



SATURDAY WORKSHOPS SCHEDULE

HEADS:

- 12:00PM Hike n Learn w/Talal
- 1:00PM Learn to Tie Dye w/Kim (ongoing)
- 2:00PM Kidz Zen w/E Shashini & Olga
- 3:00PM Conscious Self-Awareness w/Cate
- 4:00PM Rock Balancing & Slack Lining w/Steven & Adam

THERMODOME:

- 12:00PM Costume Parade Meet Up w/Ashley
- 1:00PM Learn to Latin Dance w/Manzo
- 2:00PM Ear Reflexology w/Michelle
- 3:00PM Learn to Paint Sacred Geometry w/Mikey & Sam
- 4:00PM Vinyasa & Kundalini Yoga w/Sheryl

CRASH:

- 2:00PM Potluck w/Michael & Sarah

HEADLESS HORSEMEN:

(NEAR PYRAMID)

- 12:00PM Cosmic Chat w/Kalyna
- 1:00PM Bootcamp w/Chelsi & Thundra
- 3:00PM Dancing with Colours & Body Paint w/Alana
- 4:00PM Acro Jam w/Cee La Alma

PYRAMID:

- 12:00PM Rise Up & Shine Moving Meditation w/Jaime (outside of Pyramid)
- 1:00AM Introduction to Lucid Dreaming w/Corey
- 2:00AM Yoga Nidra Meditation w/Jamison
- 3:00PM Poi w/Alex, Alex & Stu
- 4:00PM Somatic Yoga w/Bryhnn

HIKE N LEARN:

Learn about some of the plants and trees on our festival grounds with the one and only, Talal, owner of Urban Apothecary, Certified Herbalist.

COSTUME PARADE:

Meet outside of Thermodome in your favorite costume. Follow Ashley as you model your creative masterpiece in a costume parade.

COSMIC CHAT:

An introduction to the knowledge book. The knowledge book was sent to humanity to guide us through this difficult time of chaotic global awakening, showing us how to walk the path of light and become a genuine human. Join solar teacher Kalyna Bobyk as she gives a brief introduction to this text and leads a conversation about human evolution, science, astronomy, spirituality and self-awakening.

RISE UP & SHINE MOVING MEDITATION:

Join Jaime as she helps you activate your yin and yang energy to fully celebrate the divine powerful being you truly are. Jaime is a holistic health coach & mental awareness advocate with a passion for creative movement, meditation and self care.

LEARN TO TIE DYE:

Join Kim for her workshop teaching you how to tie dye! She will be running this workshop for approximately two hours, however it will not take this long to do your tie dye so join her when you feel ready. She asks that you bring \$10 to cover costs, a natural material white clothing of choice (hemp, cotton, bamboo) and have it washed before coming! Please bring a container or zip lock bag to bring your tie dye home in and also please respect the land and try to keep it left uncontaminated.

LATIN DANCE LESSONS:

Interested in expanding your styles of dance? Brushing up your partner dance skills? Join Manzo as he teaches you how to Merengue and Salsa! Manzo is a professional, certified, dance instructor and will have you leaving feeling oh so confident in your moves and styling for the dance floor later Saturday night!

CALISTHENICS BOOTCAMP:

There are many benefits to starting your day with movement and on festival grounds, even more beneficial. Rise your energy, stretch your tight muscles and get movement flowing early before you dance the night away. Join Chelsi and Thundra while they lead you through a full body workout, using your body and resistance bands!

INTRO TO LUCID DREAMING:

Control your dreams! Join Corey on an initiatory peak into the world of lucid dreaming. Find out how to 'wake up' inside of your dreams and discover techniques for staying in control. Learn ways to maximize your chances of having vivid dreams that you can command. Anyone can do it!

KIDZ ZEN:

E Shashini & Olga are organizing kidz zen play date. A place for Harvest kiddos to share, create & relax with like minds. Bring two of your child's favorite toys!

EAR REFLEXOLOGY:

Familiar with reflexology on feet and hands? Maybe ears as well? Whether this is new to you or you are already a lover of ear reflexology, Michelle will be offering her healing to you, outside of the Thermodome.

POTLUCK:

It's easy to forget about eating when you're having so much fun at a festival. Michael and Sara will be hosting their potluck outside of crash for their second year, helping you remain a healthy partier. Bring a contribution, nourish your body and make some new friends.

YOGA NIDRA:

Slip into the relaxing and effortless practice of Yoga Nidra and allow the lines between self and other to blur into direct experience of self through a guided meditation aligning with your sankalpa as we harmonize the mind and body. Time permitting and dependent on the number of participants we will explore Light Light meditation. The Lucia No3 is a strobe light that utilizes flashing light to induce similar meditative states via digital means.

CONSCIOUS SELF-AWARENESS:

In this space we will be using consciousness and self awareness to guide us through conversations of psychedelic experiences and especially care and control in and around these experiences. I would most like to see participants come out of this workshop feeling empowered and aware of their responsibility to themselves and others when they choose to use substances.

SACRED GEOMETRY PAINTING:

Bring your paint, paper or canvas and enjoy a sacred geometry painting session with Mikey and Sam. Learn the mathematics, science and technique to painting sacred geometry and blow your friends' minds with what you create! Suggested to bring water bottle caps, cardboard or your math geometry set! Yana will also be here offering community live painting.

DANCING WITH RAINBOWS (DANCING WITH GAIA):

I invite you to dance.. dance and feel the earth, the wind, the plants, you & I, a dance with the rainbow within you. We will dance and move freely as we ground ourselves with the earth and our environment. Our intentions are aligning- moving through the red roots up the rainbow spiral to full clarity- awake and open, eye can see clearly now. Essentially we will be living rainbows sending colors of love to all harvest creatures, painting the community with love. *Musical instruments are highly embraced and appreciated for this workshop... the rain is a blessing and so we dance rain or shine! (Plus, body painting, sage bundles & rainbow moonstone crystal essence elixir).

LEARN TO SPIN POI; LESSON & FLOW JAM:

Already know how to spin poi? Come join in and help others learn or just join in for the jam! New to flow arts and interested in learning poi? Alex and Stu will have a handful of homemade poi, come learn with him and make new friends and then enjoy a flow jam after, practicing what you learn!

ROCK BALANCING AND SLACK LINING:

Join Adam and Steven on some slack lining fun. New to slack lining? Something you've been wanting to try? Steven has been slack lining for 3 years and Adam teaching for 3 years, slack lining for 5. These guys will teach you how to find your center, to balance and walk across the slack lining. Come try it out! Never hurts to try! Know how to slack line? Even better!

VINYASA & KUNDALINI YOGA:

A journey into vinyasa or your breath can release tension and stress in your energy centers or chakras. We'll explore asanas using the breath to focus on each chakra. A basic into into Kundalini and how this energy generating practice may raise your vibe..

ACRO YOGA JAM:

Are you an acro yoga lover? Join yoga and acro yoga teacher, Cee La Alma as he guides you through an Acro Yoga jam. Come and play with what you know, learn new moves, work with new partners and test your physical abilities while having fun and connecting your mind, body and spirit.

SOMATIC YOGA:

Somatic Yoga is an innovative blend of pranayama (breathing techniques). Hatha Yoga asanas (postures) and practices developed by somatic movement educators such as Thomas Hanna and Moshe Feldenkrais. Instead of stretching muscles, we go to the root cause of all muscular pain, which is found in the brain and reprogram habitual patterns of stress held deep within the body (Soma). We will begin to understand where pain comes from in the body and how we might reverse it. Through conscious, slow moving exercises, we will gain practical tools and approaches to restore our own bodies and develop stronger mind-body connection.

*** PLANNING TO ATTEND A YOGA CLASS? PLEASE BRING A MAT AND/OR BLANKET**

*** PLANNING TO ATTEND AN ART CLASS? FEEL FREE TO BRING ANY SUPPLIES YOU CAN/HAVE**