

CLUBHOUSE  
NORTH ROOM

8:30 AM  
Coffee, Tea, Juice, Snack

9:00 AM - 9:30 AM  
Opening Introduction

9:45 AM - 10:45 AM  
Cristi Christensen  
"Somatic Sound Journey:  
Arrive, Align, and Set  
Your Intention"

12:00 PM - 1:30 PM  
The Edge Restaurant & Lounge  
Light Lunch Buffet

12:30 PM - 5:00 PM  
Vendor Market

LODGE  
BALLROOM 1/2

11:00 AM - 12:00 PM  
Peter Walters  
"High on Love: A Joyful  
Sweaty Celebration"

3:00 PM - 4:00 PM  
Denelle Numis  
"Ride the Wave: A  
Movement Mandala"

5:00 PM - 6:00 PM  
Closing Session: Sound & Yin  
Alana Saporiti & Katelyn Morris

LODGE  
BALLROOM 3

11:30 AM - 12:30 PM  
Brooke Haley  
"The Radiant Edge: A  
Chakra Embodiment  
Intensive"

3:15 PM - 4:15 PM  
Cristi Christensen (Talk)  
"Unlocking Your Inner  
Power: The Nervous  
System Key to Clarity,  
Confidence, and Purpose"

OUTDOOR

9:00 AM - 5:00 PM  
Sauna Experience  
Beachfront

CLUBHOUSE  
NORTH ROOM

8:00 AM  
Coffee, Tea, Juice, Snack

8:00 AM - 12:00 PM  
Vendor Market

2:00 PM - 3:00 PM  
Brooke Haley  
‘Live the Yoga: Embodying  
the Wisdom of the Yoga  
Sutras in Everyday Life’

LODGE  
BALLROOM 1/2

8:30 AM - 9:30 AM  
Cristi Christensen & DJ Nikki Yoga Practice  
“Soul Fire: A Transformational  
Yoga Dance Experience”

11:00 AM - 12:15 PM  
Peter Walters  
“Open the Gates- A  
Heart + Voice Ceremony”

3:00 PM - 4:00 PM  
Taholistic Signature Weekend Send Off  
Thank You’s, Wine Cheers, and Mocktails

LODGE  
BALLROOM 3

11:30 AM - 12:30 PM  
Denelle Numis  
“Rolling in the Deep:  
A Myofascial Release  
Workshop”

OUTDOOR

9:00 AM - 5:00 PM  
Sauna Experience  
Beachfront

## Meet Your Instructors

### Denelle Numis



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.

### 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!

### Katelyn Morris



Katelyn is a nature-inspired creative, educator, and yoga practitioner whose work blends ritual, sound, and artistic expression. Rooted in her upbringing in the Appalachian mountains, she draws deep inspiration from the earth's ecosystems to guide her offerings as a space holder and community builder. Based in South Lake Tahoe, she teaches yoga, leads lunar-aligned circles, and weaves healing soundscapes into her classes and ceremonies. Her work explores the human experience through themes of nature, womanhood, subtle energy, and the soul.

### Brooke Haley



Brooke Haley is a Tahoe-based Clinical Yoga Therapist and global wellness expert dedicated to elevating the human experience through holistic wellbeing. Known for her refined presence and intuitive depth, she guides individuals toward balance, resilience, and inner vitality. Integrating therapeutic yoga, mindfulness, and integrative wellness practices, Brooke blends clinical insight with restorative, soul-centered experiences, creating compassionate, sophisticated spaces where people can find clarity, lasting wellbeing, and a renewed sense of harmony.

### Alana Saporiti



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.

### Cristi Christensen



Cristi Christensen is a global embodiment teacher, author, and transformational leader. A former elite gymnast and US Olympic-track diver, her journey through a career-ending injury and advanced-stage cancer shaped her commitment to healing and human resilience. Cristi blends yoga, somatic practices, and sound healing to help people access deeper transformation. She is the author of *Chakra Rituals*, the founder of the Kirana 500-hour yoga school, and co-founder of Deep Exhale.

# Class Descriptions

## **Somatic Sound Journey: Arrive, Align, and Set Your Intention**

Cristi Christensen | Saturday 9:45AM - 10:45AM

Begin the weekend by gently grounding into your body through breath, subtle movement, guided meditation, and immersive sound healing. This restorative opening ceremony calms the nervous system, quiets the mind, and creates space for clarity and intention-setting. With crystal singing bowls and somatic awareness practices, you'll be guided inward to connect with your wisdom and prepare for the weekend ahead. No experience needed—simply come as you are.

## **High on Love - A Joyful, Sweaty Celebration**

Peter Walters | Saturday 11:00AM - 12:00PM

This is movement as medicine and joy as fuel. Expect heat, rhythm, and a sense of play — a class that builds energy and lets it spill over into laughter, sweat, and wide-open presence. Less “serious practice,” more “hell yes to being alive” in this moment. Join us to begin again.

## **The Radiant Edge: A Chakra Embodiment Intensive**

Brooke Haley | Saturday 11:30AM - 12:30PM

Explore the transformative power of your energy centers in this evidence-based talk with Clinical Yoga Therapist Brooke Haley. Learn how the seven chakras shape your physical, emotional, and mental well-being, and discover practical tools to restore balance, regulate your nervous system, and support whole-body health. Through simple, research-informed practices—breathwork, gentle movement, visualization, and mindfulness—you'll gain techniques to:

- Energize and align your chakras
- Reduce stress, anxiety, and physical tension
- Support relief from common conditions
- Build emotional clarity and resilience

Whether you're new to the chakra system or deepening your practice, you'll leave grounded, balanced, and empowered—with accessible strategies you can use immediately to feel aligned, vibrant, and inspired.

## **Ride the Wave: A Movement Mandala**

Denelle Numis | Saturday 3:00PM - 4:00PM

One of the ways we experience our movement practice is to use Asana as moving meditation. This all-levels practice is designed to take you on a journey around your yoga mat. Experience an exploratory practice with pulsing movements (spanda) and circular movements (mandala) as we navigate our way around the yoga mat with an embodying, empowering and euphoric flow. This class features a practice moving in a mandala fashion and ends with a closing meditation.

## **Unlocking Your Inner Power: The Nervous System Key to Clarity, Confidence, and Purpose**

Christi Christensen | Saturday 3:15PM - 4:15PM

What if your fullest potential comes not from pushing harder, but from regulating your nervous system? In this accessible talk, Cristi explores how the nervous system shapes clarity, confidence, resilience, and purpose. Blending modern science with ancient somatic wisdom, she reveals how stress patterns restrict creativity—and how simple practices can shift you into ease, intuition, and empowerment.

You'll leave with a deeper understanding of your inner landscape and practical tools to regulate your nervous system, access inner strength, and move forward with greater confidence. This session is experiential, insightful, and open to all.

# Class Descriptions

## Sound Journey to Inner Harmony + Yin

Katelyn Morris & Alana Saporiti | Saturday 5:00PM - 6:00PM

Join us as we ground after a powerful first day of fiery, flowing, intentional self-care. This session blends a restorative Yin practice with an immersive sound journey to help you soften, open, and deeply reset.

We'll move through slow Yin postures to gently release the hips, shoulders, and heart, then settle into the soothing vibrations of crystal singing bowls—each tuned to a specific chakra—and the grounding resonance of the gong. These layered frequencies support energetic balance, nervous system regulation, and a calm, centered sense of clarity.

## Soul Fire: A Transformational Yoga Dance Experience

Christi Christensen | Sunday 8:30AM - 9:30AM

Awaken your energy, ignite your spirit, and step into your full aliveness. This dynamic, music-infused experience blends yoga, breath, intuitive movement, and dance to release stagnant energy, reconnect you with your body, and awaken freedom and vitality. Guided by curated music and somatic cues, you'll move beyond thinking and into pure embodied presence—no performance, no perfection, just authentic expression. You'll leave feeling energized, open, and deeply connected to yourself and the group. All levels welcome.

## Open the Gates - A Heart + Voice Ceremony

Peter Walters | Sunday 11:00AM - 12:15PM

We gather to sing, listen, and let the heart speak. No movement — just breath, sound, and the courage to feel what wants to be felt. This is about softening the armor, waking the inner fire of devotion, and remembering how powerful it is to open ourselves to the Divine. Come as you are. All beings welcome.

## Rolling in the Deep: A Myofascial Release Workshop

Denelle Numis | Sunday 11:30AM - 12:30PM

Release the issues in your tissues. Myofascial Release Therapy, or SMR (self myofascial release), increases muscular mobilization and relieves unnecessary tension stored in our connective tissues. Experience a short vinyasa flow practice followed by sweet relief through movements using the RAD tools to ease the tension in your joints and muscles. RAD Roller will supply the RAD tools, which will be available for purchase post-workshop. Let's go Deep!

## Live the Yoga: Embodying the Wisdom of the Yoga Sutras in Everyday Life

Brooke Haley | Sunday 2:00PM - 3:00PM

As the closing experience of the Taholistic Signature Weekend at Edgewood, Brooke Haley leads a reflective conversation to help guests carry the weekend's clarity and renewal into daily life. She guides participants in integrating both on- and off-the-mat practices into a sustainable, meaningful path forward.

Drawing on the Yoga Sutras and the Eight Limbs of Yoga, Brooke shows how yoga becomes a lived philosophy that shapes how we think, act, and connect with the world. Through practical insight, guests learn how the weekend's embodied teachings can support modern, conscious living. Participants leave with simple, empowering tools that foster resilience, balance, and ongoing transformation—ensuring the retreat's impact endures well beyond the weekend.