

Sattva Stage Schedule

11:15 AM | Restorative Yoga Workshop | ManyInBodyOneInMind.org
Instructor: Bobbie Edwards

Embodying sacred forms: Water, Fire, Earth and Space. Release, Unwind and Restore as you experience the elements while inhabiting fundamental asanas.

12:15 PM | Meditation Workshop | Blue Lotus
Meditation - The path to inner peace
Instructor: Paula Whang-Ramos

Discover the life-enhancing benefits of regular meditation practice!
Experience a simple and natural form of meditation to calm your mind, relax your body and open your heart. Based on ancient, time-tested teachings, this meditation technique has helped sincere seekers from all traditions. Beginning and experienced meditators are welcome for a time of instruction, inspiration and practice.

1:15 PM | Pranashakthi | Ushasri Ganla
A Taste of Pranashakthi Mahavidya Healing Modality

Introduction to Pranashakthi Mahavidya
Healing Modality and its applications.
Initiation into Intro Level of Pranashakthi
Mahavidya Healing Modality to the participant.
Demo of Touch and Non-touch healing using Pranashakthi Mahavidya Healing Modality.
Demo of Pranashakthi Healing using Crystals and Rudhraksha malas (beads).
Pranashakthi Chakra Healing Meditation for self and global healing of body, mind, and spirit.

2:15 PM | Yoga Of Design - Vaastu | Sherri Silverman

Raise Your Vibration.
Increase Life-Enhancing Energy.
Dissolve Negative Influences.
Vastu Pyramid And Meru Chakra For Vastu Rectification.