

**KEKOKA YOGA RETREAT 2024 WEEKEND SCHEDULE**

FRIDAY						
ART CENTER	STAGE/ ART CENTER*	BLISS TENT	PEACE TENT	DINING HALL	WATERFRONT	REC CENTER
4-6:30 p.m. - CHECK-IN (Dining Hall)						
4-6 pm - DINNER DISTRIBUTION						
	6:30 p.m. <b>Opening Circle</b> Susan Johnson					
	7-8 p.m. <b>Kindred Spirits Flow w/Live Drumming (2)</b> Susan Johnson & Jason Maloney	7-8 p.m. <b>Sink into Yin (All)</b> Bonnijean Boggess	7-8 p.m. <b>Moon Salutations (All)</b> Jenny Landry			
					8:00-9:30 p.m. <b>Informal Gathering + S'Mores</b>	

SATURDAY						
	7:30-8:30 a.m. <b>Spirited Morning Flow (2/3)</b> Barbara Olin	7:30-8:30 a.m. <b>Tai Chi (All)</b> Joe Miller	7:15-8:30 a.m. <b>Kundalini Yoga (All)</b> Susan Phillips	7:30-8:15 a.m. <b>Walking Meditation (All)</b> Alli Crowell	6:30-7:15 a.m. <b>Sunrise SUP (No Instruction: Experienced Paddlers)</b> Sejal Kinker <b>(space is limited)</b>	
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. <b>Ashtanga Improv (2/3)</b> Wendy Phillips	9:30-10:30 a.m. <b>Vinyasa Flow Yoga (All)</b> Nathan Martin	9:30-10:30 a.m. <b>Feel-Good Yin (All)</b> Nancy Sessoms		9:30-10:30 a.m. <b>Meditation Workshop (David Scarbrough)</b>	
	11:00 a.m. - 12:00 p.m. <b>Let Your Spirit Shine (2)</b> Amy Maloney	11:00 a.m. - 12:00 p.m. <b>Intro to Ashtanga (2)</b> Lynne Headley	11:00 a.m. - 12:00 p.m. <b>Gyrokinesis (All)</b> Morgann Rose	11:00-11:30 a.m. <b>Laughter Yoga (All)</b> Caroline Shifflett	11:00 a.m. - 12:00 p.m. <b>Kayaking Skills &amp; Group Paddle (All)</b> Art Gilbert <b>(space is limited)</b>	
12:30 p.m. - 1:30 p.m. - LUNCH						
1:30 p.m. - GROUP PICTURE (Behind Bathhouse)						
1:30-3:00 p.m. - FREE TIME/CHALLENGE COURSE/VOLLEYBALL						
	3-4 p.m. <b>Mat Pilates (All)</b> Ashley Gerczak	3-4 p.m. <b>Gua Sha Facials Workshop (All)</b> Susanne Siemonsen <b>(space is limited)</b>	3-4 p.m. <b>Story Time Soft Flow (1/2)</b> Nichole Knott		3-4 p.m. <b>SUP Yoga and Sound (2)</b> Lori Erwin & Melissa Burke <b>(space is limited)</b>	
	4:30-5:30 p.m. <b>Arm Balances &amp; Inversions Workshop (2/3)</b> Shelle Taylor	4:30-5:30 p.m. <b>Self-Myofascial Release (All)</b> Barbara Olin				4:30-5:30 p.m. <b>Vibrational Healing from Tibetan Singing Bowls (All)</b> Esther Heideman
6-7 pm - DINNER (Dining Hall)						
			8-9 p.m. <b>Rings of Saturn (All)</b> Art Gilbert		7:30-9 p.m. <b>Informal Gathering + S'Mores (behind Dining Hall)</b>	

SUNDAY						
	7:30-8:30 a.m. <b>Fun Level 2 Hatha</b> Tessa Timberlake	7:30-8:30 a.m. <b>Gratitude Yin</b> Angie McKinster	8-8:30 a.m. <b>Pranayama (All)</b> Kirsten Knull			
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. <b>Myo/Yang (2)</b> Mohler Carlson	9:30-10:30 a.m. <b>Transzendence 2 Samadhi (All)</b> Daina Fawn	9:30-10:30 a.m. <b>Centered in Compassion: Guided Meditation and Talk (All)</b> Shey Khondro			
				11 a.m. <b>Closing and Departure</b>		

\*Rain Venue

**LEVEL DESCRIPTIONS:**

- **All** - Suitable for beginning and ongoing students.
- **Level 1** - Suitable for beginning as well as experienced students who enjoy a gentler practice.
- **Level 2** - Suitable for ongoing students familiar with the basics of alignment as well as classic or modified sun salutations.
- **Level 2/3** - Suitable for experienced students very familiar with basic alignment and sun salutations who are comfortable exploring more advanced postures, knowing when something isn't appropriate for them.