



## 5<sup>th</sup> Annual DFW Free Day of Yoga Kick-Off Festival

### Schedule of Events

**Saturday, September 3**

**10a- 3p**

**Dallas Crow Collection of Asian Art**

2010 Flora Street Dallas, TX 75201

**Family Day at the Crow**

\*10:00 am- Kids yoga class; Jessica Jordan- the creator of Yoga Little, and owner of Super Yoga Palace - Deep Ellum. Devotion to family, community, and holistic wellness, is the heart beat and breath of her Vinyasa instruction.

\*10:30 am- Kids yoga class; Jeffry Farrell- Park Cities Yoga founder Jeffry Farrell, MA, integrates breath's attention in the body. He approaches yoga as an art and as a science, focused on Presence. He loves his teacher Kumar Pallana as well as his wife and three children. Om Shanti.

\*11:00 am- Yogiños Yoga for Youth™ Family/ Kids yoga class; Ahila Gulasekaram- is an inspired instructor at the Crow Collection of Asian Art. Yoginos is a trilingual yoga for kids program that teaches kids awareness of self, others, and the environment.

**DFW Free Day of Yoga**

12:00-12:25 Pre Announcements by Emcees- Lisa Ware and Kurt Johnsen  
Giveaway Goody Bags for first 50 student arrivals~ Thom Allen and Volunteer Team

12:25~ Chant by Jason Lobo

12:30~ Class will start promptly; Music by the Bhakti House Band



12:30- 1:45~ Round Robin Community Yoga Class

Jason Lobo- An Anusara-Inspired™ teacher; a loving father of two brilliant boys, he is deeply committed to the work of asana and to the practical applications of Tantric yoga philosophy in everyday life.

Kurt Johnsen- Creating happy healthy humans! Founder of American Power Yoga, Host Yoga for Life, Instructor of Dallas Cowboy's Cheerleaders, Master Tibetan KungFu, 8,500 teaching hours, trained 250 instructors, trained herbology & acupuncture. [www.americanpoweryoga.com](http://www.americanpoweryoga.com)

Lisa Ware- Lisa Ware, RYT/ERYT Reiki Master, Thai Bodywork. She teaches Vinyasa and is a Colorado Rockies Girl. She's happily married with two crazy kids, a vegetarian and traveler. Building Community is her passion. [www.yoga4love.net](http://www.yoga4love.net)

Brook Cheatham- Brook has been a student of yoga since 2001, and opened Allen Yoga Center in 2009. She's a busy mother of three boys and a strong voice in the community bringing awareness, peace and compassion. [www.allenyogacenter.com](http://www.allenyogacenter.com)

Thom Allen- With experience ranging from restorative therapeutics and meditation to power yoga flow, psychotherapist and yoga teacher Thom Allen has been sharing his passion for yoga wellness for more than 20 years. [www.Pranaa.com](http://www.Pranaa.com)

Laura King- RYT500, RCYT provides unique workshops, trainings & classes in the US and abroad. She is fun, approachable, staying true to the traditions of the practice. Yoga On Main, Brick House Yoga, Alpha Omega Yoga, TreeYoga. [www.northtexas yoga.com](http://www.northtexas yoga.com)

Paula Weithman- Paula is a certified Iyengar teacher. Her style is clear and compassionate and she believes yoga is a medicine for the body/mind. She teaches at: Dallas Yoga Center, Pranaa & BKS Iyengar Studio. [www.paulaweithman.com](http://www.paulaweithman.com)

Amy Johnson- Amy, a musician and former dancer, brings a unique creativity from all her teachers to her classes through movement and music. 200hr RYT/ERYT A founder of Twist and Karmany Yoga. [www.Twistpoweryoga.com](http://www.Twistpoweryoga.com)

1:50- 2:00~ Giveaways and Drawings~ Luke's Locker

2:00- 2:55~ Kirtan Concert by the Bhakti House Band- Join Kirtan Chant Artists Randall and Kristin Brooks for an uplifting journey into yogic celebration, combining sacred



sounds with a modern East–Meets–West rhythmic groove, engaging listeners leading to peace, unity, and joy.

The Sound of Devotion™, their new CD is at [www.thebhaktihouseband.com](http://www.thebhaktihouseband.com)

3:00~ Close event

## About the DFW Free Day of Yoga Founder Michelle Mock

Michelle is dedicated to the ancient tradition of art, science and philosophy of yoga. She holds an Introductory Iyengar Yoga Certification and credits her teachers and students for their inspiration. In 2007 Michelle founded the DFW Free Day of Yoga as a way to share the profound path of yoga, a source of health, happiness and harmony and with hope to build a sense of community among her fellow yogis.

[www.dfwfreedayofyoga.com](http://www.dfwfreedayofyoga.com)