

| SDG&E<br>Park Stage | Citybeat<br>Lot Stage | Eco-Carnival | Demo Zone | Workshop Area | Kid's Area |
|---------------------|-----------------------|--------------|-----------|---------------|------------|
|---------------------|-----------------------|--------------|-----------|---------------|------------|

|          |   |   |  |  |  |  |  |
|----------|---|---|--|--|--|--|--|
| 10:00 AM | 10:20 AM<br><b>Opening Remarks and Blessings</b><br>10:30 AM    |   |  |  |  |  |  |
| 10:30 AM | <b>Opening Exercises with Falun Dafa- San Diego</b><br>10:50 AM |   |  |  |  |  |  |
| 11:00 AM | <b>SENE AFRICA</b><br>11:50 AM                                  | <b>PAUL GREEN SCHOOL of ROCK</b><br>11:40 AM                | <b>Eco-Workshop Green Your Life</b><br>11:55 AM                      | 10:50 AM<br><b>Tai Chi w/ Jesse Tsao</b>             | <b>Chair Yoga for Seniors</b><br>w/ Silver Age Yoga<br>11:15 AM      | <b>Laughter Yoga</b><br>w/ Antolin<br>11:15 AM   |  |
| 11:30 AM |   |   |  |  | <b>Qi Gong</b><br>w/ Red Lotus Society<br>12:15 PM                   | <b>Acro Yoga Demonstration</b><br>12:15 PM   |  |
| 12:00 PM | 11:50 AM<br><b>Laughter Yoga Celebration</b><br>12:15 PM        | <b>FOUR MINUTES</b><br>12:15 PM                             | 12:10 PM<br><b>Eco-Workshop Magic of Mushrooms</b><br>1:05 PM        |  | <b>Yoga (All Levels)</b><br>w/ Deep Yoga<br>1:15 PM                  | <b>Kid's Yoga</b><br>w/ Kate Armstrong<br>1:15 PM  |  |
| 12:30 PM | 12:15 PM<br><b>LADY DOTTIE and the DIAMONDS</b><br>1:15 PM      | <b>TIL MIDNIGHT</b><br>12:50 PM                             |  |  |  |  |  |
| 1:00 PM  |   | 1:15 PM<br><b>MR TUBE and the FLYING OBJECTS</b><br>2:15 PM | 1:20 PM<br><b>Eco-Workshop Music Through Trash</b><br>2:15 PM        | <b>Stella Nova Dance Company</b><br>1:35 PM          |  |  |  |
| 1:30 PM  |   |   |  | 1:35 PM<br><b>Capoeira Mandinga</b><br>1:45 PM       | <b>Ayurveda</b><br>w/ The Chopra Center and Zrii Beverage<br>2:15 PM | <b>Community Wellness Drumming</b><br>for Kids of All Ages<br>w/ Resounding Joy, Inc.<br>2:15 PM |  |
| 2:00 PM  | 1:45 PM<br><b>PAU HANA</b><br>2:45 PM                           |   |  |  |  |  |  |
| 2:30 PM  |   |   | 2:30 PM<br><b>Eco-Workshop Permaculture Design</b><br>3:25 PM        |  | <b>Yoga (All Levels)</b><br>w/ Deep Yoga<br>3:15 PM                  | <b>Kid's Yoga</b><br>w/ Kate Armstrong<br>3:15 PM  |  |
| 3:00 PM  | 2:45 PM<br><b>Al Howard (Spoken Word)</b>                       | 2:45 PM<br><b>THE SILENT COMEDY</b><br>3:45 PM              |  | <b>Super Sonic Samba School</b><br>3:15 PM           |  |  |  |
| 3:30 PM  | 3:15 PM<br><b>THE GREYBOY</b>                                   |   |  |  |  |  |  |
| 4:00 PM  | <b>ALLSTARS</b>   |   | 3:45 PM<br><b>UBUV Universal Beats Universal Vibe</b>                |  | <b>Conscious Breathing</b><br>w/ Art of Living<br>4:15 PM            | <b>Community Wellness Drumming</b><br>for Kids of All Ages<br>w/ Resounding Joy, Inc.<br>4:15 PM |  |
| 4:30 PM  | 4:30 PM<br><b>Delta Nove Drummers</b>                           | 4:30 PM<br><b>BUCK-O-NINE</b><br>5:45 PM                    |  | <b>Belly Dance w/ Sabrina and friends</b><br>4:50 PM | <b>Kirtan</b><br>w/ Bhava Ram & friends                              | <b>Hip-Hop Dance for Kids</b><br>w/ Prince Graham<br>5:15 PM                                     |  |
| 5:00 PM  | 5:00 PM<br><b>OZOMATLI</b><br>6:30 PM                           |   | 4:30 PM<br><b>DJ Ian Dunn &amp; Bassmechanic</b><br>w/ Live Painting |  |  |  |  |
| 5:30 PM  |   |   |  |  |  |  |  |
| 6:00 PM  |   |   |  |  |  |  |  |
| 6:30 PM  | <b>Closing Meditation</b><br>6:45 PM                            |   |  |  |  |  |  |
| 7:00 PM  |   |   |  |  |  |  |  |

Arts n Crafts  
w/ ARTS (A Reason To Survive)

Face Painting

**Clinical Areas:**

All Day- Free 10-15 minute Massage (Concorde Career College)

All Day- Free Acupuncture treatments (Pacific College of Oriental Medicine)

**Art Gallery:** Produced by Art Around Adams/ Walk the Walk Presents

**Eco-Carnival/ GMO Freakshow:** Sustainable Living Roadshow

**Bicycle Check:** Produced by Zumwalt's Bicycle Center

