

# Flow Fest








SEP 20 2025



SCAN QR FOR  
  
 INFORMATION

 OFF LEASH  
   
 

## MAP LEGEND

-  CHECK-IN
-  GUEST SERVICES & PASS SALES
-  STORAGE & RENTALS
-  FOOD
-  BEVERAGE
-  RESTROOMS
-  LOCKERS/SHOWERS

## LOCATIONS

- |   |   |   |  |
|---|---|---|--|
|  ADVENTURE PAVILION  |  OVERLOOK BARN   |  RIVER JAM STAGE |  RIDGE YURT   |
|  CONFERENCE ROOM C   |  DEEP WATER SOLO |  SOUTH RIDGE     |  DAM          |
|  CONFERENCE ROOM D+E |  LEVEE           |  BIG DROP        |  WILDWOODS    |
|  OVERLOOK TENT       |  RIDGE PAVILION  |  BASECAMP        |  RIVER CENTER |



### 1 ADVENTURE PAVILION

- 7:30 AM POWER FLOW
- 9:00 AM MANDALA FOR MENTAL HEALTH
- 10:30 AM RESTORATIVE YOGA
- 12:00 PM REGGAE TONE
- 1:30 PM MINDFUL ELEVATION
- 3:00 PM YOGA AS A TOOL FOR CHANGE
- 4:30 PM FUN POWER FLOW
- 6:00 PM TENDING TO THE Y(INSIDE)
- 7:30 PM BODY RECLAIM

### 2 CONFERENCE ROOM C

- 7:30 AM STRETCH AND SOUL
- 9:00 AM REIKI ENERGY ALIGNMENT
- 10:30 AM YOGA FOR MENTAL HEALTH
- 12:00 PM SOLAR PLEXUS ACTIVATION WORKSHOP
- 1:30 PM RETURNING HOME
- 3:00 PM A NEW MOON CIRCLE
- 4:30 PM HARMONIC FLOW & SOUND BATH
- 6:00 PM STILLNESS THAT HEALS WORKSHOP
- 7:30 PM YOGA AS THERAPY WORKSHOP

### 3 CONFERENCE ROOM D

- 7:30 AM GENTLE RIVER FLOW
- 9:00 AM THAI PARTNER STRETCHING
- 10:30 AM INTUITIVE UNFOLDING
- 12:00 PM ROOTED HORMONE RITUAL
- 1:30 PM ROOTED RHYTHM
- 3:00 PM BREATHWORK BEATS

### 5:00 PM THE DELIGHT OF YOGA

- 6:30 PM THE JOY OF YOGA
- 8:00 PM THE LOVE OF YOGA

### 3 CONFERENCE ROOM E

- 8:30 AM YOGA BEYOND THE MAT
- 10:00 AM NERVOUS SYSTEM REGULATION FLOW
- 11:30 AM BODY ACCEPTANCE
- 1:00 PM COSMIC EMBODIMENT
- 2:30 PM AYURVEDA WORKSHOP
- 4:00 PM ALCHEMY OF THE BREATH
- 6:00 PM FUN POWER FLOW INTO GUIDED MEDITATION
- 8:00 PM PHILOSOPHY, TEA, AND YOGA

### 4 OVERLOOK TENT

- 7:30 AM GREET THE SUN - EARLY MORNING FLOW
- 9:00 AM RISE & RADIATE
- 10:30 AM CHAKRA FLOW: ALIGN & AWAKEN
- 12:00 PM VIBE & THRIVE
- 1:30 PM BREATHE EASY FLOW: R&B EDITION
- 3:00 PM DYNAMIC FLOW: GROW & LET GO
- 4:30 PM ELEMENTAL POWER YOGA
- 6:00 PM COSMIC CONNECTION
- 7:30 PM YOGA FOR ATHLETES

### 5 OVERLOOK BARN

- 8:30 AM VINYASA FLOW
- 10:00 AM SELF-LOVE FLOW
- 11:30 AM WOMEN'S CIRCLE
- 1:00 PM FUN, HAPPY, LOVE
- 2:30 PM SOUL GROOVE WITH DJ TAZ RASHID
- 4:15 PM LUNA CHAKRA FLOW
- 5:45 PM YOGA FOR MENTAL HEALTH
- 7:15 PM SLOW THE FUNK DOWN

### 6 DEEP WATER SOLO

- 7:30 AM WAKE N SHAKE
- 9:00 AM STRONG AND STEADY VINYASA FLOW
- 11:30 AM FLOW TO REWIRE
- 1:15 PM PLAYFUL PARTNER STRETCH
- 2:45 PM VINYASA HOT FLOW
- 4:15 PM COLOR ME TUNED
- 5:45 PM DETOX YOGA WORKSHOP
- 8:00 PM NIGHT YOGA

### 7 LEVEE

- 7:30 AM ELEMENTAL EMBODIMENT PRACTICE
- 9:00 AM RECLAIM YOUR BODY & REAWAKEN YOUR SPIRIT
- 10-4:30 PM AERIAL FITNESS
- 10:30 AM FAMILY YOGA
- 12:00 PM TANTRA VINYASA MASTER CLASS
- 1:30 PM VINYASA VIBES: POWER FLOW PARTY
- 3:00 PM INTRO TO ACRO YOGA
- 4:30 PM ARM BALANCES & INVERSIONS
- 6:00 PM GODDESS CIRCLE
- 7:30 PM PARTNER STRETCH DELICIOUSNESS

### 8 RIDGE PAVILION

- 9:30 AM SHAKTI TANTRA MEDITATION
- 11:00 AM ROOTS & RHYTHM: ECSTATIC DANCE
- 12:30 PM YIN YOGA
- 2:00 PM ALIGN WITH AUTUMN: VATA-GROUNDING
- 3:30 PM TRAIL RUNNING YOGA
- 5:00 PM SACRED RHYTHM: FLOW + SOUND
- 6:30 PM BREATHWORK: THE FOURTH LIMB OF YOGA
- 8:00 PM ELEMENTS FLOW WITH AYURVEDA

### 9 RIVER JAM STAGE

- 8:00 AM SLOW FLOW YOGA AND BREATH
- 9:30 AM EMOTIONAL EMBODIMENT
- 11:00 AM RHYTHMIC RISE WITH DJ TAZ RASHID

### 10 SOUTH RIDGE

- 9:30 AM SLOW FLOW
- 11:30 AM OPEN LEVEL FLOW
- 1:00 PM WILD AND WOODSY SLOW FLOW
- 2:30 PM ROCKET YOGA
- 4:00 PM GRIT & GRACE VINYASA
- 6:30 PM FUN FLOW
- 8:00 PM GLOW FLOW WITH DJ TAZ RASHID (\$)

### 11 BIG DROP

- 7:30 AM RELEASE & RENEW
- 9:00 AM DRIED FLOWER BOUQUET WORKSHOP (\$)
- 9:00 AM ALL LEVELS VINYASA FLOW
- 10:30 AM MANTRA & MOVEMENT
- 11:30 AM PLANT WORKSHOP (\$)
- 12:00 PM BREW YOUR OWN KOMBUCHA (\$)
- 3:00 PM CANDLE MAKING (\$)
- 4:30 PM HEART BEAT FLOW
- 6:00 PM BREATHE, FOCUS, & SWEAT
- 7:30 PM FLOW & RESTORE

### 12 BASECAMP - MAIN HALL

- 7:30 AM STRONG FLOW
- 9:00 AM CHANT & BE HAPPY
- 10:30 AM IRON & OM
- 12:00 PM DEEP STRETCH WITH FALL EQUINOX MEDITATION
- 1:30 PM DEEP STRETCH WITH SOUND HEALING
- 3:00 PM ROOT TO RISE VINYASA
- 4:30 PM ALIGNMENT FOR STABILITY & FREEDOM
- 6:00 PM DELIGHT YOUR SENSES - DEEP STRETCH
- 7:30 PM ROOT CHAKRA CONNECTION

### 12 BASECAMP - CLASSROOM 1

- 10:00 AM THE BIG THREE
- 11:30 AM ALIGN & REDIRECT
- 2:30 PM ENERGETIC HYGIENE 101
- 4:00 PM ASTRO BASICS
- 5:30 PM BRAIN, BODY, BREATH
- 7:00 PM MINDFUL EATING

### 12 BASECAMP - CLASSROOM 2

- 8:00 AM SECRETS OF THE BREATH AND MIND
- 11:00 AM BREATH INTO BEING
- 12:30 PM FROM SCATTERED TO STILL
- 4:00 PM TEA BLENDING WORKSHOP (\$)
- 6:00 PM RECLAIMING YOUR NO AND YES
- 7:30 PM JOURNEY INTO JOY

### 13 RIDGE YURT

- 12-2:30 PM INTUITIVE BODY WORK (\$)
- 3:30-6 PM INTUITIVE BODY WORK (\$)

### 14 DAM

- 11:00 AM GOAT YOGA (\$)
- 12:00 PM GOAT YOGA (\$)
- 1:00 PM GOAT YOGA (\$)

### 15 WILDWOODS

- 1:00 PM KID'S YOGA
- 4:00 PM KID'S YOGA

### 16 RIVER CENTER

- 9:30 AM SUP YOGA (\$)
- 11:00 AM SUP YOGA (\$)

### 9 LIVE MUSIC

- 7:00 PM THE WILDMANS
- 8:30 PM JOE HERTLER & THE RAINBOW SEEKERS

### 14 VENDOR VILLAGE

- 10:00 AM OPEN
- 4:30 PM CLOSED

## SKILL LEVEL GUIDES

A CURATED SCHEDULE COMPOSED FOR VARIOUS LEVELS OF SKILL.

- BEGINNERS GUIDE
- INTERMEDIATE GUIDE
- ADVANCED GUIDE
- FEATURED PROGRAMS
- \$ PAID CLASS