

SANGHA YOGA FEST SCHEDULE

December 15 -18th, 2022

THURSDAY 15.12.22

TIME	CLASS DESCRIPTION	TEACHER	SPACE
9:00 - 12:00 am	REGISTRATION		CUATRO VIENTOS
4:00 - 5:30 pm	Chanting from the heart LIVE MUSIC Bhakti Yoga	Kirtan Collective GLOBAL English	EL MIRADOR GUAYCURA
5:30 - 7:00 pm	Attachment transmutation: Tobacco and copal offering and opening fire ceremony LIVE MUSIC	Javier Bautista MEXICO Bilingual	EL MIRADOR GUAYCURA
7:00 - 8:30 pm	Vibrational Healing Meditation and Movement	Marcelo Mansour ARGENTINA Spanish	EL MIRADOR GUAYCURA

FRIDAY 16.12.22

TIME	CLASS DESCRIPTION	TEACHER	SPACE
5:00 - 7:00 am	The joy of belonging: silent, free and anonymous Karma Yoga	Clara Delgado MEXICO Bilingual	PUBLIC PARK BOMBEROS
7:00 - 9:00 am	MASTER CLASS Lighting the inner fire Bhakti Yoga and Asanas	Javier Bautista MEXICO Spanish	CUATRO VIENTOS
9:00 - 10:30 am	MASTER CLASS Tantric Goddess activation Tantra para mujeres	Hari Darshan PERU Bilingual	CUATRO VIENTOS
10:30 - 12:30 pm	CLASS The power of alignment: the purity of the traditional lineage Yoga Iyengar	Astrid Hernández MEXICO Bilingual	CUATRO VIENTOS
12:30 - 2:30 pm	DHARMA TALK The fourth noble Truths Buddhism	Meredith Hooke US English	CUATRO VIENTOS
2:30 - 4:30 pm	CLASS Sorority and feminine comunion: women circle who run with wolves	Stephanie Penilla Ofelia Bojórquez MEXICO Bilingual	CUATRO VIENTOS
4:30 - 6:00 pm	CLASS Energy Synergy: integrative movement, breathing and vocalization LIVE MUSIC	Marcelo Mansour Iael Hervier ARGENTINA BRASIL Spanish	CUATRO VIENTOS
6:00 - 7:00 pm	FILM TALK Freedom process: Yoga in Mexican prisons Parinaama Yoga	Special Guest Ann Moxey ARGENTINA English	CUATRO VIENTOS
7:00 - 8:30 pm	MASTER CLASS Balance and recovery: Candlelight deep stretch, copal and silence Parinaama Yin Yoga	Special Guest Ann Moxey ARGENTINA English	CUATRO VIENTOS

SATURDAY 17.12.22

TIME	CLASS DESCRIPTION	TEACHER	SPACE
7:00 - 8:30 am	CLASS Guided first series Ashtanga Yoga Yoga chikitsa	Paco Zatarain MEXICO Bilingual	CUATRO VIENTOS
8:30 - 10:00 am	MASTER CLASS In the pulse of the Universe: Spada Parinaama Yoga	Special Guest Ann Moxey ARGENTINA English	CUATRO VIENTOS
10:00 - 11:30 am	WORKSHOP I Therapeutic flights Lunar AcroYoga	Eva Ullmann Christian Sand ARGENTINA MEXICO Bilingual	CUATRO VIENTOS
11:30 - 1:00 pm	WORKSHOP II Learning to give and receive Ayur vedic massage	Hesed Nájera MEXICO Bilingual	CUATRO VIENTOS
1:00 - 3:00 pm	WORKSHOP III Malas making and art meditation	Suzi Maldonado US English	CUATRO VIENTOS
3:00 - 4:30 pm	CLASS The beauty of our spinal anatomy: the use of Back Mitra to improve mobility and posture Therapeutic Yoga	Paola Martinez MEXICO Bilingual	CUATRO VIENTOS
4:30 - 6:30 pm	MASTER CLASS The power of the voice and the healing hands	Marcelo Mansour ARGENTINA Spanish	CUATRO VIENTOS
6:30 - 7:45 pm	CLASS Candle Bliss and copal: body posturation to Pachamama Restorative Yoga LIVE MUSIC	Iael Hervier BRASIL Bilingual	CUATRO VIENTOS

SUNDAY 18.12.22

TIME	CLASS DESCRIPTION	TEACHER	SPACE
7:00 - 8:00 am	CLASS Knowing Your True Self Through the Heart Guided meditation	Meredith Hook US English	CUATRO VIENTOS
8:00 -10:00 am	MASTER CLASS Prana and the strength of the solar warrior Solar Yoga	Javier Bautista MEXICO Spanish	CUATRO VIENTOS
10:00 - 11:30 am	MASTER CLASS Exploring proprioception through movement Somatic Yoga	Eva Ullmann ARGENTINA Bilingual	CUATRO VIENTOS
11:30 - 1:45 pm	WORKSHOP V A life changing experience BREATHWORK	Ofelia Bojórquez Stephanie Penilla MEXICO Bilingual	CUATRO VIENTOS
2:00 - 4:00 pm	MASTER CLASS Restorative asanas with liberating chants Parinaama Yoga	Special Guest Ann Moxey ARGENTINA English	CUATRO VIENTOS
4:00 - 5:30 pm	BUDHIST CEREMONY Cuatro Vientos sacred space blessing and Meditation. 8 Cuatro Vientos Anniversary Celebration	Löpon Tashi/ Marimar Higgins NEPAL/US English	CUATRO VIENTOS
6:00 - 7:30 pm	Cosmic Sound bath: a unique and healing therapy and hot beverages LIVE MUSIC	Allison Eaton MERCY & SHIVA DAS US English	CUATRO VIENTOS
7:30 - 8:30 pm	From the ashes: closing ceremony Vegan aperitives and hot beverages LIVE MUSIC	Javier Bautista MEXICO Spanish	CUATRO VIENTOS



PS: Schedule subject to last minute changes. Please follow @sanghayogafest Instagram and Fb www.sanghawellness.org
50 people max per class