



CINCINNATI YOGA DAYTM

Tentative Program

9:30 -10:30 am Registration

Visit the tables, Network

10:30-11:30 am Morning Program

Chief Guest: Liliias Folan

Karma Yogi Award: Leslie Edwards

Musicians: Emanuel & Samuel

Chair Yoga: Judy Ewald

Recovery Yoga: Jeff Emerson

Community Yoga: Samie Rundo, Ray Nandyal and Project Yoga staff

11:30 am - noon Intermission

Visit the tables, Network

Noon – 1:30 pm Afternoon Program

Karma Yogi Award: Maria Messer

Musicians: Junoon (UC A Capella), Michael & Luke Tacy, flute and drum

Yoga for Teens: Nancy Bloemer

Power Yoga: Jeff Weingartner

Yoga Nidra: Julie Lusk and Erica Collins

1:30– 2:00 pm Visit the tables, Network

2:00 pm Raffle