



Resonance Restival 2018

June 29 - July 1, 2018

Weekend Lineup of Activities, Classes, Workshops & Music

FRIDAY - JUNE 29

FRIDAY JUNE 29	SINGING WIND LODGE	HEALING SPACE TENT	CRAFT HOUSE	MEADOW SKY LODGE	FOXGLOVE TENT	CEDAR TENT	BLUESTAR TENT	RAINBOW SKY LODGE
								KIDS ZONE
10 - 11:30 AM				Dragon Meridian QI GONG: RYAN O'THEWOODS	SOUND HEALING SANCTUARY WITH BOWLS & GONG: JENNY MATSON	TWO RIVERS FLOW: HATHA YOGA MEETS THE TAO: BROCK NOYES		FAMILY NATURE ART : ALYSSA & FRIENDS : 11:00- 12:00
12:00 - 1:30	BEFRIENDING THE BODY: DANCE MOVEMENT: ANNA DALE	HEALING SPACE OPEN 12:00-9:00		LIFEFORCE YOGA: VINYASA FLOW: JAY MARTIN	CRYSTAL BOWL SOUND BATH: SHALOM MAYBERG	MUDRA, MANTRA, NIDRA: ANGELLE ST. PIERRE		
2:00 - 3:30	CLUB BELL YOGA: SUMMER HUNTINGTON		NIA-PRACTICE OF SELF HEALING AND EXPRESSION: SAFFIRE	KUNDALINI YOGA & MEDITATION: SADA SIMRAN SINGH	LAKSHMI & ANANDA : CACAO CEREMONY: MAX 30	KUNDALINI PRANAYAM & MEDITATION: JOELLE ROBINSON	CHILDCARE OPEN: ALYSSA & FRIENDS : 1: 30-5:30 (BY DONATION)	
4:00 - 5:30	SOUND CHECK		HERBAL MEDICINE MAKING: REISHI STRAUSS	ACRO YOGA: Kannon & James	SOUND HEALING JOURNEY: MATTY VAN BIENE	LULLABY YOGA: JOHANNA BEEKMAN		INTRO TO VIPASSANA MEDITATION: DAVID SUDAR
5:45	OPENING CIRCLE							
6:00 - 7:30	DINNER TIME							
7:30 - 11: 00	MUSIC IN MAIN LODGE: LA DULCE VIDA, OMTARA, JAYA LAKSHMI & ANANDA							
7:30 - 9:00	CACAO CEREMONY : NIEMA LIGHTSEED - MAX. 30 in <u>FOXGLOVE TENT</u>							
7:30 - 10:30	COMMUNITY ART DURING MUSIC: SARA SNEDEKER in <u>SINGING WIND LODGE</u>							
9 PM - 12 AM	SACRED SONG CIRCLES : MORGAN BRENT at the <u>MEADOW SKY LODGE</u>							
11:30 - 1 AM	AMBIENT DANCE FLOW by DJ BLENDER - <u>SINGING WIND LODGE</u>							
QUIET HOURS (1 am to 8 am)								



Resonance Restival June 29 - July 1, 2018 Weekend Schedule

SATURDAY - JUNE 30

SATURDAY JUNE 30	SINGING WIND LODGE	HEALING SPACE TENT	CRAFT HOUSE	MEADOW SKY LODGE	CEDAR TENT	FOXGLOVE TENT	BLUESTAR TENT	RAINBOW SKY LODGE
5:00 - 7 AM	KUNDALINI YOGA Morning Sadhana: SAT NARAYAN SINGH							KIDS ZONE
8:00 - 9:00 AM	KUNDALINI YOGA & MEDITATION: SADA SIMRAN SINGH				TWO RIVERS FLOW: HATHA YOGA MEETS THE TAO: BROCK NOYES	PRANAYAM & MEDITATION: JOELLE ROBINSON		
9:30 - 11:00 AM	KUNDALINI YOGA + LIVE MUSIC LAKSHMI AND ANANDA			DANCE INTO BEING: SAFFIRE	CRYSTAL BOWL SOUND BATH: SHALOM M.		QIGONG: RYAN O'THEWOODS	10:00-11:00 FAMILY YOGA: ALYSSA
11:30 - 1:00	TRAP VINYASA™: ABIOLA AKANNI: TWO HOUR CLASS: 11:30-1:30	10:00 - 4:00 pm HEALING SPACE OPEN	HERBAL MEDICINE-MAKING REISHI STRAUSS	CLUB BELL YOGA SUMMER HUNTINGTON	SHAMANIC YOGA NIDRA: ANGELLE ST. PIERRE	CLARITY BREATHWORK (Two hours: 9:30 - 11:30): SHANNON SIMS	OPEN HEART KIRTAN: KAVITA MACMILLAN	11:00-12:00 SHIFT & SHINE: LIVING FROM THE HEART: LARRY & CARMEL
1:00 - 2:30	LUNCH TIME		LUNCH TIME					
2:30 - 4:00	RECODING THE BODY TWD PLEASURE: DANCE MVMT: ANNA DALE		CLEANSING WITH KAMBO, HAPÉ & TOBACCO: STORM NOYES	ACRO YOGA: KANNON & JAMES	LULLABY YOGA: JOHANNA BEEKMAN	CACAO CEREMONY: NIEMA LIGHTSEED (MAX 30)		2:30-6:00 pm CHILDCARE OPEN: ALYSSA & FRIENDS: BY DONATION
4:30 - 6:00	SOUND CHECK			ACRO YOGA: LEAH BAKER	SOUND HEALING SANCTUARY WITH BOWLS & GONG: JENNY MATSON	HATHA + KUNDALINI YOGA: SIGNA C.	KUNDALINI YOGA + LIVE MUSIC: ERIK BLENDER & OMTARA	
6:00 - 7:30	DINNER TIME							
7:30 - 11:00	MUSIC IN MAIN LODGE: KAVITA MACMILLAN KIRTAN, SARA TONE, JOHANNA BEEKMAN							
7:30 - 9:00	GONG MEDITATION - JOURNEY WITH THE SOUND CURRENT: SIGNA & CURTIS - FOXGLOVE TENT							
7:30 - 10 PM	COMMUNITY ART DURING MUSIC: SARA SNEDEKER in SINGING WIND LODGE							
9 PM - 12 AM	SACRED SONG CIRCLES : MORGAN BRENT at the MEADOW SKY LODGE							
11:15 - 1 AM	AMBIENT DANCE FLOW by DJ BLENDER - SINGING WIND LODGE							
QUIET HOURS (1 am to 8 am)								



Resonance Restival June 29 - July 1, 2018 Weekend Schedule

SUNDAY - JULY 1

Sunday July 1	SINGING WIND LODGE	HEALING SPACE	CRAFT HOUSE	MEADOW SKY LODGE	FOXGLOVE TENT	CEDAR TENT	BLUESTAR TENT	RAINBOW SKYLODGE
5:00 - 7 AM	KUNDALINI YOGA MORNING SADHANA: SAT NARAYAN SINGH							KIDS ZONE
8:00 - 9 AM	TWO RIVERS FLOW: HATHA YOGA MEETS THE TAO: BROCK NOYES			FIRE DRAGON MERIDIAN QIGONG: RYAN O'THEWOODS	SOUND HEALING JOURNEY: MATTY VAN BIENE	TORUS ENERGY - VINYASA FLOW: JAY MARTIN		9:00 to 10:00 KIDS KUNDALINI YOGA by ALYSSA
9:30 - 11:00 AM		9:30 - 2:00 pm HEALING SPACE OPEN	CLEANSING WITH KAMBO TALK & DISCUSSION STORM NOYES	NIA-PRACTICE OF SELF HEALING & EXPRESSION: SAFFIRE	GONG MEDITATION: SOUND CURRENT JOURNEY SIGNA & CURTIS	TRAP VINYASA™ (Two Hrs: 9:30 - 11:30): ABIOLA AKANNI	SOCIAL BUDDHIST MEDITATION DAVID SUDAR	PAINT & PLAY with SARA SNEDEKER & FRIENDS: 10:00-11:00
11:30 - 1:00	ECSTATIC DANCE DJ ANNA DALE			ACRO YOGA: KANNON & JAMES	CRYSTAL BOWL SOUND BATH : SHALOM MAYBERG	CLARITY BREATHWORK (Two hrs. 11:30 - 1:30): SHANNON SIMS	MUDRA MANTRA FLOW: ANGELLE ST. PIERRE	
11:30 - 1:00	COMMUNITY ART PROJECT DURING DANCE: SARA SNEDEKER							
1:00 - 2:30	LUNCH TIME							
2:30 - 4:00			HERBAL MEDICINE-MAKING REISHI STRAUSS	ACRO YOGA: LEAH BAKER	SOUND HEALING SANCTUARY WITH BOWLS & GONG: JENNY MATSON	CACAO CEREMONY: NIEMA LIGHTSEED (MAX 30)	KUNDALINI YOGA with LIVE MUSIC: ERIK BLENDER & OMTARA	2:00 - 4:00 CHILDCARE OPEN: ALYSSA & FRIENDS: BY DONATION
4:30 - 5:00	CLOSING CIRCLE: GRATITUDE & LOVE!							