

## **Sedona Yoga Festival Kids Yoga Schedule**

### **Feb. 9<sup>th</sup> Friday- Unity of Sedona Yurt**

- 8:00- 9:00 Dance Play Circle with Jennifer Smith
- 9:00-10:00 Energy Ball Kids Yoga with Lou Ann Bruck
- 10:00-11:00 Kids Yoga+ Breath+ Mindful Movements with Alanna Endahl
- 11:00-12:00 Clown Around with Deborah Williams
- 12:00- 1:00 Lunch Break- Playground Play
- 1:00-2:00 Mindful Humans Kids Yoga with Jill Tuttle
- 2:00-3:00 Family Yoga with Melissa Osborne and Colt Dyer
- 3:00-4:00 Kids Yoga with Samantha Sambrooke
- 4:00-5:00 Kids Yoga with Aya Schiff
- 5:00-6:00 Peace Talk and Pin Wheel Craft with Ana Hansen

### **Feb. 10<sup>th</sup> Saturday- Sedona Charter School**

- 8:00- 9:00 Chakra Dance for Kids with Lisa Faremouth Weber
- 9:00-10:00 Family Yoga with Melissa Osborne and Colt Dyer
- 10:00- 11:00 Yoga Nidra for Kids with Angie Cox
- 11:00- 12:00 Meditation for Kids with Terry Dawn
- 12:00- 1:00 Lunch Break-Playground Play
- 1:00-2:00 Peace Dove Finger Painting Craft with Katarina Houser
- 2:00-3:00 Sun Salutations for Pre-Teens/Teens with Ana Hansen
- 3:00-4:00 Playing with the Elements with Melissa Camacho
- 4:00- 5:00 Mindful Humans Kids Yoga with Jill Tuttle
- 5:00-6:00 Kids Yoga with Aya Schiff

### **Feb. 11<sup>th</sup> Sunday- Sedona Charter School**

- 8:00- 9:00 Yoga and Mandala Art with Lisa Faremouth Weber
- 9:00-10:00 Energy Ball Kids Yoga with Lou Ann Bruck
- 10:00-11:00 Yoga Nidra for Kids with Angie Cox
- 11:00- 12:00 Meditation for Kids with Terry Dawn
- 12:00- 1:00 Lunch Break-Playground Play
- 1:00-2:00 Playing with the Elements with Melissa Camacho
- 2:00- 3:00 Kids Yoga+ Breath+ Mindful Movements with Alanna Endahl
- 3:00-4:00 Kids Yoga with Samantha Sambrooke
- 4:00-5:00 Dance Play Circle with Jennifer Smith
- 5:00-6:00 Sun Salutations for Pre-Teens/Teens with Ana Hansen