



KEKOKA YOGA RETREAT 2023 CLASS DESCRIPTIONS

FRIDAY

Elevate Your Flow with Live Drumming (Susan Johnson & Jason Maloney): Find your rhythm and fuel your fun as you kick off your retreat with an uplifting 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 our peak pose: Savasana. You'll leave feeling uplifted and calm.

(STAGE, 7-8 p.m., level 2)

I Need to Stretch (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, increasing immunity, and the release of those yummy endorphins to kick off our weekend together.

(BLISS TENT, 7-8 p.m., all)

Yoga Nidra (Neelam Kataria): *"Yoga Nidra is the yoga of aware sleep. In this lies the secret of self-healing. Yoga Nidra is a pratyahara technique in which the distractions of the mind are contained, and the mind is relaxed."* ~ Swami Satyananda Saraswati. Join Neelam in this wonderful practice that will help you access a deeper level of relaxation while relieving stress and anxiety. The practice is said to be four times as beneficial as a similar amount of restorative sleep and will help you access that place of peace and harmony deep within.

(PEACE TENT, 7-8 p.m., all)

SATURDAY

Advanced Flow (Challie Deibel): Wake up to a fun and challenging flow that will leave you feeling strong, free, and satisfied. Designed for experienced vinyasa students, the class begins with a strength-building warmup, continues with creative sun salutations followed by standing pose sequences with optional advanced postures sprinkled in, and ends with heart openers, supine stretches, and a well-deserved Savasana.

(STAGE, 7-8:30 a.m., 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, 7-8:30 a.m., 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 a.m., all)

Guided Meditation (Alli Crowell): As Zen Master Thich Nhat Hahn reminds us, *"Don't just do something; sit there."* Start your day with a moment for quiet stillness to calm the mind and body. Join Alli on the Boat Dock for a guided meditation to practice the art of deep listening as the world wakes up around us. Bring a yoga mat, blanket, towel, pillow, or chair so that you can sit or lie down comfortably for 20-30 minutes.

(BOAT DOCK, 7:30-8 a.m., all)

Sunrise Paddle on Standup Paddle Board (Sejal Kinker): Rise early and watch the sunrise on the bay. We will paddle out from the creek into the bay. **Sign up Friday night as space is limited.**

(WATERFRONT, 6-7:30 a.m.)

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 a.m., level 2/3)

Align & Refine (Nathan Martin): If you like hands-on assistance from a master of many movement methodologies, this class is for you. Nathan is a former ballet dancer and current GYROTONIC® Master who uses rhythm and repetition to stretch and strengthen the body. If you are comfortable with assists, he'll help you get the most out of each pose. You will work up a sweat and leave with a better understanding of what your body can do. All levels are welcome.

(BLISS TENT, 9:30-10:30 a.m., all)

I'm New to Yoga (Amy Maloney): Whatasana???? No worries. In this beginner's class we will learn some basic poses and terminology, so you'll feel more comfortable, confident, and safe in your next yoga class.

(PEACE TENT, 9:30-10:30 a.m., level 1)

I Don't Meditate (Lynne Headley): Beginning can be the hardest part to practicing mindfulness, but even with the intention to practice, most of us don't know where to start. If you've ever been curious about learning how to meditate and want to begin a personal, on-going, mindfulness practice, come join us! We will hold the space for you to discover the healing power of mindfulness by learning various meditation and breathing techniques. Uncover the power of the present moment, respond to your life and its stresses with mindful awareness, presence, and compassion. We'll be seated for 45 minutes, so dress comfortably and have a supportive seat where the spine is upright. No prior meditation experience is necessary, and all levels are welcome!

(WATERFRONT, 9:30-10:30 a.m., all)

Funky Vinyasa (Nicole Knott): Get ready for a creative, soulful, adventurous flow that weaves together breath and movement with moderate holds, steadily building on muscle, inner strength, and stamina.

(STAGE, 11 a.m.-noon, all)

Dances of Universal Peace (Lakshmi Lambert and Anna Pomaska): The Dances of Universal Peace are a spiritual practice in motion. These Dances draw on the sacred phrases, scripture, and poetry of the many spiritual traditions of the Earth. We will be led in chant, live music, and movement into a living experience of connection with the One.

(BLISS TENT, 11 a.m.-noon all)

Gynogenesis (Morgann Rose): Gynogenesis 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 the principles of yoga, dance, tai chi, and swimming. Unlike yoga and Pilates (and most workouts), there's an emphasis on rotation and spiraling movement while syncing your breathing with the movement.

(PEACE TENT, 11 a.m. -noon, 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 a.m. -noon all)

Grounded Flow (Jenny Landry): To be "grounded" means to feel present, connected, stable and secure. The intention of this class is to cultivate a greater sense of security by remaining close to the earth (no standing poses involved!), to improve stability by emphasizing core engagement, to enhance the mind-body connection by focusing on form and technique, and to invite presence through breath awareness and observation of sensations. The format will include classical mat-based poses (seated, kneeling, lying face-up and face-down) and adaptations of standing poses that will be performed in those same positions.

(STAGE, 3-4 p.m., level 2)

Partner Thai Massage (Meagan Franklin): Thai yoga will be administered as partners, as we explore dynamic stretching influenced by yoga asanas combined with physical pressure (or massage!) to help balance the flow of energy.

(BLISS TENT, 3-4 p.m., all)

Group Reiki + Energy Healing Circle (Tara Haislip): In this group Reiki class, Tara opens the circle for everyone's energy to enter and be cleared through meditation, breathing, and crystals. Come recharge, clear any worries or negative thoughts, and walk out feeling refreshed. Bring your yoga mat, pillow (optional), and your favorite blanket (optional).

(PEACE TENT, 3-4 p.m., all)

SUP (Stand Up Paddleboard) Yoga (Lori Erwin): Come out and experience yoga on a paddleboard! Paddle Yoga is a great way to improve balance, gain core strength and connect with nature. Asanas create a new challenge while floating, requiring full awareness, acceptance of mother nature's mood and a sense of humor. Cobra Pose takes on a new meaning as the sun bathes your face and illuminates your soul; Downward Dog gives you a whole new view from your paddleboard; and Mountain Pose allows you to stand on water as the sun awakens the warrior within. As you relax in Savasana with the sounds of nature surrounding you and the water gently rocking you, you'll sink into a natural state of bliss. 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 to 10 people.**

(WATERFRONT, 3-4 p.m., all)

Moon Salutations (Nancy Wilson): Explore the salutation that honors the moon and its aspects of calmness and coolness that balance the fire of sun salutations. Phases of the moon are reflected in poses of side bends, twists, and other basic movements. A good end-of-day practice.

(STAGE, 4:30-5:30 p.m., all)

Relax & Unwind (Angie McKinster): Take this time for you. Release and let it go... Swaha. Let it be, let it burn. Release and soften from your toes to your fingertips to the crown of your head. Observe your breath... notice and feel what you're experiencing...listen to what your breath is telling you. Let your breath guide you and be your teacher. Let your breath change you and Swaha, let it go!

(BLISS TENT, 4:30-5:30 p.m., all)

Yoga Nidra (Gretchen Brown): Yoga Nidra is the art of yogic sleep. In this ancient technique, the mind is used to progressively relax the body until it goes to sleep. Because mental attention remains active during the relaxation process, the mind remains awake, experiencing the sleeping body and enjoying a deep, still mental alertness. It is said that Yoga Nidra creates a level of rest deeper than deep sleep, and a mental stillness that helps dissolve negative habits.

(PEACE TENT, 4:30-5:30 p.m., 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, 8-9 p.m., all)

SUNDAY

Fun Level 2 Flow (Chelsea Fay): This class presents a short form of traditional Ashtanga Yoga with strong muscular movement, longer holds and optional advanced poses, all connected to the breath. Great for yogis who want a sweaty flow that challenges your entire body and refreshes your mind.

(STAGE, 7:30-8:30 a.m., 2)

Vibrational Healing from Tibetan Singing Bowls (Esther Heideman): Tibetan Bowls are an ancient, yet powerful, healing modality. Participants lie on their backs with their eyes closed or covered, while the practitioner strikes the bowls in different patterns, sending the energy around the space to different people each time. Stress, tension, or disease in your body will cause the bowl to sound out of tune, or dull. Esther Heideman will use her musical skills to realign the body, repeating bowls and patterns until the sound is in tune again. This hour-long meditative process realigns the body, mind and spirit. Because your body contains up to 80% water, the vibrations will move through your body fluidly. Visit: <https://www.thebowlmovement.com/> for further information.

(BLISS TENT, 7:30-8:30 a.m., all)

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!

(PEACE TENT, 7:30-8:30 a.m., all)

Self-Myofascial Release (Challie Deibel and Judy Schollmann): Join us for a workshop style class. We'll use tennis balls for myofascial release therapy. It's a gentle, constant massage that releases tightness in your myofascial tissues. You'll learn techniques you can easily do at home.

(STAGE, 9:30-10:30 a.m., all)

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 a.m., all)

Honey Spice (Irene Vest of Blue Honey): HONEY SPICE is a thoughtful blend of yoga, mat Pilates and functional movement with the use of weight and body resistance at the discretion of the teacher. The class will be sequenced to release, stabilize, and strengthen targeted muscles with cardio intervals for a full body workout.

(PEACE TENT, 9:30-10:30 a.m., all)