

## Yoga Camp Schedule 2024

	Time	Event	Leader	Location
FRIDAY	4:15-5:15pm	Yoga - <i>a complete yoga practice</i>	Daryn	Main Hall
	5:30-7:00pm	<b>Dinner &amp; Orientation</b>	Todd	Dining Hall
	6:45-8:15pm	Blindfold Movement Practice - <i>move, interact, connect</i>	Juniper	ELC Ground Floor
	7:00-8:00pm	Yin Yoga Restorative Stretch - <i>repair, relax, chill</i>	Larry	Namaste
	7:15-8:15pm	Rhythmic Meditation - <i>finding zen w/ percussion/music</i>	John	Main Hall
	8:30-9:30pm	Yoga & Meditation - <i>find your bliss</i>	Kent	Namaste
	8:45-9:45pm	Yoga - <i>solo and partner work</i>	Luis	ELC Ground Floor
	9:00pm-12:00am	Disco Dance - <i>accessorize au naturel</i>	DJ Riley	Main Hall
	10:15-11:15pm	Tantric Yoga & Erotic Touch - <i>sensual, sexy, fun</i>	Bo	ELC Ground Floor



	Time	Event	Leader	Location
<b>SATURDAY</b>	7:00-7:45am	Chair Yoga - <i>accessible, gentle, supportive</i>	Luis	Amphitheater
	7:30-9:00am	<b>Breakfast</b>		Dining Hall
	8:45-9:45am	Vinyasa Glow: <i>flow &amp; glow then relax &amp; restore</i>	Vincent	Namaste
	9:00-10:00am	Yoga - <i>a complete yoga practice</i>	Daryn	ELC Ground Floor
	9:15-10:15am	Partner Yoga - <i>yoga with a little help from a friend</i>	True	Main Hall
	10:15-11:15am	Power Yoga - <i>flowing strength (arms/shoulders)</i>	Michael L.	Namaste
	10:30-11:30am	Slow Flow Yoga - <i>sync breath &amp; movement</i>	Kent	ELC Ground Floor
	10:45-11:45am	Yoga for the Divine Masculine - <i>sensual, sexy, strong</i>	Rene	Main Hall
	12:00-1:00pm	<b>Lunch</b>		Dining Hall
	1:00-2:00pm	Spirit Animal Journey - <i>find your guide &amp; protector</i>	Juniper	ELC Ground Floor
	1:15-2:15pm	Drum Circle 101 - <i>basics of drumming/percussion</i>	John	Main Hall
	1:30-2:30pm	Tantric Restore - <i>erotic relaxation</i>	Larry	Namaste
	2:30-3:30pm	Slow Flow Yoga - <i>flowing exploration (hips)</i>	Michael L.	ELC Ground Floor
	2:45-3:45pm	Power Yoga - <i>sweat, strength &amp; stamina</i>	Michael G.	Main Hall
	3:00-4:00pm	Basics of Meditation/Mindfulness - <i>focus on the moment</i>	Jeff	Namaste
	4:00-5:00pm	Tantra - <i>explore erotic touch</i>	Roberto	ELC Ground Floor
	4:15-5:15pm	Celebrate Pride Yoga - <i>joyful, emotional, LGBTQIA!</i>	Marco	Main Hall
	4:30-5:30pm	Balance Flow Yoga - <i>a complete yoga practice</i>	Daniel	Namaste
	5:30-7:00pm	<b>Dinner</b>		Dining Hall
	7:00-8:00pm	Drum Circle - <i>tribal, powerful, cathartic</i>	John	Fire Pit
	6:30-8:30pm	Talent Show Rehearsal	Jim L.	Main Hall
	8:15-9:15pm	Partner Yoga Flow & Beginner Friendly Acro Yoga	Markus & Yoann	Namaste
	8:30-9:30pm	Bollywood Dance 101 - <i>basics of Bollywood</i>	Darshan	ELC Ground Floor
	9:00-10:00pm	Tantric Yoga & Erotic Touch - <i>sensual, sexy, fun</i>	Bo	Main Hall
	9:45-10:45pm	Inner Work - <i>self realization exercises</i>	Kent	Namaste
	10:00-11:00pm	Yoga Nidra - <i>relax, unwind, sleep</i>	Larry	ELC Ground Floor
	10:15-11:15pm	Sensual Touch Meditation - <i>self touch relaxation</i>	Rene	Main Hall

	Time	Event	Leader	Location
<b>SUNDAY</b>	7:00-7:45am	Chair Yoga - <i>accessible, gentle, supportive</i>	Luis	Amphitheater
	7:30-9:00am	<b>Breakfast</b>		Dining Hall
	8:45-9:45am	Flow Yoga - <i>creative fun playtime</i>	Michael G.	ELC Ground Floor
	9:00-10:00am	Yoga - <i>a complete yoga practice</i>	Daryn	Main Hall
	9:15-10:15am	Latin Flow Yoga - <i>yoga set to Latin beats</i>	Marco	Namaste
	10:15-11:15am	Partner Yoga - <i>yoga with a little help from a friend</i>	True	ELC Ground Floor
	10:30-11:30am	Tantra - <i>explore erotic touch</i>	Roberto	Main Hall
	10:45-11:45am	Yin & Yang Flow - <i>Powerful vinyasa &amp; deep relaxation</i>	Markus & Yoann	Namaste
	12:00-1:00pm	<b>Lunch</b>		Dining Hall
	1:00-2:00pm	Breath of Ecstasy - <i>euphoric breathing workshop</i>	Rene	Main Hall
	1:15-2:15pm	Spirit Animal Journey - <i>find your guide &amp; protector</i>	Juniper	ELC Ground Floor
	1:30-2:30pm	Balance Flow Yoga - <i>a complete yoga practice</i>	Daniel	Namaste
	2:30-3:30pm	Yoga for Healing - <i>the remedy you've been looking for</i>	Jeff	Main Hall
	2:45-3:45pm	Vinyasa Flow - <i>move, flow, stretch, strengthen</i>	Vincent	ELC Ground Floor
	3:00-5:00pm	Austin Jacks Club - <i>meet some new bade bros</i>	Trev & Daniel	Left Side Cabin 10
	3:30-4:30pm	Yoga & Touch - <i>center &amp; stretch w/ massage exchange</i>	Markus	Namaste
	4:00-5:00pm	Ashtanga Yoga - <i>the hard and soft</i>	Michael G.	Main Hall
	5:30-7:00pm	<b>Dinner</b>		Dining Hall
	7:15-8:15pm	Talent Show - <i>campers perform &amp; entertain</i>	Jim L.	Main Hall
	8:30-9:30pm	Partner Yoga - <i>yoga with a little help from a friend</i>	True	ELC Ground Floor
	8:45-9:45pm	Joint Flexibility - <i>just what your stiff joints need</i>	Daniel	Namaste
	8:45-9:45pm	Yoga for Deeper Connections	Darshan	Main Hall
	10:00-11:00pm	Yin Yoga Deep Stretch - <i>gentle yoga, restful stretching</i>	Marco	ELC Ground Floor
	10:15pm-12am	Dance Dance Dance - <i>move to the beats of DJ Boni</i>	DJ Boni	Main Hall
	10:15-11:15pm	Tantra - <i>explore erotic touch</i>	Roberto	Namaste
<b>MONDAY</b>	7:30-9:00am	<b>Breakfast</b>		Dining Hall
	8:45-9:45am	Maithuna - <i>the coupling of opposing forces</i>	Darshan	Main Hall
	9:00-10:00am	Power Yoga - <i>flowing strength (abs/core)</i>	Michael L.	ELC Ground Floor
	9:15-10:15am	Restorative Yin Yoga - <i>wake up, rejuvenate, be calm</i>	Vincent	Namaste