



# Yoga Jambalaya

November 11th, 2017

## **8:00-9:15 Deep Slow Flow with Jana Kilgore**

A great way to start the day! This all levels practice will be a deep flow of standing postures, hip opening, nourishing heart openers, and then slow Yin for integration.

**Jana Kilgore** has been studying Eastern Philosophy and Medicine since childhood and has devoted her life to sharing the transformational practices of Yoga, Meditation and Ayurveda. She is a fierce advocate of Gaia and encourages deep respect, stewardship and exploration of Nature by all. She lives and works in the Santa Cruz/South Bay area and adventures with her husband in their '88 Vanagon as often as possible.

## **9:30-10:45 Strong Brew: Morning Vinyasa with Brenda Lear**

In this powerful, playful flow we will explore movement and motion with purpose and heart. Together we will breathe, sweat, smile and surrender to explore our fullest potential by exploring our edges while still practicing loving-kindness toward ourselves.

**Brenda Lear** lives in Ojai where she tends to a lovely garden, the ocean waves and her wonderful partner while staying true to her path and practice of yoga and teaching.

## **11:00-12:15 Come Fly with Me with Breezy Jackson**

This AcroYoga workshop will open up playful curiosity and get your feet off the ground with the support of a partner in a safe and fun environment. Experience exchange of trust and compassionate communication. No partner necessary.

**Breezy Jackson** is a yoga teacher, ecologist, and adventurer who loves exploring fun and creative avenues for self-expression. She finds that AcroYoga compliments and expands on fundamental principles of yoga including physical expression (Asana), peaceful communication (Ahimsa), and community (Kula).

**Enjoy lunch in the Café!**

**11:30-2:00pm**

### **1:00-2:15pm Breath Form and Flow: Mindful Vinyasa with Anna Landauer**

A deep and fluid practice focusing on strength, simplicity and the beauty of basic postures. In this Vinyasa yoga practice we will use movement and the consistent rhythm of breath to cultivate mindfulness and presence while building stamina and resilience. Through each element of the practice we soothe and restore the nervous system to promote a calm mind, body and heart.

**Anna Landauer** has practiced yoga since youth and began teaching in 1998. She trained in classical Hatha Yoga at the Ashtanga Yoga Institute, and in Anusara Yoga at Seattle Yoga Arts. In addition to teaching yoga, she has a thriving acupuncture and massage therapy practice in Oakland, CA and works as a freelance wilderness guide.

### **2:30-3:45pm Sustainable Practice with Dennis Eagan**

Sustainable practice is a slow flow that combines long holds with breath-harmonized movement to build and maintain energy. The end result is a vinyasa one can do for hours. Come tap into your sustainable energy!

**Dennis Eagan** has been practicing yoga since 1988 and teaching since 1998. Cut from the same stone as Balanced Rock, he loves exploring yoga's roots in nature and sharing that journey with others.

### **4:00-5:30pm Sweet Soothing Restorative with Paula Wild**

In this restorative yoga practice we will experience the blessing of support and full connection to the Earth. The focus will be on nourishing the nervous system with loving guidance. Get ready to breathe deeply and relax completely in a luxurious restorative yoga practice.

**Paula Wild** has used yoga as a tool for healing and personal transformation for over 15 years. She has an ability to see and celebrate the unique light in each student. As a Yoga Therapist and Director of Operations for Balanced Rock, Paula will bring her full capacity to hold sacred and soothing space in this session.

### **5:45-6:45 Kirtan, Storytelling, and Journaling with Heather Sullivan**

End your Jambalaya experience with some song, chanting, stories and guided reflection in your journals.

**Heather Sullivan** has been living and practicing in Yosemite for over 17 years. These lands and waters have defined her yoga practice and teaching style. As co-founder and Managing Director for Balanced Rock, her relationship with this place has continued to shape the organization and inspire the vision through many changing seasons.

**Local Health and Wellness Vendors will be on site throughout the day!**