

FRIDAY SKY

- 5:30 Introduction to Chakras and Biofield Energy - Denise Pastoor
- 6:30 Healthy Homes - Mark Marcopolos
- 7:30 Aromatherapy - Elizabeth Bloomquist

FRIDAY EARTH

- 5 Beginner Tai Chi & Qi Gong - Trey Crispin
- 6 Qi Gong Partner Play- Matt/Heather Kabat
- 7 Yoga Nidra - Shonna Campbell

SATURDAY - SKY

- 9:30 Flute/drum ceremony- Hawk Hurst
- 10:30 Kind Communication - Cathy Holt
- 11:30 Ayurveda - Yogic Medicine - Marek Sawicki
- 12:30 Exploring the Energy Body - Anna Elizabeth Watson
- 1:30 Green Building/Remodeling - Marcus Renner
- 2:30 Global Astrological Demographics - Alan Gordon
- 3:30 Vocal Play and Improvisation - Christy Clavio
- 4:30 Creating Sacred Space: The Art of Ritual - Isabelle Guzman
- 5:30 Introduction to Esalen Massage - Robin Fann
- 6:30 Learn to Play the Didgeridoo - Corey Costanzo

SATURDAY-EARTH

- 9 Tai Chi - Mark Small
- 10 Astanga Yoga for Everyone - Jason Brodsky
- 11 Playing with Gaia; Interactive Book Reading for KIDS! - Cindy Bowen
- 12 Flow Yoga - Steph and Sunny Keach
- 1 Goddess Grace Yoga - Betsy Bickel
- 2 Hoop for Fun and Fitness - Melanie MacNeil
- 3 Relaxing Massage for Friends & Family - Wanda Sundermann
- 4 Community Partner Yoga - Jamie Sparks
- 5 LEAF Mural Art Project - Diane Strazzer
- 6 QiGong: Eight Piece of Brocade - Barbara Demeter
- 7 Kirtan - Sangita Devi

SUNDAY SKY

- 9:30 Healing Sounds of Voice - Shay Nichols
- 10:30 Learning Nature's Language - Cristen Jester
- 11:30 Chaitanya Kirtan: Kundalini Mantras
- 12:30 Making Healing Salves and Tinctures - Rhea Ormond
- 1:30 Meditation for Inner Peace - Jerome Smith

2:30 A Healthier and Greener You! - Mark Strazzer

SUNDAY EARTH

- 9 Soul Sweat - Global Dance - Sarah Becker
- 10 Core Strength/Stretch for Athletes - Ninabe Werness-Sandot/Bart Westdorp
- 11 Optimal Wellness and Fundamentals of BREATH - Dorisse
- 12 Yoga for Women - Laura Rose Boyle
- 1 Long Fist Kung Fu - Yan Agrest
- 2 Couples Connection Yoga - Cat Matlock and Jeff Schmitt
- 3 New Roots African Ritual - Masankho Kimsisi Banda

SPECIAL HA: LAKESIDE MAINSTAGE!

SATURDAY

8 NIA dance! - Maureen Jablinski

SUNDAY

8 Zumba Dance - Samantha Bird

SUNDAY WATERFRONT

NOON Sangita Devi - Kirtan

SPECIAL HA: BROOKSIDE DANCE HALL

SATURDAY

9 Contact Improv - Michael Hurd

SATURDAY

5:00 PM LEAF Mural ART Project: EARTH TENT
with Diane Strazzer - everyone welcome!

SUNDAY

8 Rhythmic Flow Yoga - Kristin & the Kunga Drummers

THROUGHOUT the WEEKEND:

Ancient Door Dream Interpretation - TIPEE on the main Healing Arts Lawn

Meet at the HEALING ARTS AREA Platform: SATURDAY @ 6 pm:

Hommage to the recently passed **FRANK COOK** - tree planting in honor of this influential and inspiring teacher (other word here?)

EARTH SKILLS - SATURDAY

- 9:30 Rope/Jewelry-making with Tree Bark & Natural Fibers - Jon Rousseau
- 11 Crystals Rock! - The Science Behind Crystal Healing - Cristen Jester
- 12 The Backyard Apothecary - Herb Walk - Josh Fox
- 1 Dandelion Mind Will Change the World/herb walk - CoreyPine Shane and Luke Cannon
- 2 Stone-Jewelry Making (ages 8+)- Luke Cannon
- 3:30 Growing Edible Mushrooms on Trees -Ryan Lubbers (donation: \$5-take home a mushroom log)
- 4:30 The Wisdom of Sustainable Health - Rae Newman
- 5:30 Guord Udu Drum & Maraca-making - Hawk Hurst (*Material fee \$6-8)

