



KEKOKA YOGA RETREAT CLASS DESCRIPTIONS 2026

FRIDAY

Hands-On Flow (Jenny Landry and Friends): Start your weekend with an energizing class featuring plenty of individualized attention by experienced yoga teachers! Hands-On Flow will start with a few moments of centering to connect the mind, body and breath, followed by gentle movements to increase the flow of energy to the muscles and joints. We'll next transition into a Moon Salutation sequence (Chandra Namaskar), a series of graceful and grounding poses that develop strength, balance and stability while honoring the lunar energies, wind down with longer-held mat-based postures, segue into a brief body-scan meditation and then flow effortlessly into Savasana. Throughout, teacher-friends will circulate offering personalized hands-on assistance to enhance stability, alignment and awareness while in individual postures. During the guided meditation, adjustments in Corpse Pose will be offered to create a greater sense of spaciousness and connection for an easeful transition into deep, restorative rest. **(STAGE, 6:20-7:20 p.m., level 2)**

Time for Pause Yin (Tessa Timberlake): 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 Tessa and surrender into these sweet yin 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 p.m., all)**

Sacred Sound Nidra: A Yoga Nidra and Sound Meditation Experience (Esther Heideman): Set aside the demands of the day and enter a mindset of rest and renewal. This deeply nourishing practice begins with gentle chanting and a few Tibetan bowls to quiet the mind and open the heart. From there you will be guided through a meditation, while relaxing bowls are played intermittently throughout the session. This journey will calm the nervous system, soften the mind, and prepare you for the weekend ahead. No previous experience is necessary. Just lie back and relax. Bring a yoga mat, blanket, pillow, and sweatshirt for maximum comfort. **(REC CENTER, 6:20-7:20 p.m., all)**

SATURDAY

Fluid Strength Flow (Rochelle Townsend): A dynamic level 2/3 practice designed to build strength, mobility, balance, and mindful resilience through fluid movement and breath-led sequencing. Expect intentional transitions, core activation, steady heat, and opportunities to explore both power and softness within the practice. Inspired by the rhythm of the ocean and the intelligence of the body, this class invites you to move with presence, awareness, and flow while cultivating both stability and ease. Recommended for students with prior yoga experience comfortable moving through a stronger paced practice. **(STAGE, 7:30-8:30 a.m., level 2/3)**

Meditation: Stillness & Presence (Drs. Eva Abel and Atma Garcia): Discover inner calm through guided meditation. This class offers tools to cultivate mindfulness, reduce stress, and enhance your connection to the present moment. Suitable for all levels. **(BLISS TENT, 8-8:15 a.m., 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 a.m., 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. **Bring your own board. (WATERFRONT, 5:45-7 a.m.)**

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 a.m., all)**

Meditation101: Peace Begins Within (Shey Khandro): Meditation doesn't require a quiet mind—it begins with a willingness to simply be present. Whether you're curious about meditation or looking to deepen an existing practice, this welcoming session offers a gentle introduction to the foundations of mindfulness and compassionate awareness. Together we'll explore practical tools to help calm the nervous system, cultivate greater presence, and discover a sense of peace that is available in the midst of everyday life. You'll leave with a deeper understanding of meditation, renewed confidence in your own practice, and simple techniques you can return to long after the retreat has ended. **(BLISS TENT, 9:30-10:30, 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. **(PEACE TENT, 9:30-10:30 a.m., all)**

Yin Nidra (Parham Neal-Pishko): This class combines the quiet, grounding practice of Yin Yoga with the deeply restorative experience of Yoga Nidra. We begin with a unique sequence of Yin postures to release tension, regulate the nervous system, and prepare the body for stillness. From there, you'll be guided into Yoga Nidra, a meditation practice that encourages the brain to shift into restorative brainwave states associated with deep relaxation, recovery, and integration. Deep rest is one of the body's most powerful healing tools. A fan favorite among her students, Parham's approach blends anatomical awareness with subtle energetic guidance to help the body settle more fully into rest, creating the conditions for the nervous system to reset and restore. Many people find that just 30 minutes of Nidra leaves them feeling as restored as several hours of rest. It's the perfect practice for right after breakfast! **(REC CENTER, 9:30-10:30 a.m., all)**

The Power of Ahimsa (Amy Maloney): Deeper than non-harming, Ahimsa is a guide to be our greatest self. This asana practice will explore the depths of Ahimsa through a series of poses with options to find what is optimal in your body. **(STAGE, 11-12, all)**

The Foundations of Strong Bones (Susan Brady): Healthy bones provide the foundation for an active, independent life. Join Susan Brady as she explores a whole-person approach to bone health that goes beyond calcium and vitamin D. Drawing from her BONES Method®, Susan will share how nutrition, movement, digestive wellness, stress resilience, and healthy lifestyle habits work together to support strong bones and healthy aging. You'll leave with practical tools you can begin using right away. **(BLISS TENT, 11-12, 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! **(PEACE TENT, 11 a.m.-12 p.m., 2/3)**

Breath, Meditation, 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 a.m.-1 p.m., all)**

Ecstatic Dance (Ellie Gale): Ecstatic Dance is a barefoot, sober, judgment-free movement experience. Participants are invited to tap into their body's wisdom and move however they feel like, whether it's simple stretching or creative (controlled) cartwheels. Body language & ecstatic sounds are allowed, but there's no actual speaking. Eye contact and moving closer says "Yes, I'd like to dance with you" and turning away or ignoring says "I would prefer to dance in my own energy". Hands to heart means "Thank you for the dance (that we just shared together)". Guided by a mix of slow and high-energy songs across many genres, the dance floor becomes both a workout and a meditative journey. **(REC CENTER, 11 a.m.-12 p.m., all)**

Myo/Yang (Mohler Carlson): In the first 30 minutes of this split class, you'll use balls, rollers, yoga props, and your hands to soften knots and tensions that have been built up in your body. The latter 30 minutes of the class is a Vinyasa Slow Flow, where you'll enjoy the new-found space and freedom in your body that was created with the myofascial release work. **(STAGE, 3-4:15 p.m., all)**

Ignite Your Purpose (Terri Sanchez): What if your next chapter could be your best one yet? Join Terri for a guided coaching activity using the Tree of Life—a simple, powerful visual for exploring what grounds you, what strengthens you, and what makes you come alive. You'll turn inward, drawing from your own courage and compassion to gain the clarity and confidence that comes from true empowerment. Leave with a clearer sense of your purpose, values, and strengths, along with at least one actionable step toward designing a life you love. **(BLISS TENT, 3-4 p.m., all)**

Yoga for Bone Health (Nancy Sessoms): Have you been diagnosed with osteopenia or osteoporosis? Would you like to get stronger? Are you concerned about falling? Are you young, and want to reduce the risk of bone loss? Do you want to explore the kind of yoga that is proven to build bone? Yoga has been shown in peer-reviewed publications to reverse osteoporosis and osteopenia. Yoga for Bone Health is a targeted practice developed by Loren Fishman, MD. It is designed to maintain a healthy skeleton, strengthen posture, and improve balance. In this session you will receive a brief overview of the physiology of bone loss and background on Dr. Fishman's methodology of practicing poses that, in all likelihood, are not new to you. Then you will be guided through most of the 11 poses plus savasana. May you leave feeling EMPOWERED to use your body to combat bone loss. **(PEACE TENT, 3-4:15 p.m.)**

Vibrational Healing from Tibetan Singing Bowls (Esther Heideman): Grab a yoga mat, blanket, pillow, and sweatshirt and join Esther for the ancient art of Tibetan Singing Bowls. Sound healing is one of the gentlest paths to wellness that exists. It requires absolutely no effort on your part—you simply relax, listen, and let the music do its work. The bowls are not just pitches you hear, they are vibrations your brain feels. Because your body contains up to 80% water, the vibrations will move fluidly through you, and you will fall into a serene, restorative, and meditative state. As you rest, vibrational sound healing gently cleanses the cells in your body, clearing emotional or energetic blockages, and restoring harmony. **(REC CENTER, 3-4 AND 4:30-5:30 p.m., 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 p.m., 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 p.m., all)**

Gyrokinesis (Nathan Martin): 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, 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 craters on the Moon through an astronomical telescope. **(Look for the red light in the field near the PEACE TENT, 8:30-9 p.m., all)**

SUNDAY

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. **(STAGE, 7:30-8:20 a.m., all)**

Morning Peace Meditation (Shey Khandro): Begin the morning with a quiet practice of presence, compassion, and peace. This guided meditation invites you to gather the gifts of the weekend and settle more deeply into the wisdom of your own heart. Together we'll breathe with intention, rest in stillness, and reconnect with the inner peace that remains available long after the retreat has ended. Leave feeling grounded, renewed, and gently empowered to carry this practice into your everyday life—one breath, one choice, one small act at a time. **(BLISS TENT, 8-8:15 a.m., all)**

Introduction to Integral Yoga (Tricia Prajna Richardson): In Integral Yoga, each class is approached as a complete traditional Hatha yoga practice. Hatha, translated from Sanskrit to English means balance of both masculine & feminine as in balanced Yin & Yang. In this class we will practice chanting, asanas, guided deep relaxation, pranayama practices and a brief meditation. The pace of the class will be slow, so those new to yoga will do well alongside those with more yogic experience. **(PEACE TENT, 7:15-8:30 a.m., all)**

Myofascial Release (Susan Johnson): That tight, achy feeling you sometimes experience? Myofascial Release (MFR) can help! You'll learn evidence-based self-massage techniques you can use any time to help regulate pain, reduce stress, increase range of motion, build body awareness, and improve muscle function. A perfect complement to your yoga and other wellness practices! **(STAGE, 9:30-10:30 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, 9:30-10:30 a.m., all)**

Inner Strength Flow (Avery Palmer): An energizing vinyasa flow designed to cultivate strength, focus, and confidence from the inside out. Expect creative sequencing, intentional breathwork, and opportunities to explore arm balances and deeper expressions throughout the practice. This class invites you to challenge yourself, move with purpose, and connect to your own inner power. **(PEACE TENT, 9:30-10:30 a.m., level 2/3)**