



**EVOLVE™ EXPO**  
A Positive Living Event



## **Evolve Expo – Yoga Stage Program April 30 and May 1, 2016**

### **Yoga Stage Program April 30th:**

#### **Yoga Presented by the Denver Yoga Festival**

- 10:30-11:15am - Sun Salutations: Rise & Shine Yoga (Asana)
- 11:30-12:15pm - Self-Care and Mindfulness (Lecture & Meditation)
- 12:30-1:15pm - Pranayama: The Art of the Breath (Pranayama & Meditation)
- 1:30-2:15pm - Living the Yogic Lifestyle: Take Your Yoga Off the Mat (Lecture)
- 2:30-3:15pm - Stretch and Soften: De-Stress your Life (Asana & Lecture)
- 3:30-4:15pm - DIY Yoga: Learn to Build a Home Practice (Asana & Lecture)
- 4:30-5:15pm - Rest & Relax: Restorative Yoga (Asana)

### **Speakers Stage Program Sunday May 1st:**

#### **Yoga Presented by the Denver Yoga Festival**

- 10:30-11:15am - Sun Salutations: Rise & Shine Yoga (Asana)
- 11:30-12:15pm - Self-Care and Mindfulness (Lecture & Meditation)
- 12:30-1:15pm - Pranayama: The Art of the Breath (Pranayama & Meditation)
- 1:30-2:15pm - Living the Yogic Lifestyle: Take Your Yoga Off the Mat (Lecture)
- 2:30-3:15pm - Stretch and Soften: De-Stress your Life (Asana & Lecture)