

# 2011 Earth Day Dallas Yoga Schedule

## Get Solar Powered!



**Friday, 4/22/2011**

**Yogiños: Yoga for Youth® at the Crow Collection of Asian Art**

**Stage at Crow Collection by Fountain on Flora**

10:00 Opening remarks from Crow Collection and Family Yoga with Yogiños: Yoga for Youth®

10:30: Vinyasa Flow Yoga Class, Aerial Yoga Demo: Lisa & Richard Ware : Yoga 4 Love

11:00: Inversion Flow : Bruce Shoemaker and Yoga 4 Love Demo Team

11:30: Classical Indian Dance: Ahila Gulasekaram

12:00: Breathe into Recovery: Yoga for Emotional Health: DeAnna Nielson, Blue Anjou Yoga

12:30: American Power Yoga :Kurt Johnson

1:00: Strength, Flexibility, Balance and Stamina of Ashtanga Vinyasa Yoga: Ricky Tran Yoga

1:30: Acrobatics & Aerial Yoga: Maranda Pleasant, Origin Magazine & Lisa Ware, Yoga 4 Love

2:00: Fluid Body, Peaceful Mind: Adri Kyser, Prana Flow Yoga

2:30: Family Yoga: Yogiños: Yoga for Youth®, Kristi Traub

3:00: Booty Shakin' Yoga: Aubrey Warren

3:30: Partner Yoga Class and Demo; LeeAnn Carey Yoga: Melissa Smith

4:00: Ayurveda, Yoga, & Meditation: Lyndsay Murray-Kashoid, Exhale Spa

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**Saturday, 4/23/2011**

**Yogiños: Yoga for Youth® at the Crow Collection of Asian Art**

**Stage at One Arts Plaza**

10:00: Opening remarks from Crow Collection

10:10: Family Yoga: Yogiños: Yoga for Youth®, Beth Reese

11:00: Classical Indian Dance: Ahila Gulasekaram

11:30: Partner Yoga Fun: Melissa Smith, Grace Yoga and Pilates; Aubrey Warren & DeAnna Nielson, Blue Anjou Yoga

12:00: Inversion Flow: Bruce Shoemaker, and Yoga 4 Love Demo Team; Aerial Yoga Demo: Lisa & Richard Ware : Yoga 4 Love

12:30: **Get Solar Powered! Yoga 4 the Planet** Round Robin Yoga Class (12:30-1:45)

Kurt Johnson, American Power Yoga

Lisa Ware, Yoga 4 Love

DeAnna Nielson, Blue Anjou Yoga

Rachelle Martinez

Adri Kyser, Prana Flow Yoga

Jenny Parum; Jenny Parum Yoga

Melissa Smith, Grace Yoga and Pilates

Beth Reese, Yogiños: Yoga for Youth®

2:00: Buddy Yoga with Big Brothers Big Sisters; Beth Reese and Meredith Paterson, Yogiños: Yoga for Youth®

2:30: Family Yoga: Yogiños: Yoga for Youth®, Meredith Paterson

3:00: Acrobatics & Aerial Yoga: Maranda Pleasant, Origin Magazine & Lisa Ware, Yoga 4 Love

3:30: Arm Balances, Celebrate Possibilities: Ricky Tran, Jenny Parum Yoga and Rachelle Martinez

4:00: Clear Stage One Arts Plaza