

# Yoga Schedule

**7:00 a.m.** Vendor Setup

**7:30 a.m.** Registration

**8:00 a.m. – 8:30 a.m. - *Align and Flow with Kellie Jackson Daniel from BeYoga***

Immerse yourself in this elegant style of yoga, steeped in the long tradition of practice, in life-affirming Tantric philosophy, and in therapeutic principles of alignment. Whether you prefer practicing in the Align & Flow style exclusively, or you like to mix it up, enjoy the benefits of slowing down and learning how to do the poses from the inside out.

**8:30 a.m. – 9:00 a.m. - *Nia Yoga with Amy Nelson & Terese Schoen from BeYoga***  
\*music

Nia stands for Neuro-muscular Integrative Action, or Non-impact Aerobics. Nia is an expressive Body-Mind movement and lifestyle practice which integrates fitness and health and creatively blends movements, concepts, and philosophies from both Eastern and Western traditions. Nia skillfully blends healing arts, martial arts, and dance arts to provide a foundation on which to release tension, pain, and bring joy to the mind, body, and spirit. It enables the base, core, and extremities of the body to be freer yet more dynamic for today's life style. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. This unique blend of art forms provides the body with increased mobility, stability, flexibility, agility, and strength to name just a few. Classes are taken barefoot to soul-stirring music in more than 45 countries. Every experience can be adapted to individual needs and abilities. Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live.

**9:00 a.m. – 9:30 a.m. - *Vinyasa Flow with Jennifer Busco from NODA*** \*music

Jennifer Busco is a Yoga Alliance registered yoga teacher hailing from Asheville Yoga Center in 2009. Her love of touching people through yoga has led her to co-founding three business. NoDA Yoga, a yoga studio here in Charlotte, Yogirl, which is a company reaching out to teen girls through yoga and healing exercises, and CHI Yoga, bridging energy work and yoga for students to live the life they desire.

Jennifer is an ambassador for Lululemon Athletica and is thrilled at the opportunity to serve a wider range audience with other visionaries in her community. She is living life to the fullest and excited for the future, appreciating that today she is exactly where she needs to be.

Vinyasa flow is a fun and creative yoga class great for all levels of yoga experience. Vinyasa yoga links breath with movement. Using the poses and breath to promote strength, flexibility, cardiovascular health and clearing of the mind.

**9:30 a.m. – 10:00 a.m. – *Flybarre with Sarah Stankavage and Abbie Loudon***  
***Assisting from Flybarre Charlotte*** \*music and folding chairs

Sarah Elizabeth Stankavage has been in Charlotte for almost 4 years after graduating from the University of North Carolina at Chapel Hill where she swam for the Tar Heels. Sarah got into the fitness industry three years ago when she started training with UpGrade Lifestyle Inc. as a personal trainer and triathlon coach. She has been teaching FlyWheel for just over one year and will have been instructing FlyBarre for a

year in May. Sarah brings positive energy and enthusiasm to each of her classes always rocking out to some good jams to motivate you through your ride or pulse! Come join her at FlyWheel soon!

FlyBarre is an energetic blend of yoga, dance, and strength training set to music. We use light weights, balls, and bands to fatigue each muscle group to exhaustion! Prepare to work, abs, thighs, seat, and arms!

**10:00 a.m. – 10:30 a.m. – *Happy Hips and Hamstrings with Deanna Boulanger***

Dee Boulanger, with Charlotte Athletic Club, is a former Aerobics teacher who found yoga in 1998. She quickly recognized yoga brought an inner peace that aerobics classes lacked. She graduated from a 220 hour yoga school in 2003 and will complete her 500 hour certification in 2014 through Holistic Yoga Therapy Institute, where the emphasis is on therapeutic applications of yoga. Dee has also completed Vinyasa Flow Yoga Teacher Training with Stephanie Keach and has taken workshops with internationally known teachers such as Baron Baptiste, Rod Stryker, Erich Schiffmann and Bryan Kest. Dee teaches Vinyasa Flow Yoga integrating strength, fluidity and meditation, and believes any “body” can practice yoga, regardless of age or flexibility.

Happy Hips & Hamstrings: Virtually every movement you make originates in your hip cradle, from walking to standing to sitting to bending over to pick up your mat. But, it’s also an area that holds a lot of baggage, both physical and emotional. Hips and hamstrings are usually tight for one of two reasons: either too much sitting or too much exercise. Either way, yoga can help. This short sequence will help open this tight area leaving your hips and hamstrings liberated!

**10:30 a.m. – 11:00 a.m. – *Animal Flow with Megan Hively and Katie Mattson from Yoga to You Wellness***

Megan has always been drawn to dance and fitness and is thrilled that she can partner the two as the Official Fitness Trainer of the Charlotte Checkers CheckMates. When not working with the team, she can be found instructing fitness and yoga classes at various studios in the area as well as working one-on-one with clients on their fitness and yoga goals. She is a Certified Personal Trainer through NASM as well as a Certified Yoga Instructor registered with Yoga Alliance.

Class Description: Get your primal sweat on with a mix of Animal Movement Exercises and Yoga Flow.

**11:00 a.m. – 11:30 a.m. – *Vinyasa Flow with Danielle McCall at YogaOne***

Danielle is an artist who travels the world teaching yoga, art and play as healthy forms of expression and meditation. His curriculum incorporates body movement and creative excavation that re-trains the mind to be more flexible, adaptable, and open to greater possibility. His educational background centers on Design, Visual Arts and Literature. His understanding of the creative process and humanities led me to the significant understanding that people are infinitely creative and adaptable. His programs focus on reactivating the innate powers of imagination and genius available to everyone, and turning possibility into probability through powerful vision and goal setting training. While teaching yoga and leading creative retreat programs, he also earned a black belt in In-Yo Aikido, and holds the title of Sensei 1st Dan, which grants him the privilege to instruct students in the dojo. In-Yo Aikido is a synthesis of martial arts and philosophy that can be translated as “The Way of the Harmonious Spirit.”

Vinyasa Flow is will heal, detoxify and empower your body and mind at the deepest levels.

**11:30 a.m. – 12:00 p.m. – *Tantra Vinyasa with Hollace Stephenson from Yoga Shala***

Hollace has been practicing and studying yoga for over 15 years and teaching since 2004. She is a Para Yoga Certified Level 1 Teacher and continues to study and practice with her primary teacher, Yogarupa Rod Stryker. Students walk away from Hollace's classes feeling steady, assured and having learned something new. She has a unique ability to empower students beyond physical strength into mental steadiness, emotional peace and energetic power. Each class is a celebration of anything is possible in yoga and in life. In addition to group classes, Hollace also leads teacher trainings, workshops and retreats as well as holds private yoga consultations to help practitioners lead balanced lives and develop a personal practice.

Tantra Vinyasa Yoga is steeped in ancient tradition, applicable to the modern world. Through this style we bring the principles of ParaYoga to the Yoga community in Charlotte. ParaYoga is one of the country's fastest growing, most respected styles of Yoga today. Developed by master teacher, Yogarupa Rod Stryker, ParaYoga links students and teachers of all levels to the power, spirit, and tradition of Yoga. ParaYoga uses challenging asana (poses), focused pranayama (breath work), and guided meditation as a means to shift, shape and uplift. This practice affects many levels of our being: physical, mental, emotional, and spiritual. Through Tantra Vinyasa & ParaYoga, we gain a clear understanding of self, which leads to a sense of wholeness and fulfillment.

**12:00 p.m. – 12:30 p.m. – *Deep Stretch with Helen McKeon at Moga***

Helen McKeon received her 200 hour teacher training certification in early 2013 and has primarily focused on vinyasa flow and deep stretch classes. Her love of breath work and energetics always finds its way into her classes. She is the head coach (store manager) of lululemon Southpark Mall. She loves traveling to warm places and is a lover of music. Listening, not performing.

Deep Stretch is the perfect compliment to your yoga practice and active lifestyle! For 30 minutes, we will move through a variation of stretches that will encourage muscle recovery, increase flexibility, and sharpen mental focus. This class is great for all levels and you'll leave feeling somewhere between that sweet spot of energized and completely "zenned" out.