



**Sunday, June 17, 2018**  
**10 AM - 5 PM**  
**Reston Town Center**

**ALL DAY  
FREE  
PARKING**

**LIVE  
MUSIC**

**FREE YOGA  
CLASSES FOR  
ALL AGES**

**VENDOR  
SHOPS**

**KIDS  
TENT**

**For more details visit  
[LoveYourBodyYogaFestival.com](http://LoveYourBodyYogaFestival.com)**

**Proceeds from this event will benefit:**

**Southgate**  
COMMUNITY CENTER

### Bhakti Stage

<b>11:00 AM</b>	<b>Mantra Music</b> Nina Gibson
<b>12:00 PM</b>	<b>Kirtan</b> Melissa Green
<b>12:40 PM</b>	<b>Body Groove</b> Karen Davis King
<b>1:00 PM</b>	<b>Bhakti Disco Jam</b> Play, Dance & Sing!
<b>2:00 PM</b>	<b>Kirtan</b> Wynne Paris
<b>3:00 PM</b>	<b>Sound Bath</b> Woven Green
<b>4:00 PM</b>	<b>Festival Finale</b> Lobo Marino

### Main Stage Schedule

<b>10:00 AM</b>	<b>Beloved Yoga</b>	<b>1:20 PM</b>	<b>Easy Day Yoga</b>
<b>11:05 AM</b>	<b>One Community Yoga</b>	<b>1:55 PM</b>	<b>Rise Well-Being</b>
<b>11:40 AM</b>	<b>Inner Power Yoga</b>	<b>2:30 PM</b>	<b>Yogaworks</b>
<b>12:15 PM</b>	<b>Five Peaks Power Yoga</b>	<b>3:05 PM</b>	<b>Lotus Town Yoga</b>
<b>12:50 PM</b>	<b>Raj Yoga Center</b>	<b>3:40 PM</b>	<b>Yogaville</b>

### Kids Tent

<b>10:00 AM</b> <i>All Ages</i>	<b>Mindfulness</b> Heart & Soul Yoga	<b>1:00 PM</b> <i>All Ages</i>	<b>Kids Yoga</b> YogaWorks
<b>10:30 AM</b> <i>Ages 5-8</i>	<b>Tree House Kids</b> Five Peaks Power Yoga	<b>1:30 PM</b> <i>All Ages</i>	<b>Kundalini Kids Yoga</b> Raj Yoga Center
<b>11:00 AM</b> <i>Ages 3-8</i>	<b>Fun with YoKid</b> YoKid	<b>2:00 PM</b> <i>Ages 9-12</i>	<b>Fun with YoKid</b> YoKid
<b>11:30 AM</b> <i>Ages 5-10</i>	<b>Samskara Stars!</b> Samskara Yoga	<b>2:30 PM</b> <i>Ages 5-10</i>	<b>Warrior Kids Yoga</b> Warrior Kids Yoga
<b>12:00 PM</b> <i>Ages 13+</i>	<b>Yoga for Teens</b> Rise Well-Being Center	<b>3:00 PM</b> <i>All Ages</i>	<b>Kids Kirtan</b> Beloved Yoga
<b>12:30 PM</b> <i>All Ages</i>	<b>Partner Yoga</b> Beloved Yoga	<b>3:30 PM</b> <i>All Ages</i>	<b>Laughter Yoga Party</b> Beloved Yoga

### Wellness Talks

<b>11:00 AM</b> <b>To Kegel or Not to Kegel</b> Jennifer Chu ITR Physical Therapy	<b>11:50 AM</b> <b>The Future of Education</b> Hawah Kasat One Community	<b>12:40 PM</b> <b>Yoga for Anxiety</b> Larry Uman Beloved Yoga	<b>1:05 PM</b> <b>What is Trauma-Informed Care &amp; Practice</b> Heather Hagaman Beloved Yoga
<b>1:30 PM</b> <b>Steps to Eliminate Chronic Pain</b> Julianne O'Dwyer Vital Healthy Life	<b>2:20P</b> <b>Love in Action</b> Amy Heard HD Psychology	<b>3:10 PM</b> <b>Guided Meditation</b> Barbara Balbi Five Peaks Yoga	<b>4:00 PM</b> <b>Functional Movement &amp; Pain Management</b> Dr. Steven Snyder Capstone Chiropractor

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