

Yogathon

October 12, 2019

Main Street Park, Cedar City

Time	Activity
11:00	Welcome & Sun Salutations We'll warm up on this chilly morning by doing a series of sun salutations.
11:35	Yogic Lifestyle Workshop Brianna and SUU's sustainability club will help us understand how we make an impact on our surroundings.
12:00	Asana Class #1 Carrissa will lead us in an asana sequence.
12:40	Yogic Lifestyle Workshop & Lunch You're invited to bring a sack lunch to enjoy as Shelli teaches us about yogic nutrition.
1:15	Asana Class #2 Rachel will lead us in a sequence that the whole family can enjoy. Kids are welcome!
2:15	Yogic Lifestyle Workshop Carrissa will give us a foundational understanding of chakras and prana.
2:20	Asana Class #3 Shelli will lead us in an asana sequence.
3:00	Yogic Lifestyle Workshop Rachel will present an introduction to the yogic code of behavior toward others and toward ourselves- the yamas and niyamas.
3:25	Asana Class #4 Brianna will help us wind down after our long day, with this final asana sequence.

*Schedule is subject to revision