

KEKOKA YOGA RETREAT WEEKEND SCHEDULE 2025

FRIDAY						
ART CENTER	STAGE/ ART CENTER*	BLISS TENT	PEACE TENT	DINING HALL	WATERFRONT	REC CENTER
4-6 pm - CHECK-IN AND DINNER DISTRIBUTION (Dining Hall)						
	6:00 p.m. Welcome and Group Picture Susan, Art and Joe					
	6:20-7:20 p.m. Mixed Bag Flow (2) Susan, Amy, Nathan and Morgann	6:20-7:20 p.m. Time for Pause Yin (All) Bonnijean Boggess	6:20-7:20 p.m. Yoga Nidra (All) Nancy Sessoms			
					8:00-9 p.m. Informal Gathering + S'Mores	

SATURDAY						
	7:30-8:30 a.m. Front to Back Core Flow (2/3) Susan Johnson	7:15-8:15 a.m. Guided Meditation (All) Eva Abel and Joseph Garcia	7:30-8:30 a.m. Tai Chi (All) Joe Miller		6:15-7:30 a.m. Sunrise SUP (No Instruction: Experienced Paddlers) Sejal Kinker (Space is limited. Sign up at Check-In Friday.)	
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. Vinyasa Flow Yoga (All) Nathan Martin	9:30-10:30 a.m. Mat Pilates (All) Irene Vest	9:30-10:30 a.m. Nourishing Yin (All) Lynne Headley		9:30-10:30 a.m. I Suck at Meditation (Alli Crowell)	
	11:00 a.m. - 12:00 p.m. Let's Go! (2) Amy Maloney	11:00 a.m. - 12:00 p.m. Arm Balance Workshop (2/3) Shelle Taylor	11:00 a.m. - 12:00 p.m. Gyrokinesis (All) Morgann Rose	11:00-11:30 a.m. Laughter Yoga (All) Caroline Shifflett	11:00 a.m. - 12:00 p.m. Sound & Swim (All) Melissa Burke	
12:30-1:30 pm - LUNCH (Dining Hall)						
1:30-3:00 p.m. - FREE TIME/ZIP LINE						
	3-4 p.m. Mat Pilates (All) Irene Vest		3-4 p.m. Tantra Workshop (All) Eva Abel and Joseph Garcia		3-4 p.m. Kayaking Skills & Group Paddle (All) Art Gilbert (Space is limited. Sign up at Check-In Friday.)	3-4 p.m. Yin at the Wall (All) Tessa Timberlake
	4:30-5:30 p.m. Myofascial Release (All) Barbara Olin	4:30-5:30 p.m. Changing the Landscape of Women's Health (All) Lindsay Manziak				4:30-5:30 p.m. Vibrational Healing from Tibetan Singing Bowls (All) Esther Heideman
6:30-7:30 pm - DINNER (Dining Hall)						
					7:30-9 p.m. Informal Gathering + S'Mores	

SUNDAY						
	7:30-8:30 a.m. Mat Pilates Ashley Gerczak	7:15-8:15 a.m. Meditation: Stillness & Presence (All) Eva Abel and Joseph Garcia	7:15-8:30 a.m. Kundalini Yoga (All) Susan Phillips			
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. Vinyasa Flow Yoga (All) Nathan Martin	9:30-10:20 a.m. WARRIOR Rhythm Flows (All) Amber Hogg	9:30-10:30 a.m. Peace Begins Within: A Guided Meditation and Talk (All) Shey Khandro			
				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.