

FLOW FEST

SATURDAY SCHEDULE

KEY:

- YOGA
- UPGRADE
- WORKSHOPS
- ADDITIONAL PROGRAMMING

	Belmont Abbey Island	Adventure Pavilion	River Jam Stage	South Ridge	Deep Water Solo Lawn	Conference Center	Ridge Pavilion	Vendor Village	Kayak Center
8:00am		ANIMAL LOCOMOTION 8:00AM-9:00AM							
9:00am			VINYASA FOR BACK STRENGTH 9:00AM-10:00AM		YOGA FOR ATHLETES 8:30AM-9:30AM		POWER FLOW 8:30AM-9:30AM		SUP YOGA UPPER POND 9AM-10AM
10:00am		SLOW FLOW 9:30AM-10:30AM			KIDS' YOGA 10:00AM-11:00AM	ENERGY HEALING 101 ROOM D 9:30PM-10:30PM	YIN YANG FLOW 10:00AM-11:00AM	VENDOR VILLAGE OPEN 10:00AM-6:00PM	
11:00am	KOMBUCHA SAMPLING 11:00AM-5:00PM	DIY RAIN BARREL 11:00AM-12:30PM	ACTIVATE AND ELEVATE YOUR FLOW 11:00AM-12:30PM	DEEP STRETCH WITH EQUINOX MEDITATION 10:30AM-11:30AM		AT HOME APOTHECARY ROOM D 11:00AM-12:00PM	ESSENTIAL OIL YOGA ROOM C 11:00AM-12:00PM		
12:00pm			SLOW FLOW 12:30PM-1:30PM	BEGINNER YOGA 12:30PM-1:30PM			YOGASTROLOGY ROOM D 12:30PM-1:30PM		
1:00pm					HULA HOOP FLOW 1:00PM-2:00PM		YOGA FOR ATHLETES 1:00PM-2:00PM		
2:00pm		ROCKET YOGA 2:00PM-3:00PM		ACOUSTIC UNWIND 2:00PM-3:00PM		KOMBUCHA HOMBREW ROOM D 2:00PM-3:00PM	SOUL YOGA 2:30PM-3:30PM		
3:00pm					MINDFUL FLOW 2:30PM-3:30PM				
4:00pm		ARM BALANCE WORKSHOP 3:30PM-4:30PM		ACRO YOGA 3:30PM-4:30PM		SHAMANIC JOURNEY ROOM D 3:30PM-4:30PM	GENTLE YOGA 4:00PM-5:00PM	THE LANGUAGE OF NATURE: POETRY HIKE 1:30PM-2:30PM	
5:00pm		RESTORATIVE FLOW 5:00PM-6:00PM		POWER VINYASA WITH WEST AFRICAN DRUMMING 5:00PM-6:00PM		THE SCIENCE OF MEDITATION ROOM D 5:00PM-6:00PM	YOGA FOR CREATIVITY 5:30PM-6:30PM		
6:00pm					DOGA 5:30PM-6:30PM				
7:00pm		ZAKTI 360 6:30PM-7:30PM		DEEP STRETCH 6:30PM-7:30PM		AYURVEDA 101 ROOM D 6:30PM-7:30PM	ELEMENTAL FOCUS MEDITATION 7:00PM-8:00PM		
8:00pm					YOGA FOR CLIMBERS 7:00PM-8:00PM				
9:00pm				DROPSOUND GLOW YOGA 8:00PM-9:00PM		THAI MASSAGE 10:00AM-4:00PM			
10:00pm			LIVE MUSIC: JOHNNYSWIM 9:00PM-10:30PM			20 MINUTE SESSIONS ROOM E			

PARTICIPANT/INSTRUCTOR CHECK-IN 7AM-8PM

FLOW FEST

SUNDAY SCHEDULE

KEY:

- YOGA
- UPGRADE
- WORKSHOPS
- ADDITIONAL PROGRAMMING

	Climbing Center	Adventure Pavilion	River Jam Stage	South Ridge	Deep Water Solo Lawn	Conference Center	Ridge Pavilion	Vendor Village	Kayak Center
8:00am		HIKE AND YOGA 8:00AM-9:00AM		YOGA FOR ATHLETES 8:00AM-9:00AM			GENTLE FLOW 8:30AM-9:30AM		
9:00am	AERIAL YOGA 9:00AM-12:00PM		SLOW FLOW 9:00AM-10:00AM		HIP HOP YOGA SCULPT 8:30AM-9:30AM				SUP YOGA UPPER POND 9:00AM-10:00AM
10:00am		FAMILY YOGA 9:30AM-10:30AM		EXPLORING THE POWER OF STILLNESS YIN YOGA 9:30AM-10:30AM		ESSENTIAL OIL YOGA ROOM C 9:30AM-10:30AM			
11:00am					SHATKI RISING 10:00AM-11:00AM	THAI MASSAGE ROOM E 10:00AM-11:00AM	POWERFUL FLOW 10:00AM-11:00AM	VENDOR VILLAGE OPEN 10:00AM-4:00PM	
12:00pm			ALL LEVELS VINYASA FLOW AND SOUND HEALING 11:00AM-12:00PM			UPGRADE YOUR SELF CARE ROOM D 11:00AM-12:00PM			
1:00pm		MEDITATE AND MOVE 12:30AM-1:30PM		VINYASA FLOW AND MYTHOLOGY 12:30PM-1:30PM					
2:00pm		DIY RAIN BARREL 2:00PM-3:00PM				SANSKRIT THE LANGUAGE OF YOGA ROOM D 12:30PM-1:30PM	POWER VINYASA (MABON THEME) 1:00PM-2:00PM		
3:00pm					DEEP STRETCH 1:00PM-2:00PM				
4:00pm				YOGA FOUNDATIONS 2:00PM-3:00PM	INTRO TO ACRO 2:30PM-3:30PM	MY BEST SPOTIFY PLAYLIST-YOGA MUSIC WORKSHOP ROOM D 2:00PM-3:00PM	LAUGHTER YOGA 2:30PM-3:30PM		
5:00pm			CHAKRA FLOW 4:00PM-5:00PM	SLOW REGGAE FLOW 3:30PM-4:30PM		ART OF YOGIC SPEECH ROOM D 3:30PM-4:30PM			
6:00pm									

PARTICIPANT/INSTRUCTOR CHECK-IN 7AM-4PM

THAI MASSAGE
11:30AM-2:30PM

20 MINUTE SESSIONS
ROOM E