

**Welcome to**

# **ONE FEST**

**YOGA • MUSIC • ART**



## **Festival Schedule**

**Saturday, May 18th**



# FESTIVAL SPACES

## PRANA

Prana is our largest space in the festival. The classes & workshops here are high-energy, creative, and playful. The participant will be challenged here physically and your spirit will be uplifted with the depth of Yoga philosophy. Expect an intermediate to advanced practice in this space.

## LEELA

Leela means playfulness in Sanskrit. The classes in this tent are yoga-fusion inspired. Get ready to have a fun, light practice that invites you to let your inner child play, dance, and sweat. Classes here are for all levels.



## SHANTI

Shanti means peace in Sanskrit. The classes in this tent will connect you to your breath, spirit, and your beautiful heart. Create some space to relax and reconnect with the use of silent disco headphones. Classes here are suited for beginners and all levels will enjoy these mindfully crafted experiences.

## KIDS WONDER TENT

Bring the whole family to the Kids Wonder Tent for a day filled with free play, games, and interactive fun! Join in the joyous atmosphere as you dance, laugh, and explore together. Activities for all ages and levels—come make unforgettable memories as a family!

## TEA ROOM

The Tea Room is home to Tea Chats! Expect immersive activities, demos and interactive discussions with spiritual leaders, yoga teachers, and wellness professionals. They share their passion and knowledge with you as you sip on some FREE and delicious handcrafted teas. Perfect for cooling off between classes and expanding your wisdom!

## ROOTED HEALERS CORNER

Have you heard about energy healing? Wondered what it was like? If it could be useful for your own healing or spiritual journey? OneFest is providing FREE mini Reiki sessions all day long in this Rooted space. Advance sign-up is required. Also, in this space short Reiki info workshop and a Sound Bath at the end of the day to allow all the goodness of the day to soak in!

# FESTIVAL SPACES

## VIP TENT

Indulge in the epitome of luxury and exclusivity at ONE Fest 2024 with our highly sought-after VIP Experience. Step onto the red carpet and into our exclusive VIP tent, where you'll be treated to a day filled with unparalleled perks and privileges.

During the daytime, enjoy complimentary refreshments and snacks, ensuring you stay energized and refreshed as you soak in the festival atmosphere. When the sun sets, venture into our Glow Party VIP lounge, where the ambiance comes alive with vibrant lights and music.

## ACRO PLAY SPACE

Welcome to the Acro Play Area —a haven for acro enthusiasts and curious beginners alike. Step into a space where you can unleash your inner acrobat and experience the joy of movement and connection.

Whether you're a seasoned practitioner or new to the world of acro yoga, our Acro Play Area offers something for everyone. Dive into impromptu sessions with fellow festival-goers or join our Intro to Acro Yoga classes held throughout the day, where expert instructors will guide you through the fundamentals of this exhilarating practice.



# All Day Events & Entertainment



**Live DJ Set:**

11 am- 1:45 pm

**Live DJ Set:**

3:00 - 5:45 pm

**Acro Show:**

1:15 pm

**Arco Open Play:**

10am - 6pm

**Vendor Alley**

Open from 10am - 6 pm

**ONE Fest Gallery & Live Artists**

All day

---

## Kids Wonder Tent All Day Activities

Open Play w/ Field Day Games

Affirmation Chalk Wall

Be the Yoga Teacher Deck

Mindful Rock Painting

Coloring

Mandala Coloring Cards

Bubble Play

Temporary Tattoos & Stickers

Freeze Dance Parties

Books & Read Alouds

<b>prana</b>	<b>leela</b>	<b>shanti</b>	<b>tea toom</b>	<b>acro play</b>
10:00 am Sonic Alignment Opening Ceremony w/Austin Shook				
11:15 - 12 pm Spiritual Power Flow w/ Victoria Martinez	11 - 11:45 am Latin Fusion HIIT: Get Fit w/ Melina Verdugo *Spanish*	11:15 - 12 pm Conscious Connection Vinyasa w/ Key Chancey *Spanish*	11:15 - 11:45 am Learning to Love Your Body w/ Abby Mallard	
12:15 - 1 pm Inside Flow w/ Wenny Tjandra	12 - 12:45 pm The Eras - Pop Queen Yoga Flow w/ Kailey Zahurones	12:15 - 1 pm Healing Through Movement: Trauma- Informed Yoga for Stress, Anxiety, & PTSD w/Dr.Charryse Johnson	12 - 12:30 pm Mental Hygiene 101 w/ Labarron Burwell	12 - 12:45 pm Intro to Acro w/ Jason Kierce
1:15 - 2 pm Chakra Flow Vinyasa w/ Brittany Hill	1 - 1:45 pm Surrender Embodied Movement w/ Jade Richelle	1:15 - 2 pm Aligned Soul Sessions Flow w/ Aletheia Kordula	12:45 - 1:15 pm The Eye of Darśan, Your Path to Stillness w/ Kiesha Battles	
2:15 - 3 pm Rocket Yoga w/ Vicie Moran	2 - 2:45 pm SocaFit w/ Keisha Bridgeman	2:15 - 3 pm Choose Your Own Adventure Accessible Vinyasa w/Shanna Small *Spanish*	1:30 - 2 pm Brainspotting & Internal Family Systems: The Path to Spiritual Authenticity w/ Amanda Cumbo	2 - 2:45 pm Intro to Acro w/ Jason Kierce

<b>prana</b>	<b>leela</b>	<b>shanti</b>	<b>tea toom</b>	<b>acro play</b>
3:15 - 4 pm SolarFlow Vinyasa Yoga w/Melissa Christopher Green	3 - 3:45 pm Igneus Self Defense w/Jax Hendrickson	3:15 - 4 pm Mind Body Balance - Slow Flow w/ Nicole Papageorge	2:15 - 2:45 pm Relateful Gathering w/James Dial	
			3 - 3:30 pm Liberation Communication w/ Brian Strahine	
4:15 - 5 pm Chakra Dance w/ Kat Harmon	4 - 4:45 pm Baddie Barre Mat Pilates w/Briana Young Roane	4:15 - 5 pm Deep Partner Stretch w/Sunny Grigorova	3:45 - 4:15 pm Harnessing the energy of collective communities w/ Diana Sanchez	4 - 4:45 pm Intro to Acro w/ Jason Kierce
6:30 - 7:45 pm Yogachella w/ Camimi Palomeque	5 - 5:45 pm Paint & Flow Chakra Activation w/ Cc Schaefer	5:15 - 6pm Cooling Sound Bath w/ Sofia Paloma SP	4:30 - 5 pm Tantra Sacred Touch Workshop w/ Victoria Martinez	
7:45 - 10 pm Glow Dance Party w/ Art & Giveaways featuring... Liquid Gold Music	5:45 - 6:30 pm Mantras w/ Victoria, Melissa & Jasmine & Glow Prep		5:15 - 6 pm Ayurvedic Self Care for Summer w/ Amani Murray	

