

KEKOKA YOGA RETREAT 2023 WEEKEND SCHEDULE

FRIDAY						
ART CENTER	STAGE/ DINING HALL*	BLISS AREA/ REC CENTER*	PEACE TENT/ ART CENTER*	DINING HALL	WATERFRONT	REC CENTER
4-6:30 p.m. - CHECK-IN (Dining Hall)						
4:30-6 pm - BOXED DINNERS FROM THE LOCAL						
	6:30 p.m. Opening Circle/Intentions Susan Johnson					
	7-8 p.m. Elevate Your Flow with Live Drumming (2) Susan Johnson & Jason Maloney	7-8 p.m. I Need to Stretch (All) Bonnijean Boggess	7-8 p.m. Yoga Nidra (All) Neelam Kataria			
					8:00-9:30 p.m. Informal Gathering + S'Mores	

SATURDAY						
	7:30-8:30 a.m. Advanced Flow (2/3) Challie Deibel	7:30-8:30 a.m. Tai Chi (All) Joe Miller	7:15-8:30 a.m. Kundalini Yoga (All) Susan Phillips	7:30-8:00 a.m. Guided Meditation (All) Alli Crowell (Location: Boat Deck)	6:30-7:15 a.m. Sunrise Paddle on Standup Paddle Board Sejal Kinker (space is limited)	
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. Ashtanga Improv (2/3) Wendy Phillips	9:30-10:30 a.m. Align & Refine (All) Nathan Martin	9:30-10:30 a.m. I'm New to Yoga (1) Amy Maloney		9:30-10:30 a.m. I Don't Meditate (All) Lynne Headley (Location: Main Dock)	
	11:00 a.m. - 12:00 p.m. Funky Vinyasa (All) Nichole Knott	9:30-10:30 a.m. Dances of Universal Peace (All) Lakshmi Lambert and Anna Pomaska	11:00 a.m. - 12:00 p.m. Gyrokinesis (All) Morgann Rose		11:00 a.m. - 12:00 p.m. Kayaking Skills & Group Paddle (All) Art Gilbert (space is limited)	
12-1 p.m. - POSITIVE PIZZA LUNCH BUFFET						
1:15 p.m. - GROUP PICTURE (Behind Bathhouse)						
1:30-3:00 p.m. - FREE TIME/ARCHERY/CHALLENGE COURSE/VOLLEYBALL						
	3-4 p.m. Grounded Flow (2) Jenny Landry	3-4 p.m. Partner Thai Massage (All) Meagan Franklin Amfam	3-4 p.m. Group Reiki + Energy Healing Circle (all) Tara Haislip		3-4 p.m. SUP (Stand Up Paddle Board) Yoga (2) Lori Erwin (limited to 10 students)	
	4:30-5:30 p.m. Moon Salutations (1/2) Nancy Wilson	4:30-5:30 p.m. Relax & Unwind (All) Angie McKinster	4:30-5:30 p.m. Yoga Nidra (All) Gretchen Brown			
6-7 pm - DINNER (Dining Hall)						
			8-9 p.m. Rings of Saturn (All) Art Gilbert		7:30-9 p.m. Informal Gathering + S'Mores	

SUNDAY						
	7:30-8:30 a.m. Fun Level 2 Flow (2) Chelsea Fay	7:30-8:30 a.m. Vibrational Healing from Tibetan Singing Bowls (All) Esther Heideman	7:30-8:30 a.m. Mat Pilates (all) Ashley Gerczak			
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. Self-Myofascial Release (All) Challie Deibel and Judy Schollmann	9:30-10:30 a.m. Transzendence 2 Samadhi (All) Daina Fawn	9:30-10:30 a.m. Honey Spice (All) Irene Vest			
				11 a.m. Closing and Departure		

*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.