

ONE Fest 2022 - Schedule

Time	Outdoor Shala	Movement Lab	Rooted Healers Corner	One Fest Tea Room	Music
8:00 AM	Coffee Bar Opens 8:00 am				
8:30 AM	Doggy Yoga w/ Jill Winchester 8:30 - 9:15 am				
8:45 AM		Festival Opening Cacao Ceremony & Sound Healing Experience with Bodhi Deva Ma & Austin Shook 8:45 - 9:45 am			
9:00 AM					
9:15 AM					
9:30 AM					
9:45 AM					
10:00 AM	Vendor Alley Opens 10 am	Vinyasa with Meghan Hadlock 10:00 - 10:45 am	Yin Chill Morning Vibes with Melissa Picult 9:45 - 10:30 am	CuriosITEA Healing Tea with Rayna 10:00 - 10:30 am	
10:15 AM	Gentle Flow with Rebby 10:15 am - 11:00 am				
10:30 AM					
10:45 AM			Yoga for ALL - Accessible Yoga with Shanna Small		
11:00 AM		Rocket Class with Jaimis Huff Flynn 11:00 - 11:45 am	10:45 - 11:30 am	Yoga off the Mat with Tai Wren 11:00 - 11:30 pm	
11:15 AM	Standing Flow with Brian Strahine 11:15 - 11:35 am				
11:30 AM					
11:45 AM			Descend to Transcend with Camimi 11:45 - 12:30 pm	Empowered Boundaries: practices to protect your energy with Daniel (they/them) & Rebby (they/them) 12:00 - 12:30 pm	Drum Jam with Brian Strahine 11:45am - 12:45 pm
12:00 PM	Elevate Dropsound with Tiffany Sneed 12:15 - 12:45 pm	Arm Balance Workshop with Jaimis Huff Flynn 12:00 - 12:45 pm			
12:15 PM					
12:30 PM					
12:45 PM			Reiki (Energy Healing) Workshop with Tahmaya "Tee" Williams 12:45 - 1:00 pm		
1:00 PM	VIBE Dance Fitness with Shene Smith 1:00 - 1:30 pm	Jivamukti with Tai Wren 1:00 - 1:45 pm		Cultivating a Consistent Yoga Practice with Shanna Small 1:00 pm - 1:30 pm	
1:15 PM			Reiki Healing Sessions - 1:15pm		
1:30 PM			Reiki Healing Sessions - 1:30pm		
1:45 PM	DropSound Slow Flow with Bethany Anderson 1:45pm - 2:30 pm	Pulse with Niche Faulkner 2:00 - 2:45 pm	Reiki Healing Sessions - 1:45pm		
2:00 PM				Reiki Healing Sessions - 2:00pm	Plant Medicine Discussion with Shay White 2:00 - 2:30 pm
2:15 PM					
2:30 PM			Intro to Womb Wellness - Amara 2:30 pm - 3:15pm		
2:45 PM	Intro Acro Yoga with Jason Kierce 2:45 - 3:45 pm	Inside Flow: Where Dance Meets Yoga with Wenny Tjandra 3:00 - 3:45 pm		Talk Tantra w/ Brian Strahine & Victoria Martinez 3:00 - 3:30 pm	Band
3:00 PM					
3:15 PM					
3:30 PM			Plant Therapy with Alicia Martin 3:30 - 4:00 pm		
3:45 PM					
4:00 PM	Embody African Dance Dropsound with Amara Jenel 4:00 - 4:30 pm	Creative Vinyasa with Camimi 4:00 - 4:45 pm		Healing for Tired Soles with Keisha Battles 4:00 pm - 4:30 pm	
4:15 PM			Intutive Flow (Guided Meditation & Card Pull) with Goddess Kristen Dionne 4:15 - 5:00pm		
4:30 PM					
4:45 PM	Soca Fit Dance with Keisha 4:45 - 5:30 pm	Paint & Flow and Chakra Activation Journey - Sia & Shelby 5:00 - 6:15 pm		Juicing to Heal the Chakras with Caesar Toland & Victoria Martinez 4:45 - 5:15 pm	Close
5:00 PM					
5:15 PM					
5:30 PM	Partner Stretching with Sunny Grigorova 5:45 - 6:45		Yin Yoga with Kiesha Battles 5:15 - 6:00 pm	Glow Body Paint Workshop w/ Sol (Family-Friendly) 5:30 - 6:45 pm	Block
5:45 PM					
6:00 PM					
6:15 PM					
6:30 PM			Deep Stretch Sound Bath Bethany Anderson 6:15 - 7:00 pm		
6:45 PM					
7:00 PM		Opening for Glow Party Prep			
7:15 PM					
7:30 PM		DJ Glow Party with Live Art 7:30 - 11pm			