

SATURDAY (7:45 AM TO 6:30 PM)
Wellness Market - 9:30 am to 5:00 pm
Lunch - Village Greens - 12:00 TO 1:00 PM

	8:00 AM	8:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	6:00 PM
CADBORO COMMONS																					
Main Hall			Rewilding Christy Greenwood				Intro to Acro Katie Thacker				Arm Balances Ryan Lier				You are What You Think Melanie Phillips				Intuition is a Choice Candice McKim		
McKenzie			SoulFull Yoga Tatjana Kozak				Video Branding Robyn Unwin				Nutrition for Natural Energy Andrea Dershin				Inner Vayus Guy Friswell				Practice on the Page Lynda Monk		
Henderson			Level 2 Style Bishnu Ghosh Guy Friswell				Natural Movement Therapy				Dark Panel: A Ting Letts				Dirty Little Secret Lisa - JUSU Body				Heartfulness Meditation		
Queenswood			Shape Shift Christine Price Clark					Tai Chi Gabriel Shaw			Spice Shakti Glynnis Osher				Awakening the Female Temple Mara Branscombe						
Campus View			Organs and Emotions Jennifer Clarke and Farrah						Elder Wisdom Mary Martin		Anatomy for Yoga Teacher Kristine Salmon				Remembering Sati Natalie Rousseau				Scoliosis Kat Kusyszyn		
Haro			Mythic Mantra - For Teachers Crystal Rainbow Borelli				Mandala Meg Cooke				Tensegrity Tim Cyr					Building Resiliency Katie Branter			Story Time Yoga Carly Green Hill		

STUDENT SERVICES/UNION BUILDING - SUB

MP1	7:45 Opening	The Art of Slowing Down Tracey Noseworthy				Rhythm & Flow Natalie Rousseau				Loving Kindness Tracy Boyd				Beyond Flexibility Dr. Dan Skinner				Restorative Yoga Rosie Johnnie-Mills		
MP2		Body Intelligence Movement Kaitlin Armstrong				Power in Stillness Janelle Morrison				Core Relations Hiiro Prince				Hatha Raja/Yoga Nidra Crystal Borelli				Vitamin Yin Katie Thacker		
Upper Lounge		Slow Flow Kaillie Woods				Speaking Our Truth Monique Gray Smith				Feel the Muse Sherrice Kirby				Yoga & Meditation Ocean Lum				Yoga Nidra Basha Nemeskeri		
* White text in black box are FULL Classes as of February 6th																			McKINNON POOL	
																			SUP Yoga Jen Craig-Evans	

SUNDAY (8:00 AM TO 6:30 PM)
Wellness Market - 9:30 am to 5:00 pm
Lunch - Village Greens - 11:30 AM TO 12:30 PM

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CADBORO COMMONS																					
Main Hall		Bellyfit Alice Bracegirdle				Navigating the Darkness Melanie Phillips				Drumming Jordan Hanson				Take it Down Mara Branscombe				The Power of Our Inner Light Eoin Finn		6:30 Closing	
McKenzie		Communication Farrah Nazarali				Leap of Faith Crystal Rainbow Borrelli				Flex & Flow Lindsay Gee				Mantras & Malas Rachel Hurst							
Henderson		(MEN)tality Hiro Prince				Yoga for Scoliosis Kat Kusyszyn				Mindful Munchkins Madelin Rocheleau				Every Body is a Yoga Body Tatjana Kozak							
QA		Practicing Gratitude Lindsay Gee								Do Less Tim Cyr									Yoga & Tarot Ocean Lum		
Campus View		Longing to Belong Alanda Carver				High Flyers Katie Thacker				Mighty Mandala Tracey & Maria				The Body Keeps Score Sarah Holmes de Castro				Awakening the Avatar Yogi Shambu			
Haro		Mantra Moves Maria Filippone								Sacred Scents Glynnis Osher				Attachment Theory Carmen Spagnola				Moments Kate Landreth			

STUDENT SERVICES/UNION BUILDING - SUB

MP1		Vinyasa Yoga Ryan Leier								Body Movement FUN Kaitlyn Armstrong									Hatha Yoga Rosie Johnnie Mills	
MP2		The Sun Inside Christine Price Clark			The Luminous Body Mara Branscombe					Shelf Yourself Tracy Boyd				Ayurvedic Yoga Practice Melanie Phillips					Write it Down Dog Carly Green Hill	
Upper Lounge		Teaching Mindful Vinyasa Natalie Rousseau							Leverage Your Why Andrea Ting-Letts					SPARKS Christine Price Clark						
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