

2019 SYF Children's Yoga Schedule- Updated 1/22/19

Friday, March 15th, 2019

Time	Instructor	Class
8:00 – 9:00 am	Ana Camacho Hansen	Hello Sun! Sun Salutations
9:00 – 10:00 am	Melissa Osbourne	Family Yoga
10:00 – 11:00 am	Melissa Camacho	Journey Through the Elements
11:00 -Noon	Ana Zikic	Peace & Play for ages 6+, or Inner Hue for teens
12:00-1:00	Ruth Ann	Kids Yoga with Ruth Ann
1:00-2:00 pm LUNCH Break -No Classes	Lunch Break-No Classes	Lunch Break-No Classes
2:00-3:00 pm	Bethany DeJarnatt	What do my feelings feel like? A Creative Path of Identifying Feelings Through Yoga
3:00-4:00 pm	Angela Cox	Yoga Nidra for Kids
4:00-5:00 pm	Danielle Vardakas	Dance Class age 7 +
5:00- 6:00 pm	Ann Brownfield Meara	Portable Peace: Making the Meditation Practice Your Own

Saturday, March 16th, 2019

Time	Instructor	Class
8:00 – 9:00 am	Candice T. Aquirre	My Brain is a Thinking Machine: Storytelling with Candice
9:00 – 10:00 am	Melissa Osbourne	Family Yoga
10:00 – 11:00 am	Lisa Broderick	Imagery for Kids
11:00 -Noon	Ana Camacho-Hansen	Hello Sun! Sun Salutations
12:00-1:00	Lauria Altringer	Nature Walk/Scavenger Hunt
1:00-2:00 pm LUNCH Break -No Classes	Lunch Break-No Classes	Lunch Break-No Classes
2:00-3:00 pm	Angela Cox	Yoga Nidra for Kids
3:00-4:00 pm	Bethany DeJarnatt	What do my feelings feel like? A Creative Path of Identifying Feelings Through Yoga
4:00-5:00 pm	Ana Zikic	Peace & Play for ages 6+, or Inner Hue for teens
5:00- 6:00 pm	Trisha Koons	Peace Rocks

Sunday, March 17th, 2019

Time	Instructor	Class
8:00 – 9:00 am	Ruth Ann	Kids Yoga with Ruth Ann
9:00 – 10:00 am	Laurie Altringer	Nature Mandalas
10:00 – 11:00 am	Lisa Broderick	Imagery for Kids
11:00 -Noon	Candice T. Aquirre	My Brain is a Thinking Machine: Storytelling with Candice
12:00-1:00	Melissa Camacho	Journey through the Elements
1:00-2:00 pm LUNCH Break -No Classes	Lunch Break-No Classes	Lunch Break-No Classes
2:00-3:00 pm	Katarina Houser	Peace Dove Finger Painting Craft
3:00-4:00 pm	Trisha Koons	Drawing Your Breath
4:00- 5:00 pm	Ann Brownfield Meara	Portable Peace: Making the Meditation Practice Your Own
5:00-6:00 pm	Ana Camacho Hansen	Hello Sun! Sun Salutations

