



KEKOKA YOGA RETREAT CLASS DESCRIPTIONS 2025

FRIDAY

Mixed Bag Flow (Susan Johnson, Amy Maloney, Nathan Martin, & Morgann Rose): Kick off the weekend with this fun flow class taught by four different instructors! Each instructor will teach a 15-minute segment and demonstrate pose variations to make the class accessible to all levels of flow practitioners. **(STAGE, 6:20-7:20 pm, level 2)**

Time for Pause Yin (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, increased immunity, and the release of those yummy endorphins to kick off our weekend together. **(BLISS TENT, 6:20-7:20 pm, all)**

Yoga Nidra (Nancy Sessoms): Bring on rest and relaxation! It's time for you to quiet your mind and just *be*. Yoga Nidra is a unique state where you're neither asleep nor awake. Using body scan meditation, awareness of breath meditation, and visualizations, you'll be guided into a state of relaxation as your consciousness functions at a deeper level of awareness. Lying down is the traditional posture for Yoga Nidra. Gather whatever you need to be comfortable (blankets, pillows, etc) and discover the inner peace that is within each one of you! **(PEACE TENT, 6:20-7:20 pm, all)**

SATURDAY

Front to Back Core Flow (Susan Johnson): Target your front, back, and side core muscles in this challenging vinyasa flow class designed for experienced students. You'll fine-tune your core awareness, learning when and where to engage, when and where to soften, and how your exhales can affect both your practice and your life. **(STAGE, 7:30-8:30 am, level 2/3)**

Meditation: Stillness & Presence (Drs. Eva Abel and Joseph Garcia): Discover inner calm through guided, walking, and silent meditation practices. This class offers tools to cultivate mindfulness, reduce stress, and enhance your connection to the present moment. Suitable for all levels. **(BLISS TENT, 7:15-8:15 am, all)**

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. **(PEACE TENT, 7:30-8:30 am, all)**

Sunrise SUP (Sejal Kinker): Rise early and watch the sunrise on the Chesapeake Bay. We'll paddle out from the creek into the bay. For experienced paddlers—no instruction will be given. ***Sign up Friday night as space is limited.*** **(WATERFRONT, 6:15-7:30 am)**

Vinyasa Flow Yoga (Nathan Martin): Refine your practice with a unique approach to yoga that combines elements from GYROTONIC® exercise, gymnastics, ballet, tai chi, swimming and different styles of yoga. Learn to strengthen your body while moving through the stretch of a yoga pose and come out more aligned and balanced on the other end. This class is for all levels, caters to therapeutic needs, and uses rhythm and repetition to allow students several chances to master concepts and poses through the hour-long class. **(STAGE, 9:30-10:30 am, all)**

Mat Pilates (Irene Vest): A challenging mat class focusing on strength, mobility, and deep core work to improve overall posture. Class will focus on maintaining healthy alignment while connecting breath to movement, and modifications will be offered to ensure class is accessible to all levels. **(BLISS TENT, 9:30-10:30 am, all)**

Nourishing Yin (Lynne Headley): A quiet complement to your active practice or for those seeking greater mobility, Yin Yoga targets the deep connective tissues—fascia, ligaments, and joints—through long-held, floor-based postures. Designed to restore balance and flexibility, this class invites stillness and introspection, creating space where tension softens and awareness deepens. Postures are held for 3–5 minutes, allowing stillness, sensation, and subtle shifts beneath the surface. It's an opportunity to slow down—not as a step back, but as a conscious way to go deeper. Class concludes with guided breathwork and meditation, helping you reset, restore, and become more attuned to your inner rhythms. **(PEACE TENT, 9:30-10:30 am, all)**

I Suck at Meditation (Alli Crowell): Are you meditation adjacent? Learn why you don't actually suck at meditation and explore simple strategies that might resonate differently or more meaningfully than the methods or mindsets you've tried before. Try on a variety of meditation tools to work toward building a personal practice that meets you where you are. If you already have some strategies in your back pocket that have helped you in the past, please bring to share! **(WATERFRONT/MAIN DOCK, 9:30-10:30 am, all)**

Let's Go! (Amy Maloney): In this multi-level Hatha class, we'll explore what's holding us back in our bodies and minds and let it go through holds and releases in asana and pranayama. **(STAGE, 11:00-12:00, all)**

Arm Balances & Inversions Workshop (Shelle Taylor): Let's get out of our comfort zone with some strong balances and inversions! We'll start with a warming flow, then move into a variety of poses that may be challenging (but remember, you never know what you can do until you try!). Options and baby steps into the poses will be offered and we'll of course add stretching and a well-deserved Savasana at the end. Have some fun and I'll see you on your mat! **(BLISS TENT, 11:00-12:00, 2/3)**

Gyrokinesis (Morgann Rose): This class 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 principles of yoga, dance, tai chi, and swimming. Unlike most workouts, there's an emphasis on rotation and spiraling movement while syncing your breath with the movements of the body. All levels welcome. **(PEACE TENT, 11:00-12:00, all)**

Laughter Yoga (Caroline Shifflett): Laughter is joy bubbling over! In this Laughter Yoga class, we learn to cultivate joy by engaging our sense of childlike playfulness. We use laughing games to reunite ourselves with our inner child. **(BEHIND THE DINING HALL, 11:00-11:30, all)**

Sound & Swim (Melissa Burke): Float your cares away while immersed in sounds and vibrations to bring peace and alignment within. Experience a guided meditation to connect with your higher self to reboot, recharge, and release. You may choose to enjoy this practice on the dock or in the water. Namaste! **(WATERFRONT/MAIN DOCK, 11:00-12:00 pm, all)**

Mat Pilates (Irene Vest): This all-levels class focuses on deepening mind to body to breath connection while building strength through intentional, controlled movement. **(BLISS TENT, 9:30-10:30 am, all)**

Tantra Yoga: Sacred Union (Drs. Eva Abel and Joesph Garcia): Explore the holistic path of Tantra Yoga, integrating asana, pranayama, chanting, and Bhakti yoga. This class aims to expand consciousness, cultivate vital energy, and foster a deeper connection to the divine. Open to all. **(PEACE TENT, 3:00-4:00 pm, 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, 3:00-4:00, all)**

Wall Yin (Tessa Timberlake): This class uses long-held postures and the support of gravity to gently lengthen your connective tissues while calming your nervous system. While your body opens, your nervous system shifts into deep relaxation. This meditative experience invites a sense of calm presence, restoring balance and encouraging energy to flow freely throughout your body. Please bring blocks and a blanket or pillow for the best experience. **(REC CENTER, 3:00-4:00 pm, all)**

Myofascial Release (Barbara Olin): Find ease in the body and calm in the mind through myofascial release with tennis balls. You'll learn techniques you can easily do at home. **(STAGE, 4:30-5:30 pm, all)**

Changing the Landscape of Women's Health: A Wellness-Focused Approach to Making Sense of Your Hormones & Metabolic Health (Lindsay Manzlak): Join Lindsay for an approachable and eye-opening conversation about a wellness-based approach to hormone optimization, metabolic health, and longevity. Whether you've been told that you're too young to be experiencing hormonal changes, in the thick of the menopause transition, or long past menopause, this session is for you! Menopause is the often overlooked, but universal experience of womanhood and you deserve to know how to navigate it confidently. This session will help you connect the dots between stress, sleep, weight, mood, and energy, so you can better understand your body and feel empowered to care for it from the inside out. You can expect trusted information and actionable steps to feel your best now and for years to come. You'll leave feeling empowered and inspired to advocate for yourself with confidence and compassion. **(BLISS TENT, 4:30-5:30 pm, all)**

Vibrational Healing from Tibetan Singing Bowls (Esther Heideman): Grab a blanket or sweatshirt and join me for the ancient art of Tibetan Singing Bowls. Participants will lie down with their eyes closed, while the practitioner strikes the bowls in different patterns and directions. Because your body contains up to 80% water, the vibrations will move fluidly through you. When your vibrations are out of tune, your physical and spiritual bodies are out of harmony, which causes illness, pain, and disease. Vibrational sound healing gently massages the molecules back into the right places, clearing blockages and restoring harmony in the body. **(REC CENTER, 4:30-5:30 pm, all)**

SUNDAY

BLUE HONEY FLOW Mat Pilates (Ashley Gerczak): 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! **(STAGE, 7:30-8:30 am, 2)**

Meditation: Stillness & Presence (Drs. Eva Abel and Joseph Garcia): Discover inner calm through guided, walking, and silent meditation practices. This class offers tools to cultivate mindfulness, reduce stress, and enhance your connection to the present moment. Suitable for all levels. **(BLISS TENT, 7:15-8:15 am, 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 am, all)**

Vinyasa Flow Yoga (Nathan Martin): Refine your practice with a unique approach to yoga that combines elements from GYROTONIC® exercise, gymnastics, ballet, tai chi, swimming and different styles of yoga. Learn to strengthen your body while moving through the stretch of a yoga pose and come out more aligned and balanced on the other end. This class is for all levels, caters to therapeutic needs, and uses rhythm and repetition to allow students several chances to master concepts and poses through the hour-long class. **(STAGE, 9:30-10:30 am, all)**

WARRIOR Rhythm Flows (Amber Hogg): This class includes sun salutations and sequences designed to make yoga poses feel like a dance. This music-centric, yoga inspired, fitness-based flow is transcendent. **(BLISS TENT, 9:30-10:20 am, all)**

Peace Begins Within: A Guided Meditation & Talk (Shey Khandro): On the New Moon, we will celebrate the International Day of Peace with a heart-centered journey into stillness, presence, and compassion. Shey Khandro—artist, teacher, and lifelong meditator—will open with a warm, inspiring talk, offering simple yet powerful practices for cultivating inner peace and meeting life with greater awareness and care. You’ll then be gently guided into a meditation designed to center you in your heart, relax your nervous system, and attune you to the deeper rhythm of peace that lives within. Whether you're new to mindfulness or a longtime practitioner, this session offers practical tools and soul-nourishing inspiration to support your journey toward a more peaceful, connected life. **(PEACE TENT, 9:30-10:30 am, all)**