to your own personal power like never before, as Shelley leads you through a practice designed to meet you where you are-- and show you how far you can go. Step into possibility. Light a fire. You are a total badass yoga warrior.

Instructors

Shelley Lowther

Shelley Lowther is the founder of Dancing Dogs Yoga, a regional kick-ass, feel good yoga studio with 5 locations in 3 states. She is known for fun, fiery and (maybe slightly) irreverent classes that will make you laugh, sweat and smile. In addition to teaching yoga, Shelley is a kale-drinking, mountain-climbing, dog-loving wellness and lifestyle blogger. She leads workshops, world-class teacher trainings and adventure yoga retreats. Shelley believes that other you are in class, learning to teach yoga, walking on the Beltline or climbing a mountain in Cuba-- you can create a badass life at any moment.

Types

- All Levels- Sweaty
-

VIP 1:1 Massage *45 mins

2:15PM-3:00PM

Sunday, July 22, 2018

Venue: [TBA](#)

FULL

Types

- VIP Experience
-

VIP 1:1 Palm Reading with Handful of Stars

2:15PM-3:00PM

Sunday, July 22, 2018

Venue: [TBA](#)

Types

● VIP Experience

VIP 1:1 Tarot Reading *45 mins

2:15PM-3:00PM

Sunday, July 22, 2018

Venue: [Room 8](#)

Get a VIP one on one personalized tarot card reading.

Types

● [VIP Experience](#)

VIP 1:1 Thai Massage *45 mins

2:15PM-3:00PM

Sunday, July 22, 2018

Venue: [TBA](#)

Thai bodywork therapy is a blend of assisted stretching with therapeutic massage. The treatment is given over comfortable clothing while the recipient relaxes on a floor mat. The therapeutic Boholistic experience is customized for each individual from deep pressure to light relaxation.

Guided breath, aromatherapy and herbal steam heat therapy are intertwined in this rejuvenating experience. It is informed by Ashley's training and experience in yoga, ayurveda, pranic healing, massage and Thai bodywork.

Instructors

Ashley Bohanon

Ashley Bohanon is an Atlanta based Thai bodywork therapist and yoga teacher, offering care from integrative East-meets-West science and soul. Teaching intelligent self care resulting in active compassion is the heart of Boholistic Bodywork's greater mission.

When not in studio, Ashley is likely basking outdoors among greenery and local public art, playing in the kitchen, or snuggling with the cutest kitten around, Rawr.

Drop and Give Me YIN with Amanda Trevelino

3:30PM-4:30PM

Sunday, July 22, 2018

Venue: [Room 2](#)

FILLING | **Class Pace:** Yin

"Drop in" to deeper awareness of both your physical body and your subtle body. Physically, Yin feels like deep stretching. It's a passive practice that improves mobility and flexibility by loading the body's fascia, or connective tissue, for a period of time with emphasis on joint health. Energetically, Yin also pays homage to traditional Chinese medicine, acknowledging the meridians through which our Chi (life force energy) should flow freely for vitality and clarity. In other words, this practice addresses the seen and the unseen; the gross and the subtle. It will offer an awareness of breath and mindfulness during long holds that invite us to drop our masks -- our personas and identities -- and turn inward, cultivating an awareness of our limitless depths. Most find this practice deeply relaxing. Typically, Yin is ideal for athletes, beginners, or anyone who wants to balance a busy lifestyle.

Instructors

Amanda Trevelino

Amanda Trevelino, C-IAYT, RYT500, E-RYT200

Amanda's mission is to steward personal discovery and self-health. She discovered yoga at age 40, just out of the hospital and needing to heal something within that doctors, medications and substances couldn't touch. She doesn't teach a lot of handstands, but hopes to help people stand on their own feet -- maybe with a little more grace, compassion, confidence or balance. Amanda believes that yoga, in all its many forms, ultimately is an inside job. She enjoys working with breath, sound and touch, to help source innate healing capacity. Most of her training stems from the Kripalu and Pranakriya traditions under the direction of Yoganand Michael Carroll. Through this network of teachers, she's learned that the yogic journey is a path of judgment-free inquiry and endless unlearning.

Amanda is certified by the International Association of Yoga Therapists and a registered Yoga Alliance teacher. She is a certified Thai bodyworker, and she trained in Self-Awakening Yoga Therapeutics® under Don Stapelton PhD (Nosara Yoga Institute, Costa Rica), and with Pranakriya School of Healing Arts. She continues advanced studies at Kripalu Center for Yoga and Health, Massachusetts.

Types

- Restorative or Yin
-

Planetary Alignment: A Yoga Journey with Live Music with Karen Dorfman and Blue Spirit Wheel

3:30PM-4:30PM

Sunday, July 22, 2018

Venue: [Room 1](#)

Class Pace: Moderate

Join us for a moving journey into the astrological realm. Karen Dorfman will teach a sweet flowing yoga practice to the music of Blue Spirit Wheel (Stephanie Kohler and Ian Boccio). The Planetary Alignment is a series of mantras designed to balance the subtle energies and celestial forces all around us. The science of jyotisha (Vedic astrology) explores how resonances of celestial bodies interact with our lives, and how mantra vibrations can amplify or mitigate the effects. Ian and Stephanie combine the nine planetary mantras with the mantras of the ruling deities into a single vibrational tapestry. When accompanying an asana practice, they bring a much deeper resonance. The postures in this practice are sequenced to open the energetic pathways so the musical vibrations can flow through you. A truly unique experience to open the heart and touch the soul. Come on the journey with us!

Instructors

Karen Dorfman

Karen Dorfman has always had a love for soulful expression through movement. Her creative style of teaching comes from her background in dance, using breath and music to stir the soul. Her passion is to connect people to their own joyful potential. She believes in stretching the boundaries, moving beyond the mind and feeling what is true from the heart. Karen began practicing yoga 17 years ago and in 2006 she completed the yoga teacher training program at Peachtree Yoga Center. Since then, she continues to study with teachers that inspire her so that she can bring a richer and deeper experience to her students each time they meet on the mat. Her vinyasa flow classes are dynamic, intuitive and grounding. Each session is unique and always offers attention to alignment and breath, supportive hands-on adjustments and encouragement to have fun! In addition to teaching locally, Karen has lead numerous yoga retreats in exotic locations, she teaches yoga with live music and mantra chanting with various musical artists in the Atlanta area, and is the Music Coordinator of the annual ChantLanta Sacred Music Festival. Her other passion is bodywork, she is a Neuromuscular Massage Therapist and has been practicing at her Buckhead studio since 1995.

Blue Spirit Wheel

Blue Spirit Wheel is a progressive evolution in the world of mantra music. Based on the fundamental rhythms contained within the Sanskrit language, the band uses solid bass grooves, tribal drum beats, and an improvisational singing style to create soundscapes that draw the listener into a deep state of consciousness expansion. Featuring backgrounds in rock, choral and world fusion, Ian Boccio and Stephanie Kohler bring a diversity of ideas that combine to create an entirely new style of both music and spiritual practice. Based in Atlanta, Georgia, Blue Spirit Wheel began touring the U.S. in 2013 and has released 5 albums. Please visit www.bluespiritwheel.com for more information.

Types

- All Levels- Moderate
-

R&R for performance

3:30PM-4:30PM

Sunday, July 22, 2018

Venue: [Room 7](#)

Class Pace: Restorative

Rest and recovery are critical components of any successful training program, optimizing, performance, active rest, recovery and mobility essential for athletes.

Join Lauren Reese, yoga and mobility coach and owner of Breathe Yoga Atlanta for a recovery session that's sure to have your body feeling primed to perform. Learn to be a student of your body. This class involves specific down regulation techniques to enhance your active range of motion in joints, muscles and stretching and unbinding tight, tired tissues. This is the perfect class for athletes, runners, cyclists, CrossFitters, bootcampers, desk dwellers or anyone who wishes to feel great.

Instructors

Lauren Reese

Lauren's classes are powerful yet playful and encouraging. Her creative sequencing mirrors her lighthearted personality, and each class is a new experience. Lauren's goal is to help her students find balance for their bodies and their lives. She finds her passion in working with athletes (both privately, with sports teams, and with both college and professional athletes) and leading yoga retreats. Lauren is a PrAna featured yogi on REI's Yoga for Athletes Live Tour. She has studied with Sage Rountree, Jill Miller, and Leslie Kaminoff. Certifications include RYT 200 Lifted Heart Yoga School, Certified Sage Yoga for Athletes Teacher (one of only 33 in the country!), Certified Functional Movement Systems, Certified Grounded Kids Instructor, and Certified Yoga Fit. Find more at www.laurenreese yoga.com.

Types

● All Levels

Rollout: Deep Release with Heather Freiman

3:30PM-4:30PM

Sunday, July 22, 2018

Venue: [Room 4](#)

FILLING | **Class Pace:** Restorative

Everything is connected (right?!). In our bodies, fascia is the magic web weaving just about everything together. When fascia gets stuck, so does our movement (no fun for yogis). Explore self-massage, via smashing (blocks, blankets) and rolling (balls), as an effective, simple, and inexpensive(!) way to restore fascial mobility and enhance your body's overall function. It's the perfect complement to asana practice and suitable for all levels of yogi(ni).

Instructors

Heather Freiman

Heather Freiman (RYT-500) is an alignment-based yoga teacher in the Atlanta area. She is a versatile instructor with classes designed to be accessible to all levels - students are invited to go deeper with skillful alignment cues, props, and other modifications. Class styles range from chill and restorative to energetic and dynamic. Heather took her first yoga class in 1997 to get relief from physical tension, but was hooked when it also calmed and cleared her busy mind; she began teaching in 2013. Heather asks students to harness their inner strength and push the edge of what they think is possible, while staying mindful and compassionate to themselves.

Types

- Restorative or Yin
-

VIP 1:1 Massage *45 mins

3:45PM-4:30PM

Sunday, July 22, 2018

Venue: [TBA](#)

Types

● VIP Experience

VIP 1:1 Palm Reading with Handful of Stars

3:45PM-4:30PM

Sunday, July 22, 2018

Venue: [TBA](#)

FULL

Types

● VIP Experience

VIP 1:1 Tarot Reading *45 mins

3:45PM-4:30PM

Sunday, July 22, 2018

Venue: [Room 8](#)

FULL

Get a VIP one on one personalized tarot card reading.

Types

- VIP Experience
-

VIP 1:1 Thai Massage *45 mins

3:45PM-4:30PM

Sunday, July 22, 2018

Venue: [TBA](#)

FULL

Thai bodywork therapy is a blend of assisted stretching with therapeutic massage. The treatment is given over comfortable clothing while the recipient relaxes on a floor mat. The therapeutic Boholistic experience is customized for each individual from deep pressure to light relaxation.

Guided breath, aromatherapy and herbal steam heat therapy are intertwined in this rejuvenating experience. It is informed by Ashley's training and experience in yoga, ayurveda, pranic healing, massage and Thai bodywork.

Instructors

Ashley Bohanon

Ashley Bohanon is an Atlanta based Thai bodywork therapist and yoga teacher, offering care from integrative East-meets-West science and soul. Teaching intelligent self care resulting in active compassion is the heart of Boholistic Bodywork's greater mission.

When not in studio, Ashley is likely basking outdoors among greenery and local public art, playing in the kitchen, or snuggling with the cutest kitten around, Rawr.
