



Yoga Jambalaya

November 9th, 2019

8am-9am Morning Practice: Intention Setting in Gratitude with Heather Sullivan

Start your day at Yoga Jambalaya with a gentle practice including breath-work, meditation, gentle sun salutations and stretches along with a short journal practice to set intention and prepare for our day of wellness and community.

Heather Sullivan 200 E-RYT, CRYT, CMT, is a Founder and current Director of Balanced Rock and lives the mission of *inspiring deep connection through nature and spirit* in her work and daily activities. See [Balanced Rock's website](#) for full bio.

Instagram: [@heathasulli](#)

Facebook: [heathersullivan524](#)

[www.yosemitehealingarts.com](#)

[www.balancedrock.org](#)

9:15am-11:15am Prana Vinyasa Flow: Circulation of the Heart with Kelley Doyle

"Learn what actions of yours bring freedom + LOVE"~ Hafiz

The Air element in Yoga + Ayurveda is connected to the heart space and all that moves, breathes, and creates, **INSPIRING** the potential inherent within all life. Come explore what this means to you in a lunar Prana Vinyasa Flow Yoga class connected to the air element, shape shifting through heart nourishing + expanding asanas moving with breath, body + intention, allowing the practice to become a full body offering from the heart, for the heart, to the heart, finding what movements help you return to balance in body, mind, spirit + life.

Kelley Doyle 500 E-RYT BS Alternative Medicine, is a playful, energetic and soulful yoga teacher from San Clemente California, Kelley has been guiding yoga for over 25 years, sharing a deep love for moving meditation in an undiluted joyful flow.

Instagram: [@shantikelley](#)

[www.kelleydoyle.com](#)

11:30am-12:30pm Yoga Roots in Nature with Dennis Eagan

The Five Elements of Samkhya provide the foundation for all Eastern Philosophy. In this presentation, we'll explore how these energies of nature express themselves in both the subtle and physical bodies and in the global energy field that sustains us.

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.

Instagram: [@denniseaganwildyoga](#)

Blog: <http://wildyoga.wordpress.com>

<http://www.wildyoga.com>

Enjoy lunch in the Café! 12:30-2:00pm

2pm-3pm Yoga Nidra Afternoon Relaxation with Cassidy Engfer

Join Cassidy for a brief introduction to Yoga Nidra and the profound benefits of this deep relaxation. Yoga Nidra, or Yogic Sleep, is an ultimate relaxation technique for decreasing stress and tension in the mind and body. The class will provide an introduction to the history, benefits, and applications of Yoga Nidra followed by a Yoga Nidra Guided Meditation.

Cassidy Engfer is a long-term Sierra Nevada habitant; growing up in this area created an inseparable bond between her and nature. She owns & operates Yogasemite Studio in Mariposa, CA and teaches yoga classes throughout the area. Her intention as a teacher and studio owner is to cultivate connection, community, and creativity.

Instagram: [@yogasemite](#) [@curlycassidy](#)

<https://www.yogasemite.net>

3:15pm-4:30pm Home To The Heart with Nat Kendall

Join Nat Kendall for this sacred vinyasa pilgrimage as we reunite breath and body with the wisdom of the heart. We'll flow between inhales and exhales, re-igniting our delight and wonder as we move with the rhythm of life and breath. Expect chanting, a vinyasa suitable for all levels and a nurturing space to fall back in love with our one, precious life.

Nat Kendall is a San Francisco based yoga teacher, world music recording artist and devoted student of yoga, Nat Kendall shares his wisdom of the teachings in a heartfelt and grounded way that will easily awaken beginners and re-inspire long time practitioners. Instantly accessible and relevant to our modern times, the grace of Nat's teachings pour through in tangible practices, tools, techniques and insights that are sure to enlighten your spiritual path and yogic journey.

Instagram: [@natkendallyoga](#)

Facebook: www.facebook.com/natkendallyoga

www.natkendall.com

4:45pm-6pm Yoga Lullaby with Paula Wild

Cradle your body, heart and mind in the liminal space we co-create. This final yoga practice will involve slow gentle movements, cultivation of presence with the breath, restorative postures and stillness. A lullaby, or cradle song, is a soothing piece of music that is usually played for children. The purposes of lullabies vary. In some societies they are used to pass down cultural knowledge or tradition. In addition, lullabies are often used for the development of communication skills, indication of emotional intent, modulation of infants' arousal, and regulation of behavior. Set to soothing music, this inward-gazing session will support integration and nervous system regulation. Care for the most tender parts of yourself with this deeply nourishing 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, Paula will bring her full capacity to hold sacred and soothing space in this session.

6pm-7pm Evening Kirtan with Nat Kendall & Special Guests

Suggested \$20 donation for this special class.

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