

# Love your Body Yoga Festival 2018

10th Annual COMMUNITY Celebration

ALL DAY  
FREE  
PARKING      LIVE  
MUSIC

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

Proceeds from this event will benefit:



## Bhakti Stage

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

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

FREE YOGA  
CLASSES FOR  
ALL AGES

VENDOR  
SHOPS      KIDS  
TENT

## Main Stage Schedule

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

## Kids Tent

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

## Wellness Talks

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

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