

WinterBliss 2018

Friday Evening 7:30-9:30 p

Dances of Life – Melissa Larimer & All

Community Dance and Opening Circle

Saturday Daytime

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| 7:30-8:30 a | Sacred Body Yoga – Jamie Jackson <i>Stretching body and heart with gentle poses and optional essential oils</i> |
| 9:00-10:00 a | NIA – Angela Williams <i>Joyful community movement/dance using body sensations as a guide</i> |
| 10:30-12:15p | Finding and Writing the Poetry of your Life – Ross Gay <i>Play, explore, experiment, make beautiful accidents, & delight yourselves into the world of poetry</i> |
| 12:15-1:45 p | LUNCH – On Your Own |
| 1:45-3:00 p | Drumming as Spiritual Practice – Tracy Price OR Yoga as Spiritual Practice – Matece Skow |
| 3:30-5:15 p | Activate Your Effervescence! – Laughing Womyn <i>Through guided movement & ritual, discover how to bring your unique gifts to life</i> |
| 5:15-7:30 p | DINNER – On Your Own |

Saturday Evening Celebration – 7:30-9:45 p – Free & Open to the public

Drum & Dance Circle – Tracy Price

Somatic Meditation and Gong Bath – Mervyn Alphonse

Sunday

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| 8:00-9:00 a | “From Grit to Grace” Yoga – Laura Patterson <i>Smooth out the kinks & flow towards the divine with this gentle yin class</i> |
| 9:30-11:15 a | Creating a Personal Mandala – Sara Steffey McQueen <i>Using collage & other art media, create a mandala that symbolizes your personal path</i> |
| 11:15-12:45 p | LUNCH – On Your Own |
| 12:45-1:30 p | Laughter Yoga – Christine Earheart <i>Experience the hilarity and joy of unconditional laughter</i> |
| 2:00-3:45 p | Awakening the Heart of Relationships – I.Skoog/C.Earheart <i>Inspiring tools for building better connections with everyone you know</i> |
| 4:15-5:30 p | Closing Circle with Crystal & Tibetan Singing Bowls – Janiece Jaffe <i>Restorative Sound meditation</i> |