

**Serenity Stage** – Join us for experiential practices in the main Ballroom

<b>TIME</b>	<b>SESSION</b>
<b>10:00</b>	WELCOME – <i>Festival opening</i>
<b>10:15</b> Movement	A standing session with breath-work to awaken awareness, subtle movement to foster energetic openings, and concluding with guided deep relaxation. <b>~Michelle Giganti, Director of Shakti Yoga</b>
<b>11:05</b> Dance	Lotus Diaries <b>~Nitya Vedantam, University at Buffalo</b>
<b>11:20</b> Meditation	A description of Mindfulness as the " Healthy Yin State" followed by a seated mindfulness meditation and centering practice. <b>~Felicitas Kusch-Lango, Founder of Mala Contemplative Education</b>
<b>11:50</b> Dance	Eternal Encounters <b>~Niala Ansari, Buffalo State College</b>
<b>12:00</b>	FEATURED SPEAKER - Dharma talk and guided practice <b>~Sharon Salzberg, internationally renowned teacher, NY Times best-selling author, and Co-founder of Insight Meditation Society</b>
<b>1:00</b> Meditation	A brief description of YISs trauma-informed framework followed by a tonglen meditation and session of chair yoga using YIS principles. <b>~Catherine Cook-Cottone, PhD, Founder &amp; President of Yogis In Service</b>
<b>1:30</b> Dance	Amidst the Current <b>~Cynthia Pegado, Parkinsons Performance Ensemble</b>
<b>1:45</b> Meditation	An introduction to meditation based on traditional yoga teachings, integrating theory with a short guided practice session, sitting on chairs. Light-hearted, yet carefully structured, you will learn systematic steps for traveling within. <b>~Rolf Sovic, PsyD, President of the Himalayan Institute</b>
<b>2:15</b> Dance	Tethered <b>~Anne Burnidge, Anne Burnidge Dance</b>
<b>2:40</b> Movement	Yoga Detour explores your own range of motion in common floor-based yoga shapes, using a slow breath-based style, cultivating concentration and awareness in the present moment. <b>~Carrie Jacobson, Co-owner of East Meets West Yoga</b>
<b>3:20</b> Movement	Mindflow integrates mindfulness meditation and trauma informed care into traditional yoga practices in a slow flow style, keeping you present on your mat and in communication with your body. <b>~Nicole Chumsky, LMHC, Owner of Be Embodied</b>
<b>3:50</b>	CLOSING