

YOGA VENTURE

At Wilderness Adventure



FRIDAY, May 31st

12pm Check-in begins

5:30-8:30pm Wine Tasting, Kombucha, Appetizers on Side porch - Order Dinner through the Outpost

Side Porch

5:00 - 8:00 Dinner through The Outpost

The Outpost

8:30 - 9:30pm Opening Fire Ceremony w/ Lindsay & Antonio

Side Porch & Firepit

SATURDAY, June 1st

Ongoing Activities & Opportunities All Day and By Appointment

2:00-5:30 pm	Outdoor Activity	Tubing on Craig Creek with Shuttle Run	Sign up at Outpost	Meet shuttle in front of the Main Lodge
By Appt.	Service	Ionic Foot Baths	Ninette Carnavale	Gardenside Porch
By Appt.	Service	Astrology Readings	Lisa Wade	Small Grove at Main Lodge
By Appt.	Service	Massage Sessions	Heather Riddle	Vendor tent
By Appt.	Service	Thai Massage Sessions	Leia Jones	Pond Gazebo
By Appt.	Service	Somatic Healing Sessions	Martha Kastler	TBA
By Appt.	Service	Tarot Readings	Jill Loftis	TBA
	Vendor	Earth & Sky Jewelry	Desiree Nichols	Vendor tent
	Vendor	"Luminous Moment" Charms	Cathy Cannon	Vendor tent
By Appt	Service	Reiki & Breathwork	Cathy Cannon	Vendor Tent
	Vendor	Grateful Threads & Fairy Hair, A Little Bit Hippy	Heidi Bundy	Vendor Tent
	Vendor	Henna Tatoos	Heather Reynolds	Vendor Tent
	Vendor	In Motion Assisted Stretching	Sean Hiemstra	Vendor Tent
	Vendor	Kindred Soul Botanicals; balms, slaves, oils	Pamela Glosser	Vendor Tent
	Vendor	Harvest Bloom Herbs Apothecary LLC	Elise Templeton	Vendor Tent

7-7:30am	Sunrise Offerings	Class Description	Teacher / Facilitator	Location
		Meditation	Laura Leonard	The Garden
		Labyrinth walking meditation	Lindsay McKinnon	Labyrinth

7-9am Breakfast from the Outpost

8:30-10:30am	Extended Workshop	Class Description	Teacher / Facilitator	Location
	Awakening the Ancestral Spirit	Kemetic yoga, African shamanic journey, song	Antonio Stovall	Pavilion
11:00-12:00pm	Short Classes	Class Description	Teacher / Facilitator	Location
	Option A: Mudra, Mantra & Meditation	Asana, movement, meditation	Kimberly Vest	Tent
	Option B: The Elements	High intensity movement - get ready!	Neda Adl	Pavilion

12:00 - 2:00pm Lunch from the Outpost

Q&A with Antonio & Jill

Location: Sideporch

2:00 - 5:30pm	Outdoor Activity	Tubing on Craigs Creek w/ Shuttle Run (\$20)	WA Staff	Signup at Outpost
2:00-4:00pm	Extended Workshop	Class Description	Teacher / Facilitator	Location
	Astrology & Chakra Clearing	Pranayama & Meditation	Jill Loftis	Pavilion
4:00-5:00pm	Short Classes	Class Description	Teacher / Facilitator	Location
	Option A: Somatic Movement		Martha Kastler	Pavilion
	Option B: Sound Healing		Betsy Whitesell	Tent

5:30 - 7:30 Dinner from the Outpost

5:30 - 6:15 The History of Star Constellations & Their Stories with Josh Urban on the Sideporch

6:30 - 8:00

Kirtan with Deb Rina & Joy Truskowski

Side Porch

8:00-9:30 pm Evening Offering w/ Cathy Cannon Yoga Nidra Under the Stars

Pavilion

Star Gazing with Josh Urban location to be announced

9:00 pm BONFIRE & FUN

Fire Pit

SUNDAY, June 2nd

7:30-8:00am	Sunrise Offering	Class Description Meditation	Teacher / Facilitator Constantine	Location The Garden
9:00-11:00am	Extended Workshop "Coming to Our Core"	Class Description Flow style asana with reflective prompts for a deep dive	Teacher / Facilitator Mary Brown	Location Pavilion
11:00-12:00pm	Short Class & Ritual	Class Description Vibrational Sound Meditation & Gratitudes	Teacher / Facilitator Cheryl Murphy & Lindsay McKinnon	Location Tent

11:30-1:30pm Lunch from the Outpost

N A M A S T E !!!

