Saturday Outdoor Presentations

	Bala Area	Bodhi Area	Prana Area
10:00am		Alyson Simms **Kundalini for Beginners**	
11:00am	Hannah Williams **Parents and Kids Yoga Class**		Malia & Ashley **Intro to Hoop & Flow**
12:00pm		Sarah Senter LAc **Traditional Chinese Medicine & Yoga: How Qi meets Prana**	
1:00pm	Francesca Budesheim **Kid's Yoga: Criss-Cross Yogasauce**	Len Worley Ph.D. (1:15-1:45) **How to Rolf Your Own Fascia**	Russell Burns and Paula Shames **Introduction to Yoga**
2:00pm		**Integrative Medicine presented by AOMA** William R. Morris Ph.D., DAOM, LAc Justine Meccio, & Sarah Sire Bentley	
3:00pm	Theresa Polley **Re-Treat Yourself: Yoga and Guided Meditation for Complete Release**	**Live Kirtan Music with** **Robin Dharampal Bruce**	**Musical Performance Begins around 4:00pm** **Joel Laviolette and Rattletree Marimba**

6:00pm - 7:00 pm

Sadie Nardini

Special Presentation

Saturday Yoga Workshops and Master Classes

	Studio 1	Studio 2	Studio 3	Studio Navina
10:00 - 12:00pm	Travis Eliot **Master Class:** The Ultimate Yogi Master Class	MbiraMe **Workshop:** Ecstatic Chakra Wave	Melissa Afflerbach **Workshop:** Get Off your Feet & Get Down and flow	Lk Bookman **Workshop:** The Power of Yin Yoga: No Pain, More Gain!
12:30 - 2:30pm	Methab **Workshop: The Inner Practices of Yoga: Deep Understanding**	Andrea Marcum **Master Class:** The Marcum Method: Core Focused Vinyasa Flow - Taking the Shoulds Out Of Your Shoulders	Mike Matsumura **Master Class:** Dharma Yoga - Hatha-Raja Yoga Practice	Amy Johnson **Workshop: Happy Hanuman**
3:00 - 5:00pm	Travis Eliot **Master Class:** 8 Limbs of Yoga Journey	Claudia Castro-Leverett and Thomas Leverett **Workshop:** The Yoga of Self Acceptance: Detox Flow	Navvaratri **Workshop:** Chandra Namaskaar (Moon Salutation)	Kamala Easton Ph.D. **Master Class:** Embodying Spirit: Journey towards Enlightenment - Part 1

7:30pm LUNAFEST short films by, for, about Women

Sunday Outdoor Presentations

	Bala Area	Bodhi Area	Prana Area
		Music by Hannah Williams	

10:00am		with Special Guests	
11:00 am	Amanda Green **Family Yoga**		Mike Matsumura **Advanced Dharma Mittra Yoga Demonstration**
12:00pm		**Live Kirtan Music with** Siri Bahadur — Mark Uridel Dharampal Bruce — Jerome Kubala	
1:00pm	Ivy Ingram **Ayurveda for the Yogi**		Mary Richardson & Steven Ross **Intro to Breathing in Asana**
2:00pm		Stephen Andrews **Yoga and Qi Gong Demonstration**	
3:00pm	Emily Murray **Health and Vitality Through Nutrition and Yoga**		Gudjon Bergmann **Self-Development based on the Spiritual Teachings of Yoga**
4:00pm		Chris P. (Bhagat Singh) **Celebrate the Sun – Salutations for Everyone**	

Sunday Yoga Workshops and Master Classes

	Studio 1	Studio 2	Studio 3	Studio Navina
10:00 - 12:00pm	Lauren Buck **Workshop: Patanjali Unlocked: Asana & Beyond**	Andrea Marcum **Master Class: The Marcum Method: Core Focused Vinyasa Flow - Hips Don't Lie**	Erinn Lewis **Workshop: Poetry In Motion - Vinyasa**	Mary Esther Middleton **Workshop: Introduction to Yoga**
12:30 - 2:30pm	Kamala Easton Ph.D. **Master Class: Embodying Spirit: Journey towards Enlightenment - Part 2**	Katie Toohil **Workshop: JourneyDance**	Mike Matsumura **Master Class: RAJA Yoga: Advanced Practice Workshop**	Alice Duffy **Workshop: The Benefits of Prenatal Yoga**
3:00 - 5:00pm	Siri Bahadur **Workshop: Using Your Creative Power to Manifest Your Life**	Patti Gagne **Workshop: An Introduction to Iyengar Yoga**	Libby Cox **Workshop: The Dance of Bliss: An Intro to Tantric Philosophy**	Peggy Sue Honeyman-Scott **Workshop: Get Core-geous with Yoga Tune Up®**
5:00pm	The Happy Movie			

Benefiting:

Sponsors:

LUNA, COMMUNITY YOGA AUSTIN, CAPITAL AREA FOOD BANK OF TEXAS, the chronicle, TRAVAASA Experiential Resorts Austin, 93.3 KGSR, TRAVELHOST Austin Magazine, NISSAN town NORTH, YOGA YOGA, The Natural Epicurean Academy of Culinary Arts, AOMA Graduate School of Integrative Medicine, Satyananda Yoga Center, corepower YOGA

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Presenters, schedule, vendors subject to change.