

## Fall Yoga Camp Schedule 2025

| Day      | Time           | Event                                                                | Leader            | Location        |
|----------|----------------|----------------------------------------------------------------------|-------------------|-----------------|
| FRIDAY   | 12:00pm        | Check-in for Bunk House Registrants Only                             | Todd/Doug/Vincent | Welcome Center  |
|          | 3:00pm         | Check-in for Deluxe Housing Begins                                   | Todd/Doug/Vincent | Welcome Center  |
|          | 4:15-5:15pm    | Yoga - <i>a complete yoga practice</i>                               | Daryn             | Main Hall       |
|          | 4:30-5:30pm    | Hatha Yoga - <i>a gentle way to start yoga camp</i>                  | Jeff W.           | Namaste         |
|          | 4:30-5:30pm    | Partner Yoga - <i>alignment &amp; form</i>                           | Reed              | ELC First Floor |
|          | 4:30-11:00pm   | Pool Open                                                            |                   |                 |
|          | 5:30-6:30pm    | Dinner                                                               |                   | Dining Hall     |
|          | 6:00pm         | Announcements / Leaders Preview Upcoming Classes                     | Marco             | Dining Hall     |
|          | 6:45-7:45pm    | Tequila Tasting ( <i>reservations required, \$29</i> )               | Johnathen         | Dining Hall     |
|          | 6:45-7:45pm    | Sonic Resonance - <i>sound + touch = deep connection</i>             | Matthew           | ELC Upstairs A  |
|          | 6:45-7:45pm    | Restore w/ the Cosmos - <i>connect to the universe</i>               | Ken               | ELC First Floor |
|          | 8:00-9:00pm    | Hypnotherapy - <i>Step into your confidence &amp; love your body</i> | Joel              | Main Hall       |
|          | 8:15-9:15pm    | Yoga - <i>solo and partner work</i>                                  | Vincent           | Namaste         |
|          | 9:30-10:30pm   | Bodywork Fundamentals - <i>connect, relax, vibe</i>                  | Jeff MMX          | Main Hall       |
|          | 9:30-11:30pm   | Movie Night - <i>Clueless</i>                                        | Marco             | ELC Lounge      |
|          | 9:30-11:30pm   | Snack Bar Open - <i>Pizza &amp; Drinks</i>                           | Todd/Doug         | ELC Lounge      |
|          | 9:45-10:45pm   | Tantric Erotic Touch - <i>sensual, sexy, fun</i>                     | Bo                | Namaste         |
|          | 10:00-11:00pm  | Partner Work - <i>Building Sexual Energy (bring a partner)</i>       | Cary              | ELC First Floor |
|          | 11:00pm-8:00am | Pool Closed                                                          |                   |                 |
| SATURDAY | 6:45-7:30am    | Chair Yoga - <i>accessible, gentle, supportive</i>                   | Luis              | Amphitheater    |
|          | 6:45-7:30am    | Sunrise Yoga - <i>swift, sweaty—then slow</i>                        | Asael             | Sports Pavilion |
|          | 7:30-8:30am    | Breakfast                                                            |                   | Dining Hall     |
|          | 8:00am         | Announcements / Leaders Preview Upcoming Classes                     | Marco             | Dining Hall     |
|          | 8:00am-12:00pm | Pool Open                                                            |                   |                 |
|          | 8:30-9:30am    | Stretch & Move - <i>prep your body for the day</i>                   | Ken               | Main Hall       |
|          | 8:45-9:45am    | Yoga - <i>a complete yoga practice</i>                               | Daryn             | ELC First Floor |
|          | 10:00-11:30am  | Sensual Partner Poses - <i>less stiffness, more stiffies</i>         | Lipe              | Namaste         |
|          | 10:00-11:30am  | Your Wildest Sexual Fantasy - <i>an erotic hypnosis experience</i>   | Joel              | Main Hall       |
|          | 10:15-11:15am  | Yin Yoga - <i>deep stretch</i>                                       | Marco             | ELC First Floor |
|          | 11:00-12:00pm  | All Levels Power Yoga - <i>Strength, Flexibility, Endurance</i>      | Reed              | ELC Upstairs A  |
|          | 12:00-1:00pm   | Lunch                                                                |                   | Dining Hall     |
|          | 12:00-1:00pm   | Pool Closed                                                          |                   |                 |
|          | 12:30pm        | Announcements / Leaders Preview Upcoming Classes                     | Marco             | Dining Hall     |
|          | 1:00-3:30pm    | Pool Open                                                            |                   |                 |
|          | 1:00-2:00pm    | Tantric Erotic Touch - <i>sensual, sexy, fun</i>                     | Bo                | Main Hall       |

| Day             | Time             | Event                                                               | Leader    | Location        |
|-----------------|------------------|---------------------------------------------------------------------|-----------|-----------------|
| <b>SATURDAY</b> | 1:15-2:15pm      | Rhythmic Alchemy - <i>drumming &amp; fun rhythm games</i>           | Matthew   | Amphitheater    |
|                 | 1:30-2:30pm      | Partner Yoga - <i>lend a helping hand</i>                           | Marco     | ELC First Floor |
|                 | 1:45-2:45pm      | Reiki, Meditation & Massage - a terrific trio                       | Alex      | Namaste         |
|                 | 2:00-3:00pm      | Mindful Movement - <i>conscious body flow</i>                       | Asael     | ELC Upstairs B  |
|                 | 3:15-4:15pm      | Novaji: Butter On Me - <i>a guided session of words &amp; touch</i> | Javon     | ELC First Floor |
|                 | 2:30-3:30pm      | Fun Yoga - <i>recess for grown ups</i>                              | Ken       | Main Hall       |
|                 | 3:30-4:30pm      | Pool Closed                                                         |           |                 |
|                 | 3:45-4:45pm      | Yoga as a Spiritual Practice                                        | Jeff W.   | Namaste         |
|                 | 4:00-5:00pm      | Partner Yoga - <i>alignment &amp; form</i>                          | Reed      | Main Hall       |
|                 | 4:15-5:15pm      | Balls Out Bingo - <i>with benefits</i>                              | Kenne     | ELC Lounge      |
|                 | 4:30-11:00pm     | Pool Open                                                           |           |                 |
|                 | 5:30-6:30pm      | Dinner                                                              |           | Dining Hall     |
|                 | 6:00pm           | Announcements / Leaders Preview Upcoming Classes                    | Marco     | Dining Hall     |
|                 | 6:45-7:45pm      | Sound Bath w/ Yoga Nidra - <i>relax &amp; realign</i>               | Matthew   | ELC Upstairs A  |
|                 | 6:45-7:45pm      | Tequila Tasting ( <i>reservations required, \$29</i> )              | Johnathen | Dining Hall     |
|                 | 7:00-8:00pm      | Sensual Embodiment Touch - <i>intimate connections</i>              | Jeff MMX  | Main Hall       |
|                 | 7:15-8:15pm      | Spooky Flow - <i>Halloween themed yoga</i>                          | Marco     | ELC First Floor |
|                 | 8:45-10:15pm     | Sensual, Sexual, Tantric - <i>hypnotic experience</i>               | Joel      | Main Hall       |
|                 | 8:45-9:45pm      | VinYin - Flow & Restore                                             | Vincent   | ELC First Floor |
|                 | 9:30pm-12:30am   | Karaoke - <i>sing and slay</i>                                      | Jeff V.   | ELC Lounge      |
|                 | 9:30-11:30pm     | Snack Bar Open - <i>Pizza &amp; Drinks</i>                          | ANY Staff | ELC Lounge      |
|                 | 10:15pm-Midnight | Glow in the Dark Party - <i>iridescent euphoria</i>                 | Bo        | ELC First Floor |
|                 | 11:00pm-8:00am   | Pool Closed                                                         |           |                 |
| <b>SUNDAY</b>   | 7:00-7:45am      | Chair Yoga - <i>accessible, gentle, supportive</i>                  | Luis      | Amphitheater    |
|                 | 7:30-8:30am      | Breakfast                                                           |           | Dining Hall     |
|                 | 8:00am           | Announcements / Leaders Preview Upcoming Classes                    | Marco     | Dining Hall     |
|                 | 8:00am-12:00pm   | Pool Open                                                           |           |                 |
|                 | 8:45-9:45am      | Yoga - <i>solo and partner work</i>                                 | Luis      | ELC First Floor |
|                 | 9:00-10:00am     | Reiki, Meditation & Massage - a terrific trio                       | Alex      | Main Hall       |
|                 | 10:15-11:15am    | Hips, Hamstring & Low Back - <i>release &amp; relieve</i>           | Cary      | ELC First Floor |
|                 | 10:30-11:30am    | Restorative Yoga - <i>find your peace &amp; calm</i>                | Vincent   | Main Hall       |

**Maintenance Issue? Call 832-269-9633.**

**Retreat center staff will be happy to assist.**