



# 18th Annual Yoga Jambalaya!

Yoga + Wellness + Community with Balanced Rock  
Sat, Nov 5th at the Yosemite Bug Rustic Mountain Resort

## 2022 Schedule

8:00am-9:15am | Morning Mindfulness Yoga  
with Catherine Wortmann

9:30am-10:45am | Sun Salute  
with Breezy Jackson

11:00am-12:15pm | Interoception & the Inner Breath  
with Dennis Eagan

*\*\*Lunch Break or Spa Time\*\**

2:00pm-3:15pm | Yoga para todos - Hatha Yoga in Spanish  
with Clara Baena

3:30pm-4:45pm | Steady, Strong + Grounded  
with Cassidy Engfer

5:00pm-6:15pm | Exhaustion Recovery Yoga  
with Koren Stewart

6:30pm-7:30pm | Immersive Sound Healing Experience  
with Ryan Evans

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Enjoy a full day of classes, relax at the Day Spa,  
and immerse yourself in gentle sound healing!



SPACE IS LIMITED! Register in advance by scanning the QR code above!

Questions? Email Us! [info@balancedrock.org](mailto:info@balancedrock.org)