

7:30am Check in, have your picture taken, receive your goodie bag.

Tea, coffee and fresh fruit will be served.

- Tranquility Haven: Jessica Slovac: Registration/Intake
- HEF member: Pam Feder: Registration/Waivers
- Fly High: Sarah Skinner: Registration/Payment
- Never Settle & HEF member: Caryn Treister: Registration/Raffles

8:00am Guided walking meditation with Guru Simron.

- Introduction Anne Warner

8:30am Roll out your mat for an awaking stretch with Lori Lauridsen.

- Introduction Catte O'Connor

9:00 First Sun Salutation begins! Leading 15 Salutations each:

- Andrea Levy: Lotus Loft Owner
- Michelle Miles: Down To Earth Yoga
- Tamela Staubs: Fly High Studio

10:00-10:30 Zilis with Deb Generaux & Inspiration with Caryn Treister

- Christen Scott: The Yoga Shrink
- Lori Lauridsen: LL Wellness & Counseling
- Kate Sino: Downtown yoga Barre & Beyond
- Doctor Kimberly Vacarro

11:30 Shavasana with Janet Rotella

Reiki with the White Light Healers, Catte O'Connor & Shara Maso.

12:00 Enjoy a healthy lunch: Vegetarian spinach & feta Sophie Quiche, and vegan salads, infused water, and beverages are included.

Rest and relax while you listen to the music.

Shop the naturally-minded vendor booth, like fairy hair & henna tattoos.

1:00 Closing circle

Tami Rabellino closing statement

Kate Sino, Mantra/Chanting