

Peace of Yoga at Point Remove Yoga Festival

April 21, 2023

9:00 am
Doors Open

9:30 am – 10:15 am
Morning Flow with Jaymie Leigh

Jaymie Leigh will begin our festival with a good morning flow. This class will incorporate both breathing awareness and a range of movements to warm the body and welcome the day ahead.

11 am – 11:45 am
Yoga with Jaymie Leigh and Joanna

Jaymie Leigh and Joanna will lead you through a restful practice that will allow for a deeper connection to yourself. This practice will help you to recognize your own personal needs. They will coach you to listen and be in tune with your body. The techniques will allow the participants to feel sensations, identify, and rest easily in a stretch or position to release tension and stress from everyday life.

11:45 am – 12:45 pm
Brunch Buffet

Brady Brunch Pizza - Bacon, sausage, and scrambled eggs on a pizza,
Fresh Fruit, and Pasta Salad

12:45 pm – 1:30 pm
Love Your Brain: Movement to Support Brain Health Using Yoga by Joanna Blocker, PhD, CBIS
Join Joanna as she shows you how to develop and offer techniques for adapting movements, brain breaks, and breathing practices to your mind, body and soul. Learn proven teaching strategies and techniques that encourage ALL people- live, laugh, love and learn. Joanna will demonstrate specific ways to allow the participants to practice teaching the yoga movement activities along with breathing. Participants of all ages will benefit from the interactive love your brain training. Joanna will focus on bringing awareness and education to empower people to simply enjoy what makes them happy.

2:00 pm – 3:00 pm
Self-Care Through the Exploration of Subtle Body Energy with Jill Belongia
Our bodies consist of five layers called koshas. In our asana practice our focus is often on the Annamaya kosha, or the physical body. In this session, we will enhance our practice by going a bit deeper as we delve into our Pranamaya kosha, our energy body. We will explore the chakras and other subtle body energy practices so we can take care of ourselves and find balance in our busy lives.

3:30 pm – 4:30

Laughing Yoga Sip n' Stretch with Jaymie Leigh and Joanna

(includes two drink tickets)

Do you want to bring more laughter and joy into your life? Laughter Yoga is the right choice for you. Laughter Yoga is not a comedy. It is an exercise program developed by Dr Madan Kataria where anyone can laugh without relying on humour, jokes or comedies. It combines laughter exercises with yoga breathing techniques (Pranayama) which brings more oxygen to our body and brain making us feel more energetic and healthy. Ten to 15 minutes of LY exercises can reduce stress, make your immune system stronger and keep your mind positive during challenging times.

We will take time to “sip” during the session so grab a beverage before we begin!

4:30 pm – 6:30 pm

Vendor Fair

Charcuterie for Snacking

(shop on your own)

Harley and Charlie Creations Pet Treats and Accessories

Rural Route Farms Honey and Granola

Lotus by Danielle Seamoss

Natural Joy Bath and Body Products

Desired Elements Jewelry

House Plant Collective

Happy Aura Photography

(Sessions are \$50-\$85)

Chair Massage by Lyndsey Brown

(\$15/15 minutes)

6:00 pm

Dinner Buffet Catered by The Pizza Factory at Point Remove

Margherita – Classic Margherita with cherry tomatoes, mozzarella and basil.

The Adam and Eve – Prosciutto, arugula, and fig finished with a drizzle of fresh local honey.

The Gardener – Tomato, onion, spinach, mushrooms, and bell pepper.

Petit Jean Special – Petit Jean ham, bacon, and sausage.

Garden Salad – Spring mix with cheese, cherry tomatoes, croutons and your choice of dressing.

6:30 – 8:30 pm

Matt McCuen Live Music

(cash bar available)