

# TAHOLISTIC SIGNATURE WEEKEND

April 25 - 27, 2025  
DETAILED SCHEDULE

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APRIL 26: 3PM - 6PM  
APRIL 27: 10AM - 2PM  
BALLROOM PRE-FUNCTION

## Taholistic Marketplace

Engage, learn and connect with local artisans selected to share their craft and dedication to wellness. Their artisanal treasures will be available for purchase, and we thank you for your contribution in uplifting our vibrant community members. Get ready to shop local with vendors such as Herb & Moon, 395 Naturals, Sierra Shadows Lavender & Honey, and more!

APRIL 26: 10AM - 8PM  
APRIL 27: 9AM - 8PM  
BEACHFRONT

## Lost Sauna Experience

We've partnered with the Lost Sauna Company, for an exclusive two-day offering of a sanctuary for those seeking respite from life's daily stresses. Their saunas are havens of calm, melting away tension and fostering a state of deep relaxation. Embrace the holistic health benefits that Lost Sauna Company provides.

FRIDAY, APRIL 25

5:00PM - 6:15PM  
BALLROOMS 1/2

## Taholistic Kick-off

Detox and Restore: Join us for the kick-off class to get you in the right headspace for the weekend, with a Yin Yang Opening Flow with Kayla Garcia.

**About the instructor:** Kayla is a dynamic certified yoga and barre instructor renowned for her strength and empathy. With a high level competitive sport as her background she empowers students to embrace their full potential. Her classes inspire confidence and resilience, with both physical and mental growth. Kayla's authentic approach makes every session a transformative experience as she takes you on a journey to be your BEST self!

**About the class:** Detox & Restore: Detox and Restore is an exquisite opportunity to balance your body and its energies. Begin with a solar vinyasa series to heat up and detoxify the body then allow your lunar side to give way and slow down. Take advantage of the infrared heat to assist in both your solar (yang) and lunar (yin) modes, as we create a fiery detoxifying breath we, in turn, surrender into slower deeper asanas with the use of props to assist you with minimal effort, all to help you truly restore and let go of what you no longer need. Expect to feel rejuvenated, relaxed and happy afterward, and to sleep better that night. All levels are welcome, beginners, pre/post-natal, and injury recovery appropriate.

SATURDAY, APRIL 26

8:30AM - 9:30AM  
BALLROOMS 1/2

## Rise & Shine

Join us for a Soulful Morning Flow with Peter Walters

**About the instructor:** Peter Walters is a student of life. He uses yoga and chanting as vehicles to share presence, joy, awakening, and healing practices. You can find him teaching yoga at Cloudbreak in Sausalito, San Quentin State Prison to incarcerated individuals, leading retreats, around the world teaching at festivals, on Headspace, Audible, and FitOn apps, and in a Zoom room near you sharing live online and recorded practices. Come along!

**About the class:** Rise & Shine: A Soulful Morning Flow (All Levels Bhakti Flow)  
Join us for our morning practice that will awaken both body and heart. This all-levels flow weaves traditional vinyasa-based asana with the heart-opening essence of Bhakti yoga— the yoga of love and devotion. We'll move with intention and joy, building heat while staying connected to the deeper currents of devotion that make this practice so transformative. Whether you're touching your toes or just halfway there, this practice is open to all! Come with an open mind and a playful spirit.

11:00AM - 12:30PM  
BALLROOMS 1/2  
CHOOSE ONE

## Elevated Offering

Ballroom 1- Flow & Fly Low  
Join us for an Arm Balance Workshop with Denelle Numis

**About the instructor:** With over a decade of experience, Denelle offers an authentic and intentional perspective to students. Movement is her biggest passion, and she loves to guide students through an intelligent and exploratory yoga asana sequence while incorporating mindfulness and real-life lessons into the practice. Expect a practice designed to leave you feeling your best! Denelle teaches regularly in San Francisco, CA and leads quarterly retreats both locally and abroad.

**About the class:** Flow & Fly Low: This intermediate/advanced level yoga class is designed to up level your arm balance practice. We will explore many of the low-flying arm balances asanas by identifying the key actions needed to achieve these poses with confidence. You will leave ready to explore more low-flying arm balances in your regular yoga practice. Get ready to flow & fly low!

OR



SUNDAY, APRIL 27

8:30AM - 9:30AM  
BALLROOMS 1/2  
CHOOSE ONE

## Elevated Offering

Join us for Tone & Conditioning with Alanna Parlett  
Ballroom 1

### About the instructor:

Alanna is a dynamic professional with a diverse background in movement, wellness, and event coordination. As an accomplished dancer and certified yoga and barre instructor, she has been teaching dance and fitness for over 20 years. Alanna is also a massage therapist, licensed esthetician, and a graduate of the Nutrition Science program through Stanford Medicine, bringing a holistic and informed approach to health and fitness. Additionally, she serves as the coordinator for the Tahoe Yoga Festival hosted by Omni Studio and Fitness. Her passion for high-intensity workouts and dedication to helping others achieve their fitness goals inspire and energize everyone she works with.

### About the class:

Tone & Conditioning: Tone and condition your body with our focused one-hour workout session! This class emphasizes sculpting and strengthening through lightweight resistance and higher repetitions for a comprehensive toning experience. Enjoy a full-body workout designed to enhance muscle definition and promote overall fitness.

OR

8:30AM - 9:30AM  
BALLROOMS 1/2  
CHOOSE ONE

## Mindfulness Offering

Join us for Gentle Flow & Sound with Katelyn Morris  
Ballroom 2

### About the instructor:

A student of nature, yoga, and the mysteries of life— Katelyn curates heartfelt and nurturing offerings to serve her community through education, ritual, and creative expression. While growing up in the Appalachian mountains of Pennsylvania, she discovered a great love for the earth that has informed much of her life journey—so far spent meandering from mountain to mountain, river to ocean to lake, enjoying all the beauty along the way. Creative expression is the heartbeat of her work in the world, ranging from topics like womanhood, the body, life and death, to the earth, the elements, subtle energy, and spirit animals. She teaches yoga regularly; holds circular offerings attuned to the lunar cycle in South Lake Tahoe, CA. She weaves healing soundscapes into her yoga classes and ceremonial offerings using voice and a variety of acoustic instruments, honoring the power of sound to ground and center.

### About the class:

Gentle Flow and Sound: This beginner friendly class weaves breath with simple vinyasa style movement and longer held restorative postures to cultivate relaxation. We will explore meditation and energy-balancing techniques paired with sound healing and vocal toning. This class intends to center, nourish, and deepen body awareness.

