

AT&T PERFORMING ARTS CENTER

# 2<sup>nd</sup> ANNUAL DALLAS YOGA AND FITNESS FESTIVAL

PRESENTED BY



SATURDAY, APRIL 6, 2019

## CLASS SCHEDULE

LOCATION	SESSION 1 9:00 - 9:45 a.m.	SESSION 2 10:00 - 10:45 a.m.	SESSION 3 11:00 - 11:45 a.m.	SESSION 4 12:00 - 12:45 p.m.
<b>WEST LOBBY</b> Winspear Opera House Level 1	Silent Yoga Tara Paulsen from City Yoga	Silent Tai Chi Dr. Micahel Braitsch from Tribe Wellness	Silent Zumba Kelly Meyer	Silent Hip Hop Yoga Flow Ade Hazley from V12 Yoga
<b>EAST LOBBY</b> Winspear Opera House Level 1	Afro-Caribbean Dance Micaela Tillet from Orizon	Essential Movement Brook Cheatham	Open Level Flow Yoga City Yoga	LiVE Yoga Ebony Smith from Yoga N Da Hood
<b>HAMON HALL</b> Winspear Opera House Level 1	Sound Meditation Denae Richards from Holistic Sounds	Dance Cardio Party Martha Palacios	BollyX: The Bollywood Workout Nisha Ala	Glow Dance Party Klub Kundalini with DJ Noor
<b>PNC MEMBERS LOUNGE</b> Winspear Opera House Level 2	Mat Pilates Kristen Hawkinson	Powerbelle Britt Rettig from GRIT FITNESS	Children's Ballet / Creative Movement Amanda Dalton from Amanda Dalton School of Dance	Playful Partner Yoga Diane Barriere from db Yoga
<b>MILLER FOUNDERS ROOM</b> Winspear Opera House Level 2	Improve Your Energy With Nutrition Jennifer Ostman Nutritional Therapy Practitioner	Deep Stretch Chelsea Smith from City Yoga	Vedic Thai Yoga Bodywork David Tietje and Misty Leah from Thai Love Yoga	Kiva Pilates Janine Ferris
<b>SKYLINE TERRACE</b> Winspear Opera House Level 4	The Ballet Burn Margot Martin from The Ballet Burn	Sprint Mafia Crystal Pollard from A Tribe Called Sprinters	Body Sculpt Jenny Arnold from GRIT FITNESS	Cardio Dance Amy Berry from Dallas Dance Fitness
<b>SUNRISE BALCONY</b> Winspear Opera House Level 5	Family Yoga yogeys yoga 4 kids	Embody Truth Guided Meditation Ashlie Woods from Wildhearted Retreats	Aromatherapy Flow Angela Wagner from YogaSport	Flexin' Flow Devyn Walker from GRIT FITNESS