

Yoga Camp Schedule - Spring 2026

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
	4:00-5:00pm	Hatha Yoga - <i>classic, balanced, calm</i>	Jeff Wagers	ELC First Floor
	4:15-5:15pm	Yoga - <i>a complete yoga practice</i>	Daryn	Main Hall
	4:30-11:00pm	Pool Open		
	5:30-6:30pm	Dinner		Dining Hall
	6:00pm	Announcements / Leaders Preview Upcoming Classes	Todd/Marco	Dining Hall
	6:30-7:30pm	Hypnotherapy - <i>step into your confidence & love your body</i>	Joel	Main Hall
	6:45-7:45pm	Wine Tasting (<i>reservations required, \$29</i>)	Wendy	Dining Hall
	6:45-7:45pm	OSHO Body Movement - <i>guided full body meditation</i>	Jallen	ELC Upstairs A
	7:00-8:00pm	Restorative Yoga - <i>deeeeeeep relaxation</i>	Larry	Namaste
	7:00-8:00pm	Chair Yoga - <i>accessible, gentle, supportive</i>	Vinh	Amphitheater
	7:15-8:15pm	10 Basic Yoga Postures - <i>building your foundation</i>	Samir	ELC First Floor
	7:30-8:30pm	Sacred Sensual Meditation - <i>erotic awareness</i>	Rene	ELC Upstairs B
	8:00-10:00pm	Tantric Erotic Touch - <i>sensual, sexy, fun</i>	Bo	Main Hall
	8:15-9:15pm	Sonic Resonance - <i>sound + touch = deep connection</i>	Matthew	ELC Upstairs A
	8:30-9:30pm	Basics of Bodywork - <i>neck, shoulders & upper back</i>	Donovan	Namaste
	8:45-9:45pm	Yoga - <i>solo and partner work</i>	Luis	ELC First Floor
	9:00-10:00pm	Body Language Of Consent - <i>is his body saying "yes?"</i>	Lewis	ELC Upstairs B
	10:00-11:00pm	Sensual Massage - <i>total body tantra</i>	Roy	Namaste
	10:00pm-1:00am	Karaoke After Hours	Jeff Viera	ELC Lounge
	10:15-11:15pm	Move & Meditate - <i>Thai massage workshop</i>	Jimmy	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	Pilates Buns & Abs - <i>90's sensual grooves</i>	Stefan	Main Hall
	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	Todd/Marco	Dining Hall
	8:00am-12:00pm	Pool Open		
	8:45-9:45am	Dynamic Breath Work - <i>get high on our own supply</i>	Larry	Namaste
	9:00-10:00am	Yin Yoga Deep Stretch - <i>gentle yoga, restful stretching</i>	Marco	Main Hall
	9:15-10:15am	Yoga - <i>a complete yoga practice</i>	Daryn	ELC First Floor
	9:30-10:30am	Arm Balance & Inversion - <i>we're going upside down!</i>	Jimmy	ELC Upstairs A
	9:45-10:45am	Rhythmic Meditations - <i>grounded, flowing, hypnotic</i>	Matthew	ELC Upstairs B
	10:15-11:15am	Flow Yoga - <i>open your heart</i>	Michael L.	Namaste

Day	Time	Event	Leader	Location
SATURDAY	10:15-11:15am	Basics of Bodywork - <i>lower back, butt</i>	Donovan	ELC Upstairs B
	10:30-11:30am	Strip Down Tone Up - <i>become a chair dance stripper!</i>	Lewis	Main Hall
	10:45-12:00pm	Sexual Fantasy - <i>an erotic hypnosis experience</i>	Joel	ELC First Floor
	11:00am-12:00pm	Balancing Act - <i>improve your balance</i>	Prestin	ELC Upstairs A
	12:00-1:00pm	Lunch		Dining Hall
	12:00-1:00pm	Pool Closed		
	12:30pm	Announcements / Leaders Preview Upcoming Classes	Todd/Marco	Dining Hall
	1:00-3:30pm	Pool Open		
	1:00-2:00pm	Spirit Animal Journey - <i>meet your spirit animal</i>	Juniper	Main Hall
	1:15-2:15pm	Rhythmic Alchemy - <i>drumming & fun rhythm games</i>	Matthew	Amphitheater
	1:30-2:30pm	Heart Circle - <i>heartfelt community connection</i>	Ky	ELC Upstairs A
	1:30-2:30pm	Bodywork Essentials - <i>is touch your love language?</i>	Jeff MMX	ELC First Floor
	1:45-2:45pm	Reiki, Meditation & Massage - <i>a terrific trio</i>	Alex	Namaste
	2:00-3:00pm	Yoga for Healing - <i>the remedy you've been looking for</i>	Jeff Wagers	ELC Upstairs B
	2:30-3:30pm	Erotic Flow Yoga - <i>improve your sexual health</i>	Rene	Main Hall
	3:00-4:00pm	Hips, Hamstrings & Low Back - <i>release your tight spots</i>	Cary	ELC Upstairs A
	3:00-4:00pm	70's Yoga Groove - <i>dance, Pilates & yoga</i>	Kenne	ELC First Floor
	3:15-4:15pm	Bate & Intimacy - <i>the power of self pleasuring</i>	Jallen	Namaste
	3:30-5:30pm	Foam Party	Jeff Viera	The Great Lawn
	3:45-4:45pm	Pilates Thigh Blasters - <i>Madonna vs. Janet</i>	Stefan	ELC Upstairs B
	4:00-5:00pm	Go-Go Boy Grind - <i>cardio core go-go dance moves</i>	Lewis	Main Hall
	4:30-5:30pm	Flow Yoga - <i>focus on balance</i>	Michael L.	ELC Upstairs A
	3:30-4:30pm	Pool Closed		
	4:30-5:30pm	Vinyasa Flow - <i>intense movement & stretching</i>	Vincent	ELC First Floor
	4:30-11:00pm	Pool Open		
	5:30-6:30pm	Dinner		Dining Hall
	6:00pm	Announcements / Leaders Preview Upcoming Classes	Todd/Marco	Dining Hall
	6:15-7:15pm	Tantra Touch - <i>Explore & Exchange Touch</i>	Suhail	Namaste
	6:30-8:30pm	Talent Show Rehearsal	Jim L.	Main Hall
	6:45-7:45pm	Wine Tasting (<i>reservations required, \$29</i>)	Johnathen	Dining Hall
	6:45-7:45pm	Sound Bath w/ Yoga Nidra - <i>relax & realign</i>	Matthew	ELC Upstairs A
	7:00-8:00pm	Sensual Partner Yoga - <i>celebrate your arousal</i>	Lipe	ELC First Floor
	7:15-8:15pm	Chakra Based Yin Yoga - <i>one chakra at a time</i>	Samir	ELC Upstairs B
	7:30-8:30pm	Daddyness - <i>unlocking your inner daddy</i>	Judson	Namaste
	8:15-9:15pm	Balls Out Bingo - <i>with benefits</i>	Kenne	ELC Lounge
	8:30-9:30pm	Naked Blindfold Movement - <i>groove, move, connect</i>	Juniper	ELC First Floor
	9:00-10:00pm	Yoga Nidra - <i>rest and reconnect</i>	Prestin	Namaste

Day	Time	Event	Leader	Location
SATURDAY	9:30-10:30pm	Sensual Massage - <i>total body tantra</i>	Roy	Main Hall
	10:00pm-1:00am	Karaoke After Hours	Jeff Viera	ELC Lounge
	10:15-11:15pm	Breathe & Restore - <i>breath work and restorative practice</i>	Clarence	Namaste
	11:00pm-8:00am	Pool Closed		
SUNDAY	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	Todd/Marco	Dining Hall
	8:00am-12:00pm	Pool Open		
	8:15-9:15am	Basics of Yoga - <i>the lighter side of yoga</i>	Suhail	Namaste
	8:45-9:45am	Sensual Partner Yoga - <i>celebrate your arousal</i>	Lipe	ELC Upstairs A
	8:45-9:45am	Balance Makes Me Humble - <i>playful balance challenges</i>	Clarence	Sports Pavilion
	8:45-9:45am	Ignite & Sustain - <i>high energy flow w/mindful holds</i>	Jimmy	ELC Upstairs B
	9:00-10:00am	Shinrin-yoku - <i>meditation & yoga in nature</i>	Jeff	Amphitheater
	9:00-10:00am	Yoga - <i>a complete yoga practice</i>	Daryn	Main Hall
	9:15-10:15am	Tantra - <i>erotic relaxation</i>	Larry	ELC First Floor
	9:30-10:30am	Reiki, Meditation & Massage - <i>a terrific trio</i>	Alex	Namaste
	10:00-11:00am	Beyond Porn - <i>returning to real connection, \$200, limit 5</i>	Joel	ELC Upstairs B
	10:15-11:15am	Practice & Play - <i>playful breath and movement</i>	Prestin	ELC Upstairs A
	10:30-11:30am	Yogalates - <i>fusion of yoga & Pilates</i>	Marco	Main Hall
	10:45-11:45am	Power Vinyasa - <i>big energy flow</i>	Lipe	ELC First Floor
	11:00-12:00pm	Slow Flow Yoga - <i>restorative movement</i>	Cary	Namaste
	12:00-1:00pm	Lunch		Dining Hall
	12:00-1:00pm	Pool Closed		
	12:30pm	Announcements / Leaders Preview Upcoming Classes	Todd/Marco	Dining Hall
	12:45-1:45pm	Tantra Touch - <i>explore & exchange touch</i>	Suhail	ELC Upstairs B
	1:00-3:30pm	Pool Open		
	1:00-2:00pm	Basics of Bodywork - <i>legs & feet</i>	Donovan	ELC Upstairs A
	1:15-2:15pm	Facilitated Drum Circle - <i>connect, express, groove</i>	Matthew	Main Hall
	1:30-2:30pm	Celebrate Pride Yoga - <i>joyful, emotional, gayAF</i>	Marco	ELC First Floor
	1:45-2:45pm	Yoga & Dance - <i>Upbeat Broadway Energy</i>	Gustavo	Namaste
	2:00-3:00pm	Spirit Animal Journey - <i>meet your spirit animal</i>	Juniper	ELC Upstairs B
	2:30-3:30pm	Yoga - <i>solo and partner work</i>	Asael	ELC Upstairs A
	2:45-3:45pm	Butt Naked Ballroom - <i>dance class bring a date!</i>	Lewis	Main Hall
	3:00-4:00pm	VinYin - <i>stretch, strengthen & restore</i>	Vincent	ELC First Floor
	3:15-4:15pm	Ecstatic Breathing - <i>bliss & ecstasy thru breath</i>	Rene	Namaste
	3:30-4:30pm	Pool Closed		

Day	Time	Event	Leader	Location
SUNDAY	4:15-5:15pm	Second Chakra - <i>partner work to release sexual energy</i>	Cary	Main Hall
	4:30-5:30pm	80's Yoga Groove - <i>dance, Pilates & yoga</i>	Kenne	ELC First Floor
	4:30-11:00pm	Pool Open		
	5:30-6:30pm	Dinner		Dining Hall
	6:00pm	Announcements / Leaders Preview Upcoming Classes	Todd/Marco	Dining Hall
	7:15-8:15pm	Talent Show - <i>campers perform & entertain</i>	Jim L.	Main Hall
	8:45-9:45pm	Chakra Based Yin Yoga - <i>one chakra at a time</i>	Samir	ELC First Floor
	9:00-10:00pm	Restorative Yoga - <i>deeeeeeep relaxation</i>	Larry	Main Hall
	9:15-10:15pm	Dial Into Daddy - <i>unlocking your inner daddy</i>	Judson	Namaste
	10:00pm-1:00am	Karaoke After Hours	Jeff Viera	ELC Lounge
	10:15-11:15pm	Tantric Edging Embodiment - <i>explore sensual touch</i>	Jeff MMX	Main Hall
	10:15-11:15pm	Ecstatic Dance Party	Roy	ELC First Floor
	11:00pm-8:00am	Pool Closed		
MONDAY	7:30-8:30am	Breakfast		Dining Hall
	8:00am	Announcements / Leaders Preview Upcoming Classes	Todd/Marco	Dining Hall
	8:00am-12:00pm	Pool Open		
	8:45-9:45am	Restorative Yin Yoga - <i>rejuvenate peacefully</i>	Vincent	Main Hall
	9:00-10:00am	Reiki, Meditation & Massage - <i>a terrific trio</i>	Alex	Namaste
	9:15-10:15am	Yoga & Dance - <i>calming, restorative movement</i>	Gustavo	ELC First Floor
	9:30-10:30am	FlowYoga - <i>focus on side bends</i>	Michael L.	ELC Upstairs A
	10:15-11:15am	Hello Hamstrings! - <i>hang loose & chill</i>	Clarence	Main Hall
	12:00pm	Camp Concludes - Departures by Noon		

Maintenance Issue? Call 832-269-9633.
Retreat center staff will be happy to assist.