


MAITRI ROOM (FRIENDLINESS) SBMCHS BUILDING	MUDITA ROOM (GOODWILL) SBMCHS BUILDING	KARUNA ROOM (COMPASSION) SBMCHS BUILDING	UPEKSHA ROOM (EQUANIMITY) PPHAC BUILDING	PRANA SECTION (BREATH) GARDEN & FOUNTAIN AREA
8:00 - 8:30 a.m. Welcome & Prayer	10:15 - 11:30 a.m. Workshop: Ayurveda: Food is Medicine, Medicine is Food <i>Dr. Shekhar Annambhotla</i>	10:15 - 11:15 a.m. Class: Gentle Yoga <i>Megan Ridge Morris</i>	10:15 - 11:30 a.m. Class: Ashtanga Tristana <i>Erica McHugh</i>	9:00 - 9:30 a.m. Wildlands Conservancy Workshop: Getting to Know Our Furry & Feath- ery Friends <i>Brit Kondravy</i>
8:30 - 10:00 a.m. Panel Discussion: "The Intersection of Yoga & Medicine" <i>Panelists: Dr. Raja Ab- bas, Dr. Sudha Allitt, Dalien & Dr. Tricia Kelly</i> <i>Moderator: Cathy Cappel</i>	11:45 - 12:45 p.m. Class: Chair Yoga <i>Claudia Simpson</i>	11:30 a.m. - 12:30 p.m. Meditation Class: Over- coming Worries with Lov- ing Kindness <i>Bhante Dhammawansha</i>	11:45 - 1:15 p.m. Class: Acro Yoga <i>Chris Loeb sack & Brian Davis</i>	9:45 - 10:15 a.m. Class: Toddler Yoga <i>Larissa Noto</i>
10:15 a.m. - 12:15 p.m. Yoga, Shamanic Sound, Meditation & Kirtan <i>Dalien a.k.a. 13 HANDS</i>	1:00 - 2:15 p.m. Workshop: Raise Your Vibration <i>Stephanie MoDavis</i>	12:45 - 2:00 p.m. Class: Iyengar Yoga for Back Care <i>Katrina Pelekanakis</i>	1:30 - 2:30 p.m. Kundalini Meditation as Medicine: A New Con- cept Using Ancient Tech- niques <i>Ravi Hari Kaur</i>	10:30 - 11:00 a.m. Wildlands Conservancy Workshop: Getting to Know Our Furry & Feath- ery Friends <i>Brit Kondravy</i>
12:30 - 2:30 p.m. Class: Divine Feminine Rising! Embodied God- dess Yoga <i>Deva Vidya & Sharon Silverstein</i>	2:30 - 3:30 p.m. Workshop: Using Mind- fulness to Heal the Brain <i>Dr. Alexandra Milspaw</i>	2:15 - 3:15 p.m. Class: Yoga for Cancer <i>Jamie Laputka</i>	2:45 - 3:45 p.m. Class: Align to Flow Yo- ga, Vinyasa Level 2/3 <i>Denise Garcia Brady</i>	11:15 - 12:00 a.m. Class: Kids' Yoga <i>Sarah Dennehy</i>
2:45 - 3:45 p.m. Crystal Bowl Healing <i>Angela Miele</i>	3:45 - 4:45 p.m. Performance: Sing, Chant & Dance <i>Jai Ma Kirtan</i>	3:30 - 4:30 p.m. Class: Ashaya Yoga <i>Denise Mikovitch</i>	4:00 - 5:30 p.m. Class: Fascia Freedom <i>Erica Taxin Bleznak</i>	BUILDING KEY: SBMCHS (Bldg. #57) Sally Breidegam Miksiewicz Center for Health Sciences PPHAC (Across from Hauptert Union Bldg.) Priscilla Payne Hurd Academic Complex Garden + Fountain Area (Near SBMCHS)
4:00 - 5:00 p.m. Applied Embodiment: An Introduction to Longevity Practice <i>Alicia Rambo</i>	5:00 - 6:30 p.m. Performance: Let's Ohm About It! <i>Rob from Earth & Penn Johnson</i>	4:45 - 5:45 p.m. Class: Yoga for Bigger Bodies <i>Jo Grotzinger</i>		
5:30 - 7:30 p.m. Concert: Classical Indian Santoor and Tabla <i>Ajeet & Ranjeet</i>	Saturday July 14th 2018 Moravian College Bethlehem, Pa			