

6th Annual
**Lehigh Valley
 Yoga Festival**



Saturday, July 13th 2019 • Moravian College • Bethlehem, PA

MAITRI (FRIENDLINESS)		UPEKSHA (EQUANIMITY)		KARUNA (COMPASSION)		MUDITA (JOY)		BUDDHI (DISCERNING KNOWLEDGE)		SHANTI (PEACE)	
SBMCHS Building		SBMCHS Building		SBMCHS Building		PPHAC Building		PPHAC Building		OUTSIDE PPHAC Garden	
8:00 - 8:30 a.m. Welcome + Prayer Pratyush Sinha Foundation		8:45 - 9:45 a.m. Heartfulness Meditation Satya Murthy		8:45 - 10:45 a.m. Gentle is the New Advanced Yoga Class J Brown		8:45 - 10:00 a.m. Tristana: The Invisible Aspects of Ashtanga Yoga Erica McHugh		10:15 - 11:30 a.m. Mindfulness through Ayurvedic Lenses: Body + Mind Connection Dr. Shekhar Annambhotla		10:00 - 11:00 a.m. Vegan Cooking Demo Jason Sizemore	
8:45 - 9:45 a.m. Qigong Hilary Smith		10:30 - 12:00 p.m. Enjoy Life Kirtan Charles Feenstra + Chad Brown		11:00 - 12:15 p.m. Iyengar Yoga for Back Care Katrina Pelekanakis		10:30 - 11:30 a.m. In the Zone: Accessing the Still Point Within Ravi Hari Kaur		12:15 - 1:30 p.m. A Sceptic's View on Energy Healing Heather Browne		11:00 - 12:00 p.m. Family Yoga Sarah Dennehy	
10:00 - 11:15 a.m. Flow Within: A Meditative Lunar Flow with Live Music (Intermediate Level) Deanna Nagle + José de Jesús		12:15 - 1:15 p.m. Overcoming Worries with Loving Kindness Meditation Bhante Dhammawansha		12:30 - 1:30 p.m. Ancient Wisdom for the Modern World: Mindfully Living the Yama-s + Niyama-s Sheetal Contractor		12:30 - 1:30 p.m. Crow Pose: The PrePose Method Carrie Morgan + Dr. Chloe Costigan		1:45 - 3:15 p.m. Panel Discussion: "Mindfulness Matters" HOST: J Brown Podcast PANELISTS: Dr. Donna Mueller Dr. Shekhar Annambhotla Anne Alexander Harrison Bailey Charlie Curtis		12:00 - 1:00 p.m. Healthy Cooking Demo Yul Heiney	
11:30 - 12:45 p.m. VocalVinyasa™ Yoga Mark Moliterno		1:30 - 2:00 p.m. Native American Flute Jua Guati		2:00 - 3:15 p.m. Restorative Yoga with Singing Bowl Sound Healing Beth Wernham + Carol Cannon		3:30 - 4:30 p.m. Bollywood Dance Class Devanshi Joshi					
1:00 - 2:15 p.m. Fascia Release Yoga Erica Taxin Bleznak		4:45 - 5:45 p.m. Drumming Class Catherine Campanero + Jo "Bomba" Sieger		3:30 - 4:45 p.m. Yoga for Sports Recovery + Concussion Dr. Donna Mueller							
3:00 - 4:00 p.m. Align to Flow Yoga (Levels 2 + 3) Denise Garcia Brady		5:45 - 6:00 p.m. Closing + Prayer Pratyush Sinha Foundation									
4:15 - 5:15 p.m. Pranayama + Prasaad John + Diana Vitarelli											

Proceeds from this fundraising event support the work of Pratyush Sinha Foundation • www.LehighValleyYogaFestival.com

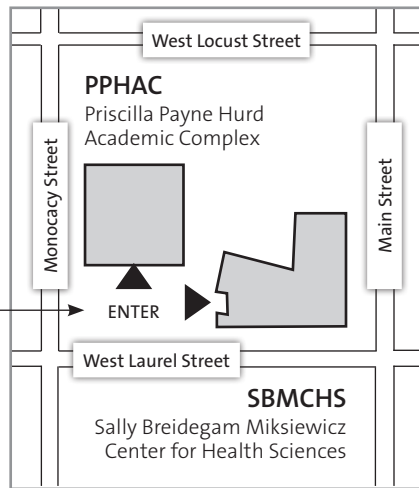
**Moravian College
Main Street Campus**

1107 Main Street
Bethlehem, PA 18018

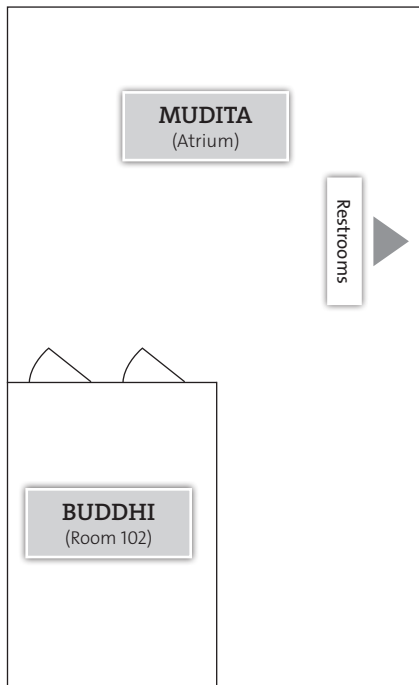
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PPHAC Building Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation	Pratibha & Prasad Foundation

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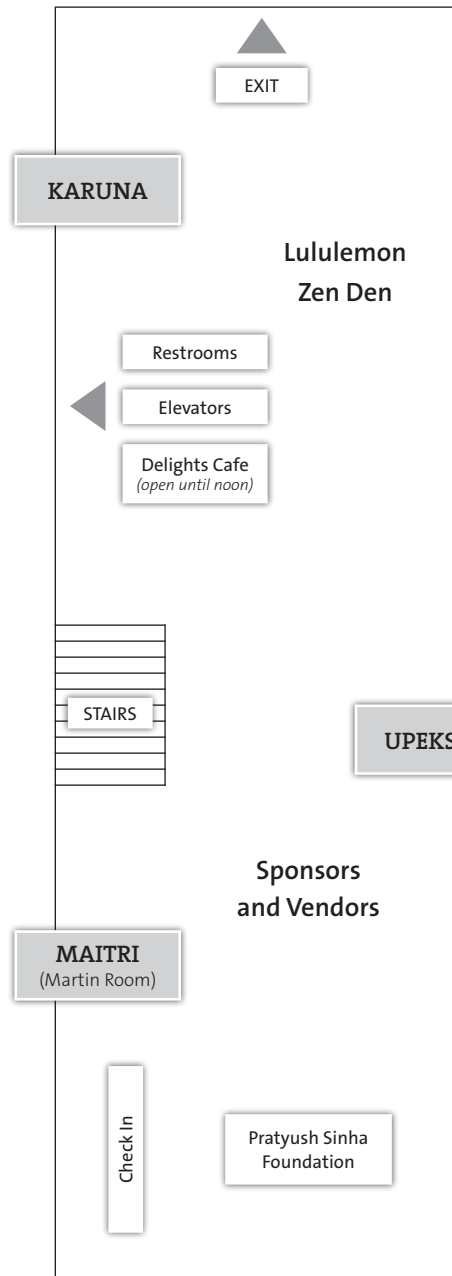


PPHAC



Please see *Schedule of Events* for additional reference.

**SBMCHS
FIRST Floor**



**SBMCHS
SECOND Floor**

