

## **Session 1: 8:30am-10am**

### **Rocket 1 with Andre**

The Rocket Yoga system was created on the premise of making traditional Ashtanga Yoga more accessible. Rocket takes the postures from the first three Ashtanga sequences; Primary, intermediate, and some advanced. However, unlike strict traditional ashtanga, Rocket takes a light and playful approach to the practice allowing both modifications and freedom of expression to go even deeper into the asana.

Rocket 1 - the sequence theme is forward folds and hips openers (primary series)

### **Bikram with Kevin**

Sensei Kevin M. is conducting a workshop where he will clarify the extremely necessary roles that HEALTH and FITNESS assume in our sometimes stressful day-2-day lives by employing Hatha Yoga principles from the lineage of Bishnu Charan Ghosh, the younger Brother of Paramahansa Yogananda. Additionally, he will show how the ancient and modern day Tibetan Lamas combined Breath, Bandha (Locks or Binds), and Specific Movements to accentuate the health enhancing benefits that we all can gain from a daily Hatha Yoga practice.

No matter where you are on the Health and or Fitness spectrum, this workshop is for you because, as Kevin says, "It Fixes What's Broken and Enhances What's Already Working!"

### **Chakra AromaFlow with Leah**

Raise your vibration and align your chakras with sacred oils and guided movement. Enjoy a guided, Slow Flow style class paired with corresponding essential oils to open and align each of the 7 main chakras.

### **Silent Disco with Vajra and Shawn Swanson**

Experience the inaugural Silent Disco experience at True Self! We'll start with familiar yoga movements to warm up simple dance movements and free flow led by the instructor- to connect with our body, the outside environment and each other. Enjoy amazing dance music and world beats in the beauty of the outdoors!

### **Gentle Yin Flow and Yoga Nidra with Aly**

Have you been curious about mediation or interested in deepening your practice? This session will begin with meditation and incorporate contemplative movement throughout the practice. This offering will meet you where you are and is centered around the rhythm of your breath and energy level. In this practice, we will build heat with a gentle yang flow and slowly unwind with transformative yin poses. We will ease into rest with an extended yoga nidra, savasana, and chanting. All bodies are welcome!

## **Session 2: 10:30-12:30**

### **Rocket 2 with Andre**

The Rocket Yoga system was created on the premise of making traditional Ashtanga Yoga more accessible. Rocket takes the postures from the first three Ashtanga sequences; Primary, intermediate, and some advanced. However, unlike strict traditional ashtanga, Rocket takes a light and playful approach to the practice allowing both modifications and freedom of expression to go even deeper into the asana.

Rocket 2 - the sequence theme is backbends and spinal twist (intermediate series)

### **Yin & Reiki with Leah & Ellie**

Our Yin & Reiki Yoga class is a deeply restorative and meditative experience that blends the slow, introspective practice of Yin yoga with the gentle healing energy of Reiki. During the Yin poses, we will integrate Reiki, a Japanese energy healing technique, by placing their hands lightly on or above the student's body to facilitate the flow of universal life energy. This combination aims to clear energy blockages, support the body's natural healing processes, and create a profound sense of well-being.

### **Death and Dancing with Vajra & Christina**

Join Vajra and Christina for a transformational practice as we dive into the essence of our yoga practice. We will use ancient tools of pranayama and yoga nidra to watch our ego death; then dance in celebration with conscious movement and divine meditative stillness. Come and experience this celebration of life and recommit to your dharma.

### **Demystifying Arm Balances with Kristi**

Arm balances have their unique benefits. Like all yoga postures, arm balances increase physical strength throughout the body, particularly in the arms and the core, and they help to develop greater body control. This workshop is designed to give students and teachers the tools they need to break down and demystify arm balances as well as provide practitioners with an intelligent understanding of how to move their body into these shapes. When we support students in greater understanding, they are able to practice arm balances with curiosity and playfulness, as well as a heightened state of focus, concentration, and awareness. Above all this workshop helps to dissolve the usual fear and intimidation surrounding them. Registered yoga teachers can earn up to 3 hours of Continuing Education.

### **Discover Your Dosha with Lisa**

From the interplay of the 3 Gunas emerges the 5 great elements, which in turn give rise to the 3 Doshas. Dive into this profound relationship between the five great elements (Pancha Mahabhutas)—Earth, Water, Fire, Air, and Ether—and the three Doshas: Vata, Pitta, and Kapha.

Through a specially designed Yoga sequence, you will flow through each element and balance each Dosha. The session includes an introduction to Marma Therapy, which focuses on vital energy points to help you regulate and harmonize. Join Lisa Ostler for an integrative journey, synchronizing your

body's energies and enriching your comprehension of the ancient traditions of Yoga and Ayurveda, to foster authentic holistic healing.

### **Conflict resolution skills and nonviolent communication with Elizabeth**

Communication and conflict resolution skills are fundamental to maintaining healthy relationships and building a civil society. You will learn and practice skills that you can use in your daily life to improve communication, enhance relationships, manage conflict, and prevent escalation. These skills can support your practice of the Yama, Ahimsa, which asks yogis to refrain from nonviolence in thoughts, words, and actions. This class is taught by a certified mediator from the Dispute Resolution Center of Thurston County.

## **Session 3: 2:00-4:00pm**

### **Handstand Workshop with Andre**

In the handstand workshop, you'll build a foundation from the ground up starting with hand/finger engagement, tightness drills, hollow body, and plank refinement. We'll safely break down multiple entries into a handstand through kicking, jumping, and press. Learn to stabilize and balance in different shapes: tuck, straddle, L, stag, and straight.

### **Silent Hot - teacher TBD**

A silent Hot class for experienced practitioners.

### **ENHANCED ENHANCEMENTS with Anne: FEEL THE LOVE!**

Would you like to learn how to improve alignment in postures and create a more effective practice known to propel practitioners into deep luminosity? Experience a complete flow class - workshop style - where we pause to learn and practice giving and receiving enhancements in the postures. Yoga teachers and practitioners with over a year of practice are welcome to expand into deeply aligned yoga through gentle, conscious touches - grounded in unconditional love.

### **Soul Flow (Kripalu Yoga) Story of Divine Lovers (Radha & Krishna) with Kristi**

The love story of Radha and Krishna is primarily celebrated and depicted in various Hindu scriptures, poetry, and devotional literature. Their divine dance, the Rasalila, symbolizes the deep longing for union of the individual soul (Jivatma) with the Supreme Soul (Paramatma). Through yogic story, sacred ceremony, oracle divination, Kripalu style yoga, pranayama, and the 5 senses meditation, students will be guided through a sacred mystical yoga practice, meant to inspire a blissful invitation inward for divine union with their Supreme Self.

\*items + treats will be offered at this practice

### **Intro to AcroYoga with Kelli Mae & Sam**

Whether you're brand new to AcroYoga or a veteran flyer, you'll find a safe and supportive community in this fun and accessible AcroYoga workshop. We'll learn the key techniques and principles to make basing and flying achievable, and have a lot of fun along the way! If you're

newer to AcroYoga, we recommend taking this session before attending Andre's *Intro to AcroYoga Washing Machines* workshop.

### **Building A Nest That Helps Us Get Ahead of the Trauma Story with Aaron Johnson**

Loving community can act as a nest to incubate both individual and collective transformation. Within that nest, trauma tracking helps us get ahead of the hurt and trauma that is oftentimes present in white-controlled communities. Together, we will explore simple, powerful practices to help our majority-white participants transform how we see ourselves, find resourcing and resilience, and grow our capacity for intentional integration.

## **Session 4: 4:30-6:00pm**

### **Deep Restoration and Myofascial Release with Holly**

Enjoy a head-to-toe release as we explore various self-massage & myofascial release tools & techniques. Benefits include pain relief, injury prevention, muscle recovery, improved sleep, stress reduction, increased mobility & proprioception!

All tools are provided. You are welcome to bring your own tools, but please keep in mind that this practice is built around the use of Wellround massage tools.

### **Hip Hop Flow with Kehle**

Join Kehle for an invigorating and playful Flow class and core series set to old & new-school Hip Hop beats!

### **Sound Healing with Annette**

The Vedic scriptures state that at the beginning of creation, God first created Sound. Annette will be using the highest quality crystal bowls to create binaural beats, which entrain us into a trance-like state for enhancing theta waves, breaking up energetic blocks, and recalibrating our systems from the physical to the etheric. Learn and experience what sound healing has for you!

### **Intro to Yoga Trapeze with Lori**

Gravity Yoga is focused around the yoga trapeze. A fabric swing with handles at three different heights. Some postures are performed entirely in the trapeze while others are performed with one or two feet on the ground, on hands and knees, or lying on the ground.

### **AcroYoga Washing Machines with Andre**

In this intermediate AcroYoga workshop, Andre will guide you through the washing machines Catherine's Wheel and Ninja Star!

### **Silent Disco with Vajra and Shawn Swanson**

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with our body, the outside environment and each other. Enjoy amazing dance music and world beats in the beauty of the outdoors!