

2ND ANNUAL DALLAS YOGA AND FITNESS FESTIVAL

Presented by



CLASS DESCRIPTIONS

Aromatherapy Flow with Angela Wagner from YogaSport

A Baptiste Power Flow class with doTERRA essential oils used to enhance the energy, mood, and experience on your mat. Experience how aromatherapy can elevate your practice! www.yogasportdallas.com/classes/

Afro-Caribbean Dance with Micaela Tillet from Orizon

Try something new, exciting and fun with Afro-Caribbean Dance: Island Lifestyle! This class unites dance, rhythm and songs. It creates an environment and dance community that nurtures, heals, renews the spirit and inspires the body & mind. www.blessupinternational.com

The Ballet Burn with Margot Martin from The Ballet Burn

Ballet Based Interval Training! Get ready to sweat. This unique fitness experience is rooted in the fundamentals of ballet technique while incorporating elements of yoga and functional movement. Light weight sneakers or bare feet are recommended. www.theballetburn.com

BollyX: The Bollywood Workout with Nisha Ala

BollyX is a Bollywood inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling. www.bollyx.com

Body Sculpt with Jenny Arnold from GRIT FITNESS

Our original total body, resistance training and cardio interval class with isolated focus on each major muscle group. Build lean muscle mass and burn body fat while enjoying upbeat music and a rock star instructor. Sneakers required. www.dallasgritfitness.com

Cardio Dance with Amy Berry from Dallas Dance Fitness

Cardio Dance fitness... great music, great choreography, and great energy. <https://dallasdf.wixsite.com/dallasdancefitness>

Children's Ballet / Creative Movement with Amanda Dalton from Amanda Dalton School of Dance

Creative movement class for ages 3-8. <https://sites.google.com/site/addance/>

Dance Cardio Party with Martha Palacios

This all-level class mixes low-intensity and high-intensity moves for a calorie-burning dance fitness party. This class will have it all: Latin, pop, hip hop, and more. No experience needed. You only need water, a towel and a great attitude! www.instagram.com/fitwithmartha

Deep Stretch with Chelsea Smith from City Yoga

Yoga experience that focuses on deep stretches to release stress, sharpen focus and enable total relaxation while increasing flexibility. www.cityyogadallas.com

Embody Truth Guided Meditation with Ashlie Woods from Wildhearted Retreats

Guided meditation and somatic experience designed to support you in embodying your creative power and moving in ways that feel aligned and true. www.ashliewood.com

Essential Oils 101 with Angela Wagner from YogaSport

Sample the top 10 oils. What is an essential oil and how do I use it? How can these cute little bottles help me with my wellness goals? How can I get started on this journey to natural health?

www.doterra.com/US/en/site/yogasport

Essential Movement with Brook Cheatham

Join Brook for a powerful flow to invigorate your body and spirit with alignment based sequences intelligently crafted to restore your body to its most true and essential nature. Optional essential oils will be paired with the practice to invigorate and enliven your senses along the journey. www.brookcheatham.com

Family Yoga with yogees yoga 4 kids

Join yy4k for a kids' yoga class for the whole family! Everyone is encouraged to participate from 5 to 105 years old!

www.yogeesyoga4kids.com

Flexin' Flow with Devyn Walker from GRIT FITNESS

AKA Grit Yoga - Our signature power yoga class is designed to build strength, flexibility and endurance. Enjoy the unique combination of vinyasa power yoga sequences, core stability exercises, leg toning circuits and intensity intervals all while jammin' to upbeat music! Bring your yoga mat. www.dallasgritfitness.com

Foam Rolling Workshop with Tara Paulsen from City Yoga

Help release muscle tension by using a foam roller to break up fascia. www.cityyogadallas.com

Glow Dance Party - Klub Kundalini with DJ Noor

Swagger your yoga and fitness to the dance floor with glow sticks and dancing to the tribal deep house beats of DJ Noor whose style is driving, organic, melodic and evokes ancient memories of our collective human consciousness.

www.klubkundalini.com

Improve Your Energy with Nutrition with Jennifer Ostman, Nutritional Therapy Practitioner

Fuel your yoga practice and your everyday life with whole food nutrition. Learn what foods help regulate your blood sugar to give you sustained energy all day, and how to improve your digestion in order to optimize nutrient uptake!

www.jenniferostman.com

Kiva Pilates with Janine Ferris

We practice Pilates the way it was intended to be — as a complete system of movement that will always challenge you to improve. Join us, and we'll help you focus your mind to align your body. And when your body is aligned, it can perform at its best. www.kivapilates.com

Kundalini Yoga with David Tietje and Misty Leah from Thai Love Yoga

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras, such as Sat Nam, meaning "truth is my identity."

www.thailoveyoga.com

LiVE Yoga with Ebony Smith from Yoga N Da Hood

Join us on the mat for a class your soul will never forget. LiVE yoga is an all level Vinyasa class with the musical delights of the Vibe Guru. Zone out to the melodic tunes of African Drums and other ancient music instruments looped LiVE during your yoga session. www.yogandahood.com

Mat Pilates with Kristen Hawkinson

A fun and invigorating, yet low impact workout challenging your strength, flexibility and endurance all on your mat!

www.trainerkristen.com

Open Level Flow Yoga with Li-ya Mar from City Yoga

Practice open to all levels. Poses are linked together to move with the breath. www.cityyogadallas.com

Playful Partner Yoga with Diane Barriere from db Yoga

Experience the laughter and joy of partner yoga! Bring a friend and challenge yourself in a whole new way as you navigate strength, stretch, and balance poses together. www.dbyoga.com

Pound Fitness with Kelly Myer

Drumming to rock where you feel your inner rock star unleash.

Powerbelle with Britt Rettig from GRIT FITNESS

GRIT Fitness' original toning class sculpts sleek, sexy muscles through high repetition of small toning movements and isometric holds. Intensify traditional Barre and Pilates exercises with gliding discs and dynamic core strengthening moves. Sticky socks or bare feet. www.dallasgritfitness.com

Hip Hop Yoga Flow/Silent Hip Hop Yoga Flow with Ade Hazley from V12 Yoga

All level Vinyasa flow with Hip Hop Music. (Note: the "Silent Hip Hop Yoga Flow" session will be performed with headphones.) www.v12yoga.com

Tai Chi/Silent Tai Chi with Dr. Micahel Braitsch from Tribe Wellness

Tai Chi is an old Chinese martial art and form of action meditation which coordinates breath with movement. It has been well researched and validated for therapeutic effects in treating a variety of physical conditions. This class teaches basic stances and techniques common to Yang Style Tai Chi. (Note: the "Silent Tai Chi" session will be performed with headphones.) www.instagram.com/tribewellnessllc

Silent Yoga with Tara Paulsen from City Yoga

Using silence as an ultimate meditative tool, the class is taught in all silence so you can move as your body wishes. www.cityyogadallas.com

Silent Zumba with Kelly Meyer

Heart pounding fun dancing songs from the 80's, 90's and now. Come learn merengue, cha-cha and crazy fun movement in headphones.

Sprint Mafia with Crystal Pollard from A Tribe Called Sprinters

This class will channel your inner athlete. This high-energy class will include sprint drills, running technique and mechanics exercises and high intensity intervals to a LIT hip hop soundtrack. You'll leave energized and motivated. www.tribecalledsprinters.com

Sound Meditation with Denae Richards from Holistic Sounds

Sound meditation using bowls, gongs, chimes and instruments. www.holisticsounds.life

Vedic Thai Yoga Bodywork with David Tietje and Misty Leah from Thai Love Yoga

Join David & Misty to experience this Ancient folk art to enhance your Yoga or Bodywork practice. Vedic Thai-Yoga is an "assisted" style of body work practiced with a partner that is easy, relaxing, FUN to learn and manifests instant positive results! www.thailoveyoga.com