



# Healing Arts Fest on Adams

Saturday, April 30<sup>th</sup> 10 AM – 7 PM

Sunday, May 1<sup>st</sup> 11 AM- 6 PM



## **SATURDAY, APRIL 30 – PARK STAGE (Demo Zone):**

10:30 – 10:45 AM – Opening Meditation

11:00- 12 noon – **RUN FOR COVER**

12 – 12:30 PM – Laughter Yoga w/ Dr. Funshine & Vina (Demo)

12:30 – 1:30 PM – **DANYAVAAD**

1:30 – 1:50 PM – TranscenDANCE Youth Arts Project (Demo)

2:00 – 3:00 PM – **J.A.M. KwesT**

3:00 – 3:20 PM – Conscious Breathing w/ Art of Living (Demo)

3:30 – 4:45 PM – **GREGORY PAGE**

4:45 – 5:05 PM – Community Drumming for Wellness w/ Resounding Joy (Demo)

5:15 – 6:45 PM – **THE STYLETONES**

6:45 – 7 PM – Closing Meditation w/ Red Lotus Society

## **SUNDAY, MAY 1 – PARK STAGE (Demo Zone):**

11:10 AM – 11:25 AM – Opening Meditation (Demo)

11:30 – 12:30 PM – **SCHOOL of ROCK**

12:30 – 12:50 PM – Community Drumming for Wellness w/ Resounding Joy (Demo)

1:00 – 2:15 PM – **THE HEAVY GUILT**

2:15 – 2:35 PM – Acro Yoga (Demo)

2:45 – 4:00 PM – **TODO MUNDO**

4 – 4:30 PM – Capoeira Mandinga (Demo)

4:30 – 5:45 PM – **HERE II HERE**

## **SAT - Workshop Area:**

10:30 – 11:15 AM – Meditation & Qi Gong w/ Red Lotus Society

11:30 – 12:15 PM – Energy Healing w/ Oneness – Deeksha

12:30 - 1:15 PM – Yoga w/ Pilgrimage of the Heart

1:30 – 2:15 PM – Laughter Yoga w/ Dr. Funshine & Vina

2:30 – 3:15 PM – Hip Hop Dance w/ Prince Graham

3:30 – 4:15 PM – Community Drumming for Wellness w/ Resounding Joy

4:30 – 5:15 PM – Conscious Breathing w/ Art of Living

5:30 – 6:15 PM – Intro to Hoop Dance w/ Valentina (Unity)

## **SUN - Workshop Area:**

11:30 – 12:15 PM – Meditation & Qi Gong w/ Red Lotus Society

12:30 - 1:15 PM – Energy Healing w/ Oneness - Deeksha

1:30 – 2:15 PM – Gentle Yoga w/ Pilgrimage of the Heart

2:30 – 3:15 PM – Community Drumming for Wellness w/ Resounding Joy

3:30 – 4:15 PM – Pilates w/ Pribyl Pilates

4:30 – 5:15 PM – Intro to Belly Dance w/ Sabrina Bellydancer

## **SAT - KID'S ZONE:**

11:15 – 12 noon – Kid's Yoga w/ Yen for Zen yoga

1 – 1:45 pm – Family Yoga w/ Yen for Zen Yoga

2:30 – 3 pm – Kid's Drumming w/ Resounding Joy

## **SUN - KID'S ZONE:**

11 am – 5 pm – Arts & Crafts w/ Rare Hare Studios

12:30 – 1:15 pm – Family Yoga w/ Yen for Zen Yoga

1:30 – 2 pm – Kid's Drumming w/ Resounding Joy

2:30 – 3:15 pm – Kid's Yoga w/ Yen for Zen yoga

### **Aerial Revolution**

Circus Acrobats

Shows and Demos

Presented by

Studio Revolution

### **Art Around Adams**

Preview & Gallery

Presented by Exodus Studios

Installations and art on display all weekend  
long to highlight the June 4<sup>th</sup> event!