



## KEKOKA YOGA RETREAT 2024 CLASS DESCRIPTIONS

### FRIDAY

**Kindred Spirits Flow with Live Drumming (Susan Johnson & Jason Maloney):** Find your rhythm and fuel your fun as you kick off your retreat with a spirited flow to live drumming! Designed for level 2 Vinyasa students, we'll begin with strength-building warmups, continue with classic & creative sun salutations followed by standing pose sequences (with optional arm balances sprinkled in), and end with accessible backbends, feel-good stretches, and a connected closing. **(STAGE, 7:00-8:00 pm, level 2)**

**Sink into Yin (Bonnijean Boggess):** Ready to leave your workweek behind? Sitting and driving all week have your low back and hips tight, stuck, or pinched? Maybe your brain too? Join Bonnijean and surrender into these restorative poses. We'll leave our "fight or flight" behind and move into our parasympathetic nervous system: lowered heart rate and blood pressure, relaxed muscles and connective tissue, better digestion, increased immunity, and the release of those yummy endorphins to kick off our weekend together. **(BLISS TENT, 7:00-8:00 pm, all)**

**Moon Salutations (Jenny Landry):** A goal of Hatha yoga is to balance and harmonize the opposing energies within us — female and male, yin and yang. Male energy is represented by the sun and thought to be extroverted, assertive and rational. Female energy is represented by the moon and thought to be introverted, calming and intuitive. Moon Salutations (Chandra Namaskar) are a series of standing poses sequenced to create a calming, cooling and nurturing effect on the mind and body. To cultivate our more feminine lunar energies, this class will start with a flowing Chandra Namaskar practice emphasizing mindfulness and the coordination of breath and movement. Next, a series of mat-based poses will be performed in a yin style manner to cultivate stillness, patience and awareness. It will end with a brief guided meditation and an extended savasana allowing for self-reflection, integration and the unfolding of our inner experience. **(PEACE TENT, 7:00-8:00 pm, all)**

### SATURDAY

**Spirited Morning Flow (Barbara Olin):** Wake up to a spirited flow that will leave you feeling energized, calm and connected. Designed for experienced vinyasa students. **(STAGE, 7:30-8:30 am, level 2/3)**

**Tai Chi (Joe Miller):** Tai Chi works on dissolving the tensions in the mind, body, and spirit as well as the pathways between. Tai Chi is about movement energy: drawing energy into and moving it through the body. Re-energize your body, sharpen your mind, and lighten your spirit. **(BLISS TENT, 7:30-8:30 am, all)**

**Kundalini Yoga (Susan Phillips):** In Kundalini Yoga we harness the mental, physical, and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul. This technology precisely and consciously combines breath, mudra, eye-focus, mantra, body locks, and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purify the blood. It brings balance to the body, mind, and soul. We expand our aura and we become more radiant and have more confidence in ourselves. We expand our consciousness and learn to live in the "now." We open our chakras—the energy centers in our body—and we become more balanced. We raise the vibrations in our body, and we become healthier and happier. Also, when we raise our vibrations, not only do we heal ourselves, but we help to heal our world. **(PEACE TENT, 7:15-8:30 am, all)**

**Walking Meditation (Alli Crowell):** Just like our asana practice, meditation can come in many forms. There are times when movement can support a similar or even greater meditative state as stillness. Start your morning with a mindful walk- an invitation to connect breath to movement and to welcome in your full sensory experience, as we allow our bodies and minds to wake up slowly, immersed in nature and community. Embrace an opportunity for self-exploration and a pace and rhythm that feels just right for you. We'll meet outside behind the dining hall for a brief intro and will begin our 30-minute walk by 7:45. **(BEHIND THE DINING HALL, 7:30-8:15 am, all)**

**Sunrise SUP (Sejal Kinker):** Rise early and watch the sunrise on the bay. We will paddle out from the creek into the bay. For experienced paddlers as no instruction will be given. **Sign up Friday night as space is limited. (WATERFRONT, 6:30-7:15 am)**

**Ashtanga Improv (Wendy Phillips):** This class is an Ashtanga-style mix of mantra, intention, cleansing standing poses, seated postures that incorporate binds and bhandas, a traditional finishing sequence, and Savasana with a hand pan drum. **(STAGE, 9:30-10:30 am, level 2/3)**

**Vinyasa Flow Yoga (Nathan Martin):** Refine your practice with a unique approach to yoga that combines elements from GYROTONIC® exercise, gymnastics, ballet, tai chi, swimming and different styles of yoga. Learn to strengthen your body while moving through the stretch of a yoga pose and come out more aligned and balanced on the other end. This class is for all levels, caters to therapeutic needs, and uses rhythm and repetition to allow students several chances to master concepts and poses through the hour-long class. **(BLISS TENT, 9:30-10:30 am, all)**

**Feel Good Yin (Nancy Sessoms):** This is an introspective practice where you hold poses longer, embrace the silence, and cultivate patience within yourself. For your comfort and accessibility in the postures, props can help as you stretch your tendons and connective tissues. Bring a blanket or two, and your pillow (blocks and bolster if you have them). You will mindfully play with your physical edge to stress the body in a feel-good way. **(PEACE TENT, 9:30-10:30 am, level 1)**

**Meditation Workshop (David Scarbrough):** A regular practice of meditating can give us an abundant sense of peacefulness and purpose. All we need is a few minutes and a place to sit quietly. This workshop will give you the tools to do whatever you really care about with more focus and depth—whether it's a personal relationship, a religious or spiritual avocation, or any project that's meaningful to you. Please bring a yoga mat and be open to trying out some different meditation techniques. **(MAIN DOCK, 9:30-10:30, all)**

**Let Your Spirit Shine (Amy Maloney):** In this level 2 Hatha (i.e., nonflow) class, we will connect to our inner spirits and allow our lights to shine. We will explore movement and stillness through a variety of standing, seated, and reclined poses. While modifications will be offered to make poses accessible, this class is not recommended for beginners. **(STAGE, 11:00-12:00, all)**

**Intro to Ashtanga Yoga (Lynne Headley):** This is a dynamic class based on the poses presented in the traditional Ashtanga Primary Series. Infused with supportive modifications and anatomy-informed alignment principles, this introduction offers an energetic way to build strength, flexibility, endurance, and focus. Practitioners learn to connect breath and movement, cultivating a moving meditation. The end result of the practice is a calm, steady, and focused mind. **(BLISS TENT, 11:00-12:00, 2)**

**Gyrokinesis (Morgann Rose):** This class is an original and unique movement method that addresses the entire person by clearing and opening energy pathways, stimulating the nervous system, increasing range of motion, and improving strength and movement efficiency. It's a training method based on principles of yoga, dance, tai chi, and swimming. Unlike most workouts, there's an emphasis on rotation and spiraling movement while syncing your breath with the movements of the body. All levels welcome. **(PEACE TENT, 11:00-12:00, all)**

**Laughter Yoga (Caroline Shifflett):** Laughter is joy bubbling over! In this Laughter Yoga class, we learn to cultivate joy by engaging our sense of childlike playfulness. We use laughing games to reunite ourselves with our inner child. **(BEHIND THE DINING HALL, 11:00-11:30, all)**

**Kayaking Skills & Group Paddle (Art Gilbert):** Nope, this isn't yoga in a kayak, but since the retreat is at a great waterfront location and the YMCA has plenty of kayaks, let's cross-train! Learn how to get in and out of a kayak without making a splash and practice basic paddle strokes—forward, backward, and turns. Then we'll go for a group paddle/practice session to bring it all together. ***Space is limited.* (WATERFRONT, 11:00-12:00, all)**

**BLUE HONEY FLOW Mat Pilates (Ashley Gerczak of Blue Honey):** Expect a well-rounded workout with thoughtfully designed movements that will flow seamlessly through a variety of upper body, lower body, and core exercises. All aimed to increase mobility and flexibility, improve balance, and strengthen your joints. This class is appropriate for all levels. Beginners welcome! **(STAGE, 3:00-4:00 pm, all)**

**Benefits of Gua Sha Facials Hands-On Workshop (Susanne Siemonsen):** Learn how to give yourself a gua sha facial in this workshop led by a master esthetician. Jade gua sha stones will be provided. ***Sign up Friday night as space is limited.* (BLISS TENT, 3:00-4:00 pm, all)**

**Story Time Soft Flow (Nichole Knott):** Become a kindred spirit with yourself in this patient practice where you listen... listen deeply to your body and give to receive your own unique rhythm, knowing that there is not one right way to practice. You'll start with groovy floor work to wake up your body while embodying the many fun shapes and qualities of Vishnu, combining effort and grace in a body-smart sequence that will take you from the ground up to many new beginnings. You'll leave feeling strong, stable, and connected to self. **(PEACE TENT, 3:00-4:00 pm, 1/2)**

**SUP Yoga and Sound (Lori Erwin and Melissa Burke):** Come out and experience yoga on a paddleboard with the addition of a sound bath! Lori will teach the poses while Melissa offers sound, both during the sequence and in a full sound bath during Savasana. This class is for all levels; however, Lori does require you to know how to swim and to not be afraid to be in the water. The class is geared toward beginners and all equipment will be provided. ***Space is limited.* (WATERFRONT, 3:00-4:00 pm, 2)**

**Arm Balances & Inversions Workshop (Shelle Taylor):** Let's come out of our comfort zone with some strong balances and inversions! We'll start with a warming flow, then move into a variety of poses that may be challenging (but remember, you never know what you can do until you try!). Options and baby steps into the poses will be offered and we'll of course add stretching and a well-deserved Savasana at the end. Have some fun and I'll see you on your mat! **(STAGE, 4:30-5:30 pm, 2/3)**

**Self-Myofascial Release (Barbara Olin):** Find ease in the body and calm in the mind through myofascial release with tennis balls. You'll learn techniques you can easily do at home. **(BLISS TENT, 4:30-5:30 pm, all)**

**Vibrational Healing from Tibetan Singing Bowls (Esther Heideman):** Grab a blanket or sweatshirt and join me for the ancient art of Tibetan Singing Bowls. Participants will lie down with their eyes closed, while the practitioner strikes the bowls in different patterns and directions. Because your body contains up to 80% water, the vibrations will move fluidly through you. When your vibrations are out of tune, your physical and spiritual bodies are out of harmony, which causes illness, pain, and disease. Vibrational sound healing gently massages the molecules back into the right places, clearing blockages and restoring harmony in the body. **(REC CENTER, 4:30-5:30 pm, all)**

**Rings of Saturn (Art Gilbert):** If the sky is clear, come check out the rings of Saturn and the moons of Jupiter through an astronomical telescope. Yes, you can really see the rings. **(WATERFRONT, 8:00-9:00 pm, all)**

## **SUNDAY**

**Fun Level 2 Hatha (Tessa Timberlake):** Get up and begin your day feeling good in your bones! This level 2 hatha-based class emphasizes seamless flow, breath and energy. Experience a harmonious blend of poses that connect movement with breath, cultivating a deep sense of inner energy and mindfulness. You'll leave feeling balanced, energized and centered. **(STAGE, 7:30-8:30 am, 2)**

**Gratitude Yin (Angie McKinster):** Dhanyavaadah...expressing gratitude is an essential aspect of human interaction. Yin allows us to go within to silently express gratitude for everyone and everything in our lives. While you hold asanas on your mat from 3-5 minutes, you will be able to focus your mental body, continually meditating on all of the reasons to be grateful for all aspects of your life. Join me as we wake up to the sun, relaxing, releasing and softening through each pose. The feeling of Dhanyavaadah can shift both your mental and physical bodies and allow you to open your mind and your heart in ways that will amaze your soul. **(BLISS TENT, 7:30-8:30 am, all)**

**Pranayama (Kirsten Knull):** Pranayama, the ancient art of yogic breathing, invites us to explore the profound connection between our breath and our wellbeing. In this class, we'll explore simple, yet powerful pranayama practices designed to cultivate awareness, calmness, and vitality. Each technique will be introduced gradually, allowing time for you to experience and integrate its effects. The class is designed to be accessible to all levels, whether you're new to pranayama or have practiced for years. Our intention is to create a nurturing space where you can explore and deepen your relationship with breath, fostering a sense of inner peace and vitality to carry with you throughout your day. **(PEACE TENT, 8:00-8:30 am, all)**

**Myo/Yang (Mohler Carlson):** In the first 30 minutes of this split class, you'll use balls, rollers, yoga props, and your hands to soften knots and tensions that have been built up in your body. The latter 30 minutes of the class is a Vinyasas Slow Flow, where you'll enjoy the new-found space and freedom in your body that was created with the myofascial release work. **(STAGE, 9:30-10:30 am, 2)**

**Transzendence 2 Samadhi (Daina Fawn):** This class combines world dance, yoga, energy balancing, meditation, and inspirational messages of love to unite humanity as one. You'll move energy through your body and create a peak state of balance while cultivating happiness, peace, joy, and bliss. **(BLISS TENT, 9:30-10:30 am, all)**

**Centered in Compassion: Guided Meditation and Talk (Sherab "Shey" Khandro):** Join us in celebrating the spirit of the International Day of Peace! This session will provide you with simple yet profound ways to cultivate inner peace and compassion in your daily life. Beginning with a heart-inspired talk, Shey Khandro will share practical tips and powerful tools for living with more mindfulness and compassion. Following the talk, Shey will lead a guided meditation designed to help you center yourself in your heart, leaving you feeling refreshed, balanced, and deeply connected. Whether you are new to mindfulness or have an established practice, this session offers valuable insights and practices to support your journey towards a more peaceful and compassionate life. **(PEACE TENT, 9:30-10:30 am, all)**