



TAHOLISTIC SIGNATURE WEEKEND

April 25 - 27, 2025 DETAILED SCHEDULE

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.

11:30AM - 1:00PM BALLROOMS 1/3 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 man of the low-flying arm balances asanas by identifying the key actions needed to achieve these poses with confidence. You will leave ready explore more low-flying arm balances in your regular yoga practice. Get ready to flow & fly low!





11:30AM - 1:00PM BALLROOMS 1/3	Mindfulness Offering
CHOOSE ONE	Ballroom 3- Welcome Home Join us for a Bhakti Workshop 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:	Welcome Home: A Bhakti Workshop (All Levels Welcome ~ Minimal movement required) Remember when singing wasn't about performance, but just pure, uninhibited joy? When movement flowed naturally from your heart and wasn't so prescriptive? Did anyone ever tell you to be quiet and make you think your voice wasn't valuable and worthy? In this intimate workshop, we'll gently peel back the layers that may have muted your authentic expression over the years. Through the sacred practice of kirtan (devotional chanting), simple movement, and heart-opening connection exercises, we'll create a safe space to rediscover the natural voice that lives within each of us. No previous singing experience needed - only a curiosity and willingness to explore, connect, and perhaps surprise yourself. We will use the journey into the voice to find our way back to the Hridaya, or the spiritual heart. Bring your curiosity, questions, vulnerability, and your desire to connect with a deeper part of yourself. This will be song and discussion-based so enthusiastic participation is greatly appreciated.
2:30PM - 4:00PM	Sound Bath
BALLROOMS 1/2	
	Join us for Serence Soundscapes, lead by Alana Saporiti and adjusted by Terrel Taylor
About the instructors:	Alana curates ritual connection, seeing and guiding others through portals to the mystical realms— nurturing spaciousness and wonderment. Deeply rooted in evoking pleasure and living everyday-life as ceremony, she is dedicated to her soul's curriculum as a Sound Bath Facilitator, Yin Yoga Instructor, Tea Ceremonialist, Priestess of Freyja, and Reiki Master. She creates environments for you to connect with your inner cycles, the cycles of nature, and ancient knowings that lie within. Terrell is a yoga teacher with a masters in occupational therapy. She completed her 200 hour yoga teacher training and accessible yoga training at Omni. Terrell found a passion for women's health within her OT practice that lead her to become a certified Pregnant and Postpartum Corrective Exercise Specialist (PCES). Terrell's classes are a holistic experience that emphasize education, strengthening, pain/injury prevention, and increased body awareness.
About the class:	Serene Soundscapes: A Journey to Inner Harmony. Come relax into the soothing vibrations provided by a collection of crystal singing bowls, each one correlating to a specific chakra, alongside the resonant sounds of a gong. Release into meditative bliss as we harmonize and balance the energy body, evoking a regulated nervous system, grounded and peaceful energy, and clarity of intentions together. Adjustments will be provided by Terrell Taylor to enhance your experience and ensure a deeper connection to your inner self.





SUNDAY, APRIL 27

8:30AM - 9:30AM BALLROOMS 1/3 CHOOSE ONE

About the instructor:

Elevated Offering

Join us for Tone & Conditioning with Alanna Parlett Ballroom 1

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 onehour 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 1/3 CHOOSE ONE

About the instructor:

Mindfulness Offering

Join us for Gentle Flow & Sound with Katelyn Morris Ballroom 3

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 meanderingfrom 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.





11:30AM - 12:45PM BALLROOMS 1/2

Dancing with Devotion

Join us for an All Levels Bhakti Flow, lead by Peter Walters

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:

Dancing with Devotior

(All Levels Bhakti Flow) Join us for this heart-opening flow that combines fluid sequences with moments of sweet stillness, creating space for both physical exploration and maybe even forgiveness. We'll build strength and resilience while staying rooted in the bhakti tradition's emphasis on love and celebration. Expect to move, breathe, sing, sweat, and maybe even laugh as we explore what it means to make our practice a living, breathing, moving prayer. All levels and all beings are welcome.

2:00PM - 3:30PM BALLROOMS 1/2

Yindulgence

Join us for a Restorative Myofacial Release session, lead by 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: Yindulgence: Indulge in 90 minutes of rest and relaxation in this yin yoga workshop. Activate the parasympathetic nervous system in your body and ignite your relaxation response. During this workshop, we will practice a few stationary poses for several minutes at a time with deep breaths and stretches to release the tension in your tissues.

4:00PM - 4:30PM ACTIVITY LAWN Farewell Circle & Mocktail Toast Thank you for joining us in our 2025 Tabolistic Signature Weekend!





TAHOLISTIC WEEKEND PERKS

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

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

APRIL 26 & 27 7:00AM - 4:00PM THE BISTRO

APRIL 26 & 27 8:30AM - 5:00PM SPA EDGEWOOD

Taholistic Marketplace

Discover, engage, and immerse yourself in the craftsmanship and passion of local artisans who have been handpicked to share their unique talents and commitment to wellness. Featured during the month of April, explore their curated collection of artisanal treasures, thoughtfully crafted to inspire and enrich. Every purchase is in support to empowering and uplifting our vibrant community, and we are deeply grateful for your contribution to sustaining and celebrating their artistry.

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.

50% Discount for Brunch at The Bistro

Need to refuel in between wellness sessions? Join us in The Bistro to enjoy brunch favorites-whether you are team sweet, savory, or both! <u>Applies for Taholistic Signature Weekend Ticket Holders only</u>

30% Discount for Spa Edgewood Services

Recover, relax, and revitalize. Spa Edgewood has everything you need to maximize your wellness journey this weekend. Featured this weekend is our CBD services, with tension-dissolving and calming benefits in the forms of a massage, facial, or body scrub. Not what you are looking for? Don't stress...discount still applies to the rest of our daily services! <u>Applies for Taholistic Signature Weekend Ticket Holders only</u> <u>Book in advance to ensure your spot; discount does not apply for retail items</u>