

## GRAND OPENING SCHEDULE SEPTEMBER 24, 2016



| Start        | End     | Event Name                                     | Event Leader           |
|--------------|---------|--|------------------------|
| <b>8:00</b>  | 8:30am  | <b>Silent MEDITATION w/ Mantras</b>            | Vimala Nora Pozzi      |
| <b>8:35</b>  | 8:55am  | <b>A Taste of Integral Yoga Hatha class</b>    | Carol Bodhini Mahan    |
| <b>9:00</b>  | 9:20am  | <b>CHAIR YOGA Class</b>                        | Vimala Nora Pozzi      |
| <b>9:25</b>  | 10:10am | <b>PANEL: Integral Yoga Teachers</b>           | (see names below)      |
| <b>10:20</b> | 10:40am | <b>LAUGHING MEDITATION</b>                     | Mary Burruss           |
| <b>10:45</b> | 11:00am | <b>BHAKTI YOGA - Yoga of Love &amp; Ritual</b> | Karla Dharmini Helbert |
| <b>11:30</b> | 12noon  | <b>PUJA - Yogic Blessing Ceremony</b>          | Sw. Karunananda        |
| <b>12:15</b> | 12:30pm | <b>PRANAYAMA (Breathing) session</b>           | Kalyani Levitt         |
| <b>12:30</b> | 12:45pm | <b>MEDITATION session</b>                      | Nitika Achalan         |
| <b>1:15</b>  | 3:15pm  | <b>PANEL: Yogaville speakers</b>               | (see names below)      |
| <b>4:00</b>  | 4:20pm  | <b>A Taste of Integral Yoga Hatha class</b>    | Anne Bhudevi Fletcher  |
| <b>4:30</b>  | 5:00pm  | <b>DRUMMING CIRCLE</b>                         | Ram Bhagat             |
| <b>5:10</b>  | 5:30pm  | <b>INTRO to CHANTING</b>                       | Nitya Lydia Griffith   |
| <b>5:35</b>  | 5:55pm  | <b>YOGA &amp; MOVEMENT</b>                     | Vimala Nora Pozzi      |
| <b>6:00</b>  | 8:00pm  | <b>YOGA DANCE PARTY</b>                        | Rattlemouth            |

### 9:25-10:10am

#### Integral Yoga Teachers - Discussion Panel

Karuna Jane Gordon  
 Jagadamba Jane Barr  
 Kavita Kathy Sullivan  
 Nitika Achalan  
 Debbi Nalini Fazenbaker  
 Cindy Jyoti Sinanian  
 Annie Ward Sumuki Love  
 Kerry Viveki Mitchell

### 1:15-3:15pm

#### Yogaville Senior Teachers - Discussion Panel

Swami Karunananda  
 Swami Sarvaananda  
 Sandra Amrita McLanahan, MD  
 Prahaladan Mandelkorn  
 Ram Wiener