

# Grand Opening Festival Itinerary - October 28, 2011

## Naam Yoga LA Teacher Classes

9:00-9:10 am	Prayer for World Healing with Jane Mirshak
9:15-10:15 am	The Heart of Gold Flow with Tommy Rosen
10:30-10:55 am	Naam Yoga with Joshua Bowser
11:00-11:50 am	Dancing Naam with Alyssa Gaustad
12:00-12:55 pm	Body Shape in Rhythm with Shevi Baruch
1:00-1:25 pm	Naam Yoga with Lemia Astarabadi
1:30-2:25 pm	Pilates with Jessica Schatz
2:30-2:55 pm	Shakti Naam with Chris Merrill
3:00-3:55 pm	Jivamukti and Bhakti Dance with Lila Russo
4:00-4:25 pm	Naam Kids Yoga with Alyssa Gaustad and Emily Hoda
4:30-4:55 pm	Affirmation Flow with Allyn Cioban
5:00-6:00 pm	Slow Down & Be Inspired with Kyra Anastasia



## Upstairs Studio Workshops

12:00-12:30 pm	Introduction to Pranayam with Alyssa Gaustad
12:30-1:00 pm	RaMaDaSa Healing Series #1 with Skylar Rote
1:00-1:30 pm	Introduction to Naam Yoga with Deborah Braun
1:30-2:00 pm	Introduction to Meditation with Kathrin Kana
2:00-2:30 pm	Introduction to Harmonyum with Courtney Miller
2:30-3:00 pm	Introduction to Mudras with Gaby Vidal
3:00-3:30 pm	Healing the Healer Banis with Erika Hassan
3:30-4:00 pm	Introduction to Universal Kabbalah /Divine Spiritual Wisdom Studies Program Program with Chris Merrill
4:00-4:30 pm	Introduction to Kabbalah of Birth and Beyond (Wisdom of Conception to Age 11) with Renata Spironello
4:30-5:00 pm	RaMaDaSa Lion's Heart Series with Gaby Vidal
5:00-5:30 pm	Naam Health Series with Jane Mirshak

## Day of Birth Mini Consults

Healing Suite #1 12-6pm

## Body Composition Readings

Healing Suite #2 12-6pm

## Personalized Essential Oil Mini Consults

Healing Room #3 12-6pm

## Grand Finale - Large Studio

7:15 pm Ribbon Cutting Ceremony by SM Chamber of Commerce:

7:20 pm Grand Prize Drawings: Two 3-month memberships, 1 full year membership.

7:30-9:00 pm **The Mayan Calendar "Portal of Love"** - Blessing and Message by Dr. Joseph Michael Levry, Founder of Naam Yoga