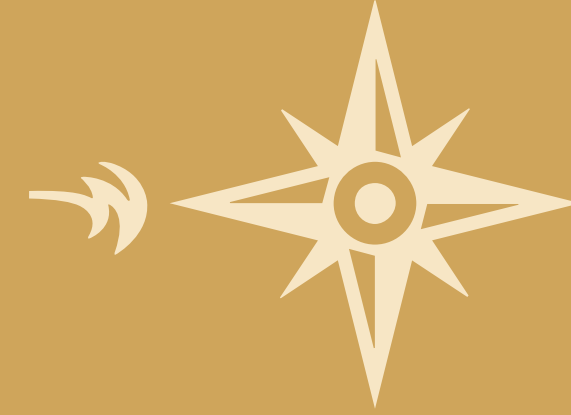


MAP SCALE : 100 ACRES



FLOW FEST

SCHEDULE - 09.16.2023



1 LEVEE

- 8:30 am - Yoga for Golfers
- 10:00 am - Yoga for Kids: Animal Themed
- 11:30 am - Elemental Embodiment for Healing and Transformation
- 1:00 pm - Family Yoga
- 2:30 pm - Kids Yoga
- 4:00 pm - Yin Yoga for Emotional Balance
- 5:30 pm - Meditate and Paint: Follow Your Happy

2 SOUTH RIDGE

- 9:30 am - Slow Flow
- 11:30 am - Open Level Flow
- 1:00 pm - Vinyasa Yoga: Strengthen, Stretch, Restore
- 2:30 pm - Mindful Slow Flow Forest Bath
- 4:00 pm - Seven Chakras Meditation with Movement
- 6:30 pm - Fun Flow
- 8:00 pm - Glow Yoga

3 RIDGE PAVILION

- 10:00 am - Energy Mandala Vinyasa
- 11:30 am - Fun Happy Love
- 1:00 pm - Intro to Level 2 Postures
- 3:00 pm - Yoga and Reiki
- 4:30 pm - Breathwork: The 4th Limb of Yoga
- 6:00 pm - Sthira Sukha: Root to Rise

4 ADVENTURE PAVILION

- 8:30 am - Deep Stretch with Fall Equinox
- 10:00 am - Yoga and Mental Health
- 11:30 am - Slow Peaceful Flow
- 1:00 pm - Free Your Mind: Blindfolded Flow
- 2:30 pm - Qigong Flow for Mental and Emotional Clarity
- 4:00 pm - Happiness Vinyasa Flow

5 DEEP WATER SOLO LAWN

- 9:00 am - Reclaim your Body & Reawaken your Spirit: Through Nature
- 10:30 am - Partner Yoga
- 12:00 pm - Energy Medicine Yin Yoga
- 1:30 pm - Intro to Acro Yoga
- 3:00 pm - Arm Balance and Inversions
- 4:30 pm - Fast Power Yoga

6 NORTH CONFERENCE ROOM C

- 10:30 am - Tantra Yoga Workshop
- 1:30 pm - Meditation Made Easy

7 SOUTH CONFERENCE ROOM D

- 10:30 am - Psychedelic Breathwork
- 12:30 pm - Brain, Body, and Breath
- 2:00 pm - Yogastrology
- 3:30 pm - Master your Metabolism
- 5:00 pm - Stress Less Workshop

8 NORTH CONFERENCE ROOM B

- 12:00 pm - Pottery Class *
- 3:00 pm - Pottery Class *

9 RIVER JAM STAGE

- 9:00 am - Energizing Flow
- 10:30 am - Slow Flow Yoga as a Pathway to the Sacred
- 12:00 pm - Ayurveda an Elemental Slow Flow
- 6:00 pm - Live Music: Shane Pruitt Band
- 8:00 pm - Live Music: Rising Appalachia

10 FLATWATER

- 9:30 am - SUP Yoga *
- 11:00 am - SUP Yoga *

11 BIG DROP

- 11:00 am - Brew your own Kombucha *
- 12:00 pm - Brew your own Kombucha *
- 1:00 pm - Brew your own Kombucha *
- 2:00 pm - Brew your own Kombucha *

12 CONFERENCE ROOM E

- 9:00 am - Thai Massage Group Workshop
- 10:00 am - Wonder Method
- 11:30 am - Thai Massage One on One *
- 3:00 pm - Thai Massage One on One *
- 6:30 pm - Thai Massage Group Workshop

13 DAM

- 9:00 am - Puppy Yoga *
- 10:30 am - Puppy Yoga *
- 5:00 pm - Puppy Yoga *

* Class requires a registration fee

MAP LEGEND

- FOOD
- BEVERAGE
- GUEST SERVICES & PASS SALES
- RESTROOMS
- STORAGE & RENTALS
- TRAILHEAD

