

# Sheep Creek Yoga Collective Summer Solstice Gathering 2018

FRIDAY

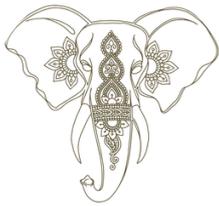
June 22, 2018



## COMMUNITY WELCOME

*SCYC Ambassadors*

When you arrive on Friday, head to the Community Tent to register, have a cup of tea and meet some SCYC volunteers who can help answer any questions you may have. We will also have a smudging station available to cleanse yourself upon your arrival, leaving that which does not serve behind, and grounding into the weekend.



## TRUTH SEEKERS VINYASA

*Passage Studios / @passage.studios*

A vinyasa flow style class led by either Kristin Jostad or Ariffa Lalani from Passage Studios. Explore the vast potential of your strength and connect to your inner truth as you move powerfully and rhythmically through beautiful sequencing.



## YOGA NIDRA & SOUND HEALING MEDITATION

*Alison DuRussel / @alidurussel*

This class will ground you into your weekend by guiding you through breathing techniques, body scanning, and visualizations to help you enter the deepest possible state of relaxation while still maintaining full consciousness. Crystal bowls will be played to help open chakras and allow for deeper relaxation.



## DRUM JOURNEY

*Cesar Balestrini / @newwingsbalestrini*

Be guided through a powerful and traditional ceremony via the rhythm and the medicine of the drum. Listening to the beat of the drum, your brain will shift to theta state. Every sensory experience in a shamanic journey has meaning and you will be guided to uncover what that meaning is through this sacred tradition.



## MASTER CLASS - STHIRA SUKHAM ASANAM

*Catherine Nelson-Reid & Tanis Fishman /  
@sacred\_nidra & @catnelsonreid*

Be guided through a deep asana and pranayam practice that will leave you fully embodied, preparing you for navigating the sacred space between wake fullness and sleep. You will then be taken on a journey into the realms of expanded awareness and deep consciousness through the wisdom teaching of Yoga Nidra. All levels welcome.



## TAI CHI

*David Stark*

A form of moving meditation, Tai Chi helps rebuild the spirit and body through slow even movements. Tai Chi brings peace of mind, calms breathing, lowers heart rate and provides relaxation. Reinforcing that we can only be in the present, it is a way to discover the Grand Ultimate.



## NATURE WALK

*Marcelle Levesque*

Marcelle has 45 years of experience working in Canada's Rainforests. He has a deep appreciation and knowledge of forest ecosystems and has personally cared for the land and trees at Wolf Willow for the last 2.5 years. Join him for an insider's look into the land we share for the weekend.



## KUNDALINI YOGA

*Ashley Reed / @yogainbowness*

Kundalini Yoga is about creating a holistic balance and union of body, mind and spirit. It combines all the aspects of yoga: asanas, mudras, pranayam, meditation and mantra to achieve a healthy, happy elevated life. Experience the power of the kriyas to challenge your endurance and commitment to the self.



## MEDITATION JOURNEY

*Matt Kelemen / @monkeyogi*

Meditation is an ancient and diverse practice in paying attention to what is already here, and perhaps what has been here for a very long time. Be guided through a story-driven journey to the seat of your own deeply powerful meditative recognition! No meditation experience necessary.



## BODYWISE WORKSHOP

*Nikita Fowler / @nikita.yoga*

Learn how asana practice informs our Being with wisdom that is of a different format than our minds. How it receives, processes and articulates this knowledge can bring about a deeper connection to our spiritual path, bringing us closer to our innate nature. Explore how the body can be your portal to the present moment.



## YIN WORKSHOP

*Lisa Tierney / @lisartierney*

Join Lisa in this sacred space and take the time to rest into yourself and to feel. You will be guided into passive holds that target your connective tissues and create the opportunity to release deep tension in your body, your heart, and your mind. Feel all the expressions that need to rise to the surface as you sink into yourself and witness the contentment you'll find when you allow.



## NATURE WALK

*Lindsay Tennock*

Go for a nature walk and have some fun interacting and connecting with the natural environment. You will explore the shapes and colours observed along the path and gain a new perspective by looking for common Alberta plants and going over some of their properties and characteristics.



## SUMMER-INSPIRED FLOW

*Amy Rogers / @amykrogers84*

Join Amy, of Awaken Life Yoga, for a vinyasa style flow class embracing the warm energy of the sun. A summer-inspired practice will leave you feeling energized and grounded. Opening our hearts to practice in community as we breathe and move together in unity.



## HERBAL YOGA

*Denis Manzer / @denismanzer*

Experience the powerful effects certain herbs can have to boost your yoga practice! We will be exploring the herbs that have long been treasured in the ancient ayurvedic system of medicine for the effects they have on our mind: boosting focus, concentration and alertness!



## AWAKEN YOUR VOICE & TRANSFORM YOUR LIFE

*Girish / @girishmusic*

Discover the voice of your soul in this transformative workshop with internationally touring world music artist, teacher, and author Girish. Science is proving what ancient cultures and our inner wisdom already know: your voice can become one of the most powerful agents of transformation in every facet of your life. Sharing his own experience as a sound healer, musician, yogi, and former Hindu monk, Girish offers tools and practices to find and express your true voice in this interactive and inspiring workshop.



## KIRTAN

*Girish & His Band / @girishmusic*

Girish, an accomplished musician of many genres, a former monk infused in spiritual practice, and a loving wordsmith linking lyrics and rhythm in a blissful musical event, will sing traditional Sanskrit mantras with a modern, funky, yet deeply devotional twist. Accompanied by his amazing band, Girish invites kirtan participants to sing along, chant responses, and to dance!



## SUNDAY SOLSTICE SLOW FLOW

*Tracy Mann*

Take a trip to YogaLand - A breath by breath, moment to moment internalized adventure through the wonders of the most joyful place on earth.



## NATURE WALK

*Kyle Bennett*

Join Kyle and explore the ways nature can help us become more compassionate with ourselves, each other and the natural world.



## DIDJERIDOO SOUND HEALING

*Wesley Jobe*

Part immersive relaxation and primal music concert, and part eclectic body science movement practice. Replete with Qi-gong, breathwork and guided meditation for energizing the body, calming the mind and stimulating the imagination. Expand your knowledge and appreciation for how we all communicate here on this lovely planet through sound!



## MASSAGE

*Alison DuRussel / @alidurussel*

Sign up to receive 10-minute chair massages with Alison. The perfect way to relax and restore after a morning of challenging yoga classes!



## REIKI

*Kim Festa / @yogafesta*

Sign up to receive a 15 minute Reiki session. Reiki can promote deep relaxation, remove energy blocks and harmonize all layers of our being.



## RIVER CEREMONY

*Cesar Balestrini / @newwingsbalestrini*

This a ceremony for new beginnings, to let go, or to just make an offering to mother earth. Bring your intention and offering, a sacred object, a rock, or a piece of wood, and we will release it in the river in a beautiful way praying to Great Spirit and the four elements.



## **CAMP GAMES**

*Teague Urquhart*

Fun outdoor games for all ages. Featuring games like Splat, Evolution, Bug In A Rug, Agent Venom, Chuck The Chicken, Camouflage, I'm Going Camping, and more.



## **WILD CHILD NATURE EXPLORATION**

*Teague Urquhart*

Children get to explore, identify, imagine, and build in the forest while supervised and helped by me.



## **ELEMENTAL MOVEMENT**

*Teague Urquhart*

Want to go to a class? Drop your children off at the Children's Tent for fun activities throughout the day on Saturday and on Sunday morning.



## **CHILDREN'S ACTIVITIES**

*Children's Tent*

Want to go to a class? Drop your children off at the Children's Tent for fun activities throughout the day on Saturday.