

KEKOKA YOGA RETREAT WEEKEND SCHEDULE 2026

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. Hands-On Flow (2) Jenny Landry and Friends	6:20-7:20 p.m. Time for Pause Yin (All) Tessa Timberlake				6:20-7:20 p.m. Sacred Sound Nidra (All) Esther Heideman
					8:00-9 p.m. Informal Gathering + S'Mores	

SATURDAY						
	7:30-8:30 a.m. Empower Your Flow (2/3) Rochelle Townsend	8:00-8:15 Guided Meditation (All) Eva Abel and Joseph Garcia	7:30-8:30 a.m. Tai Chi (All) Joe Miller		5:45-7:00 a.m. Sunrise SUP (No Instruction: Experienced Paddlers, BYO Board) Sejal Kinker	
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. Meditation 101: Peace Begins Within (All) Shey Khandro	9:30-10:30 a.m. Mat Pilates (All) Irene Vest			9:30-10:30 a.m. Yin Nidra (All) Parham Neal Pishko
	11:00 a.m. - 12:00 p.m. The Power of Ahimsa (2) Amy Maloney	11:00 a.m. - 12:00 p.m. The Foundations of Strong Bones (All) Susan Brady	11:00 a.m. - 12:00 p.m. Arm Balance & Inversions Workshop (2/3) Shelle Taylor		11:00 a.m. - 12:00 p.m. Breath, Meditation, Sound & Swim (All) Melissa Burke	11:00 a.m. - 12:00 p.m. Ecstatic Dance (All) Ellie Gale
12:30-1:30 pm - LUNCH (Dining Hall)						
1:30-3:00 p.m. - FREE TIME/ZIP LINE						
	3-4:15 p.m. Myo-Yang (All) Mohler Carlson	3-4 p.m. Ignite Your Purpose (All) Terri Sanchez	3-4:15 p.m. Yoga for Bone Health (All) Nancy Sessoms			3-4 p.m. Vibrational Healing from Tibetan Singing Bowls (All) Esther Heideman
	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. Gyrokinesis (All) Nathan Martin			4:30-5:30 p.m. Vibrational Healing from Tibetan Singing Bowls (All) Esther Heideman
6:30-7:30 pm - DINNER (Dining Hall)						
			8:30-9:00 p.m. Rings of Saturn (All) Art Gilbert		7:30-9 p.m. Informal Gathering + S'Mores	

SUNDAY						
	7:30-8:20 a.m. WARRIOR Rhythm Flows (All) Amber Hogg	8:00-8:15 a.m. Morning Peace Meditation (All) Shey Khandro	7:15-8:30 a.m. Integral Yoga (All) Tricia Richardson			
8:30-9:15 am - BREAKFAST (Dining Hall)						
	9:30-10:30 a.m. Myofascial Release (All) Susan Johnson	9:30-10:30 a.m. Kundalini Yoga (All) Susan Phillips	9:30-10:30 a.m. Inner Strength Flow (2/3) Avery Thomas			
				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.