

# KULA

## YOGA FESTIVAL

July 31st  
Brinton Museum



U = Upper Pad  
L = Lower Pavilion  
TH = Trail Head

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### 7:30AM OPENING CEREMONY

8:00AM

(U) EMBODYING YOUR DESIRED LIFE • ASIA STOCKWELL  
(L) YOGA ASANA ALIGNMENT • TRISH MILLHOUSE  
(TH) GUIDED MINDFUL HIKE & MEDITATION • MICHELE FRITZ

9:30AM

(U) INVERSIONS & ARM BALANCES • TANYA MOON  
(L) YOGA FOR PAIN CARE • TRACEY BURKE

11:00AM

(U) CREATE A HAPPY HEALTHY BRAIN THROUGH MANTRA  
• KATHLEEN KARLSEN  
(L) YOGA & ICE BATH FOR STRESS RESILIENCY • ANSLEY MEREDITH

12:30PM

(U) YIN YOGA TO CREATE CALM & BALANCE • SAMANTHA BELISLE  
(L) YOGA & ACUPUNCTURE • MONIQUE MUELLER

2:00PM

(U) KIRTAN • KATHLEEN KARLSEN

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CALL 307-421-4738 FOR MORE INFO  
SIGN UP ON MINDBODY

