



	Body Mind Spirit	Ananda Wellness Center	Studio 206
Friday Morning	"Integral Yoga" Rev. Surya Lipscombe Noon-1pm Non-competitive, meditative approach to Hatha Yoga - Multi Levels	BUY PRE-EVENT TICKETS AT ANANDA \$25 WEEKEND PASS, \$5 PER CLASS (434)245-6940	"Nia" - Chris Friedman/Elizabeth Britt - 8:30-9:30am Eclectic Movement Combining Dance, Yoga, Martial Arts and More
Friday Afternoon	"Laughing Yoga" Katherine Thimnakis - 3-4:30pm Be-ing in Touch with Life's Divine Comedy Wear Loose Fitting Clothing	"Psych - K" - Cheryl Hopkins - 2-3:30 A Powerful Tool for Conscious Manifestation That Engages the Subconscious	"Alexander Technique" C. Friedman/S. Cushman - 4-5:30pm Learn Ease In Action Through Being Present
Friday Evening	OPENING CEREMONY: 6PM - 9PM - LEE PARK - WITH PERFORMANCE BY MAIA ODEN * DRUM CIRCLE WITH LESTER SEAL AND THE POINTE - BRING PICNIC BLANKETS AND DRUMS - DONATIONS APPRECIATED		
Saturday 9:00-10:30	"Thich Nhat Hahn's Creating True Peace Within One's Family" Ana Blum Experiential Mindfulness Practices for Families	"Healing through Gratitude" Joy Tanksley Learn How Gratitude Can Heal Sickness, Relieve Stress and More	CHECK US OUT ON THE WEB: http://www.wolfsonschool.com/wholelifefestival.html
Saturday 11:00-12:30	"Ayni Despacho Ceremony" - Rachel Mann Beautiful Peruvian Shamanic Ritual for Creating Balance	"Herbs-The People's Medicine" Mary Ann Copson Weave a Web of Healing - Connect With the Soul Essence of Herbs For Healing	"Contact Improv" - at McGuffey Art Center, Studio 11 Isa Leal & Friends Improvisational Dance/Movement
Lunch			
Saturday 2:00-3:30	"Communicate with Your Angels" M. Kitto, R. Lassiter Experience the Pure JOY of Living Your Unique Life Purpose	"Synchronicity Foundation High-Tech Meditation" Phil Duncan - Experience High-Tech Meditation as Developed by Master Charles	"Journey Dance" Catherine Monnes Powerful, Joyful Movement from Yoga, Shamanic Journey, Sound and World Music
Saturday 4:00-5:30	"Zero Balancing" - Cindy Allred Jackson & Friends Have an Experience of Gentle and Profound Healing for the Whole Being	"Getting Happy - The Law of Attraction" J. Pearlman/Dr. K. Hudgins Principles and Exercises to Create Life You Want	"Dance Asana" - Cynthia Woodring Fun Yoga, Simple Dance and Rest Designed for Everyone
Saturday 7:00-8:30pm	"What's Limiting Your Spiritual Growth?" Ross Bishop Use Shamanic Techniques to Address Your Shadow		"Ecstatic Dance" Ann Kite Free Expression Dance in Waves of Rhythm
Sunday 9:30-11:00	"Birthing in A Conscious Community" Deanna Huba Strengthen Inner Resources and Community Support During Pregnancy and Motherhood	"Animal Communication" Lee Channing Open to Understand the Human-Animal Bond	
Sunday 11:30-1:00	"Women and the Shamanic Path" Susan Wolf Star See How Women Are Honored in Shamanism	"Chakra Balancing & the Energy Body" Abby Arnold Feel Revitalized After Balancing Your Personal Energy	
Sunday 1:30-2:30	"The Story of the One Heart/Homecoming 2010" Eric Thompson - Learn About the Russell Legacy and the Draw of Afton Mtn.		There will also be Healers, Readers, and Vendors!
Sunday 3:00-4:30	"Intro. To Tibetan Bon Buddhist Meditation" John Jackson, Ligmincha Institute Teaching and Meditation Experience	"Women, Love your Body Instead of Trying to Change It" C. Haney and W. Hubbard Awaken to the Beauty and Vitality of Your Body	"Jin Shin Jyutsu Self Help" Janet Pearlman Learn Pressure Points to Relieve Fatigue, Pain and Other Problems
Sunday 5:00	"Closing Ceremony"	**** Schedule Subject to Change ****	