

Divine Mother Productions presents

Midwest Yoga and Kirtan Fest

Thurs, Sept 20th - Sat, 22nd 2018

Jefferson County Fairgrounds Jefferson, WI

Class Descriptions Schedule

THURSDAY - SEPT 20th

BUILDING #1

MAIN STAGE

6pm - 7:30 Kaita

8pm - 9:30 Kirtan Path w/ Pascale LaPoint

10pm - 11:30 Sitara & Kalyani w/ Pavan Kumar

BUILDING #2

SECOND STAGE

12pm - 5pm Sean Johnson & the Wild Lotus Band Pre-Festival Intensive

FRIDAY - SEPT 21st

BUILDING #1

MAIN STAGE

8:30am - 10 Sharanam Anandama

10:30am - Noon Ananda Viikasa

12:30pm - 2 Hans Christian

2:30pm - 4 Blue Spirit Wheel w/ Ian Boccio

4:30pm - 6 Brenda McMorrow

6:30 - 8 Ragani

8:30pm - 10 David Newman

10:30pm - Midnight Dave Stringer

BUILDING #2

SECOND STAGE

8am - 9:15 Lisa Gniady - Kundalini Yoga and Gong

Lisa will take you through a Kundalini Yoga class focused on positive affirmations. Gong wash after the class will leave you shining the whole rest of the day!

9:30am - 10:15 Shanti Maya Kirtan

10:30am - 11:15 Scott Hestekin w/ Satya Jaya Kirtan

1130am - 12:15 Ryan Hader

12:45pm - 1:30 Flavia Krisna & Gershone

1:45pm - 2:30 Courtney Amundson

3pm - 5 Michael Brian Baker & The Breath Center

5:45pm - 6:30 Supersonic Soul Circle

BUILDING #3

YOGA SPACE 1

8am - 9:15 August Ristow - Intention Vinyasa Yoga

An inspiring all levels vinyasa yoga class dedicated to Ganesha. Start your weekend with lots of love by setting intentions that guide you on the path to the real you!

9:30am - 10:45 Pascale LaPoint - Hanuman Chalisa Workshop

Start your morning off with Hanuman Chalisas! This an opportunity for beginners and experienced chanters to dive deep into this practice of chanting this 40-verse prayer in praise of Hanuman, together as a group. The prayer is from the Indian tradition with Hanuman invoked as the very breath of the Divine – our own Divine nature. Many believe that chanting this prayer gives us the strength to get through difficult times with compassion and grace. We will chant the prayer together an auspicious number of repetitions. Song sheets provided.

11am - 12:15 Samuel Salisbury - Meditation Workshop

Samuel Salisbury, sacred musician and teacher, will be leading a workshop of meditation with music. Musical meditation, guided meditation exercises, building up to a powerful silent meditation. (The music meditation will have Samuel playing the Indian sarangi.) The workshop is designed to help restore the energetic balance of the body's sacred centers (chakras), expand consciousness, and increase compassion. People of all backgrounds and spiritual traditions - including beginners and lifelong seekers - are warmly welcomed.

12:45pm - 2 Sitara & Kalyani - Kriya Yoga Breathwork

Join Sitara and Kalyani as we explore pranayama, and the accompanying wisdom, that can better support your practice. We will discuss Emotional Energy Pollution, clearing with the elements and Core Beliefs, as well as guide you in breathing exercises that you can add to your toolbox. Sitara and Kalyani are both seasoned Breathwork Practitioners and Trainers in the Rebirthing Breathwork tradition.

2:15pm – 3:30 Gina Armstrong - Vibrational Yin with Peter Hess Sound Massage

Immerse into yin postures with sound vibration. Peter Hess therapeutic singing bowls will be placed upon the body to provide a deep release to create ease and rest. A sound infused self-loving kindness meditation will enhance the experience in Savasana to open the heart and bring balance within.

Facilitated by Deb

Sommerhalder, E-RYT Peter Hess Sound Massage Practitioner and Gina Armstrong LMT, Peter Hess Sound Massage Trainer/Practitioner

3:45pm - 5 Sean Johnson & The Wild Lotus Band - Wildy Devoted ~ Bhakti on the Mat

Deepen your soul connection by merging the heart-opening qualities of bhakti yoga with the vitality of asana. This playful practice kicks off with engaging storytelling and chanting that flows into a vinyasa yoga practice to bring the story to life within you through breath, movement, song, and imagination.

BUILDING #4

YOGA SPACE 2 / HEALING SANCTUARY

8am – 9:15 Shannon Connell Fischer - Awake & Arise Goddess Flow

ALL LEVELS WELCOME!

A class dedicated to awakening shakti through the practice of bhakti yoga. Awaken to the goddess energy of Durga, Saraswati, Kali, Lakshmi, Parvati and more that IS YOU! We will breathe, stretch, move, awaken and arise to the power of PranaShakti! Come kick off the day with a morning cup of goddess goodness & energy! JAI MA!

9:30am – 10:45 Karen Weber - Inner Alchemy

A Tantric Vinyasa practice to stoke the sacred fire within. The highest form of Agni who is the underlying intelligence, the inner healer, the Divine essence of all things expressed as Rudra. Expect a slow flow, stable fire practice with chanting and the cultivation of a still mind in preparation for deep meditation.

11am – 12:15 Amy Beth Treciokas - Bhakti Vinyasa Flow

Enjoy a fun and joyful vinyasa flow infused with a devotional element of bhakti music. Come open your heart with bliss as you open your hips with graceful and dynamic vinyasa progression.

12:30pm – 2 Johanna Beekman - Lullaby Yoga

Lullaby Yoga™, created by Johanna Beekman, RYT 500, is a unique blend of restorative and yin yoga with heart-opening live music. Her classes focus on deep relaxation and healing using principles from therapeutic yoga, yoga nidra, bhakti yoga and nada (sound) yoga. In Lullaby Yoga, Johanna gently guides participants through a series of deeply relaxing poses while singing to them. The music—a soothing blend of original and traditional pieces from a variety of global cultures—facilitates the healing process by providing a luxurious, peaceful space for the mind to rest while the body relaxes, rebalances, and restores itself. Johanna teaches Lullaby Yoga classes at world-class festivals and studios across the US.

2:15pm – 3:30 Claire Chin Stillman - Thai Massage Workshop

3:45pm – 5:15 Heather Anjali - Shine and Align Slow Flow Vinyasa Yoga

A live music autumnal equinox slow flow practice to tune into the seasons cosmic equanimity.

Live music by the amazing Dina Simone and soft savasana vocals from her album “The Journey Om”.

SATURDAY - SEPT 22nd

BUILDING #1

MAIN STAGE

10:30am - 12 Devi 2000 w/ Debi Winston Buzil

12:30pm - 2 Amy and the Bliss Tribe

2:30pm - 4pm Samuel Salsbury - Classic Indian Concert

Samuel Salsbury will play a solo classical Indian concert on sarangi with Josh Sherman on tabla accompaniment. The concert will include music from the Hindustani tradition of North India, to which Samuel Salsbury has devoted intensive study in the holy city of Varanasi India with his Guru ji, Pt Santosh Mishra, an 8th-generation sarangi master. Using an instrument that is 125 years old, the program will include a full classical raga and two bhajans (devotional songs). Samuel is one of the few non-Indians to play the sarangi, a deeply rich toned bowed instrument with 39 strings, that is known for penetrating deep into the heart of the listener. The raga chosen for this concert is a deep musical prayer for that specific time of the day.

4:30pm - 6 Johanna Beekman

6:30pm - 8 HuDost

8:30pm - 10 Sean Johnson & the Wild Lotus Band

BUILDING #2

SECOND STAGE

8am - 9:15 Lisa Gniady - Kundalini Yoga and Gong

Lisa will take you through a Kundalini Yoga class focused on positive affirmations. Gong wash after the class will leave you shining the whole rest of the day!

9:30am - 10:15 Bhakti Caravan

10:30am - 11:15 Ananda Lila Kirtan

11:30am - 12:15 Erik Majeski

12:45pm - 1:30 Brilliant Bliss Kirtan

1:45pm - 2:30 Love, Light and Harmony

3pm - 5 Michael Brian Baker - The Breath Center

6pm - 7:15 Preston Klik - Ocean of Devotion Sound Meditation

A gentle-but-dynamic, 90-minute (including talking) acoustic journey, often very quiet, but at times

powerfully intense. Preston plays a 36-inch OCEAN GONG, plus crystal bowls, Himalayan bowls, Indian swarmpura, ocean & frame drums, chimes, etc. His "portable temple" is surrounded by candles. This richly cinematic musical odyssey-meditation is as beautiful to the eye as it is to the ear, heart, body, mind, and spirit.

- "If prayer had a sound, this might be it." • Remove barriers between yourSelf & your full expression of Love.
- Use sacred sound to dissolve & release dis-empowering stories.
- Align yourSelf with Source so Spirit can express through you, AS you.

BUILDING #3

YOGA SPACE 1

8am - 9:15 Stephanie Saba - Sacred Sounds ~ Sacred Mantras

Immerse yourself within beautifully transcendent Sacred Sound. Stephanie will offer an artistic mix of luminous Clear Crystal Singing Bowls and softly sung mantras...woven with a special "Chakra Balancing". A beautiful healing, balancing, and *Divine Awakening* for the Autumnal Equinox.

9:30am - 10:45 Cindy Huston - Restorative Yoga

Restore and relax with traditional restorative yoga postures and 5 element stretching. Practice ancient and modern teachings to support your lifestyle on and off your yoga mat. Cindy Huston, owner of the Yoga Body Elements studio in Chicago, IL brings her 20+ years of teaching in dance, yoga, TCM massage, and Reiki.

11am - 12:15 Chaitanya Charan Das - Overcoming Negative Emotions ~ Practical Spirituality

1pm - 3 David Newman (Durga Das) - Awakening to Love Workshop

Do you feel the transformational sparks of Spiritual Awakening that is expanding rapidly on the planet today? There are many paths and practices available to support us in this ultimate quest, and one such path is the Way of Love. David Newman has made it a life's passion to illuminate the practice of opening your heart, and loving unconditionally as a vehicle for spiritual awakening. Journey into the wisdom of your heart through

Kirtan, and the ageless teachings on the Path of Love, or Bhakti, as it is known in the yogic tradition.

Come

and experience how embracing love, fearlessly and wholeheartedly, can ignite your quest for awakening, and fulfill your search for deeper meaning, greater happiness and a higher truth.

3:45pm - 5 Ryan Hader - Bandhas and Mantra Yoga

BRAND NEW BEGINNERS WELCOME!

Our medium is the practical application of Bandhas (body locks), Mantras (Sanskrit Sounds used to still the mind), Pranayam (the yoga of breathing), as well as breath retention within the space of yoga postures. Ryan's inspiring and uplifting delivery consists of the most effective techniques discovered in his 16 years of devoted study. You will come into direct contact with your subtle energy system, resulting in profound healing and quantum transformation. Ryan will also share a guided meditation with a live musical mantra savasana. A

class designed for anyone looking to mobilize the energy in their body through yoga. This offering is sure to light your fire, clear your mind and open your heart!

BUILDING #4

YOGA SPACE 2 / HEALING SANCTUARY

8am - 9:15 Missy Balsam - Bhakti Vinyasa Yoga

This is a fun, all-levels Flow class encouraging free movement and expression!
We will sing some Kirtan together at the end.

9:30am - 10:45 Ragani - Live in Yoga

This powerful guided experience of ridiculously simple, gentle movements will serve to awaken the Ever Present inner yogi within you. Discover this deeper thread of all yoga practices and awaken to the experience of living in awareness. The clear guidance you receive in this class will serve you in your daily life, and it can

be easily applied to any future yoga class that you attend (or teach). One of the rare yoga classes offered by

Ragani and recommended for both beginning and advanced practitioners, regardless of age or ability or yoga smartness.

11am - 12:15 August Ristow - Gentle Vinyasa Yoga

A lighter vinyasa sequence led with Ahimsa in the heart and Satya in the mind. Gentle doesn't mean easy. It's the approach and how we balance Sthira and Sukha - strength and ease.

12:15pm - 2pm Karen Weber - Smarana

A Tantric Vinyasa practice to remember who you really are. Dissolve that which is transient to uncover your eternal, immortal reality as pure consciousness and then bask in it. Expect to release, slow down, get clear,
embody, chant, meditate and transcend.

2:15pm - 3:30 Shannon Connell Fischer - "All You Need Is Love" ~ Bhakti Rock & Roll Yoga

Yoga class with Live music from Eric Majeski! Take an afternoon movement break to sing, dance, breathe and move to some of your favorite bhakti and Rock-n-roll tunes. This class will have you smiling from head to toe!

3:45pm - 5pm Missy Balsam - Bhakti Vinyasa Yoga

This is a fun, all-levels Flow class encouraging free movement and expression!
We will sing some Kirtan together at the end.

SUNDAY - SEPT 23rd

BUILDING #2

SECOND STAGE

10am - 3pm Michael Brian Baker & The Breath Center - Post Fest Pranica Immersion 108

Five Hour Introduction to Breathwork Training