

Yoga Sanctuary

Mountain View Room



On January 25th, step into the Yoga Sanctuary at the Holistic Wellness Expo for a day of Fearless Expression—a transformative journey to awaken your inner light, dissolve limitations, and boldly embrace the New Year.

Our theme, **Fearless Expression: Radiate Joy and Peace into the World**, invites you to live authentically, guided by joy, peace, and inner strength. Through breath, movement, and sound, you'll reconnect with the divine power within, letting it shine freely and inspire others.

As Paramhansa Yogananda reminds us:

*"Live quietly in the moment and see the beauty of all before you.
The future will take care of itself."*

This is your opportunity to pause, drop into presence, and cultivate clarity for the year ahead. Each session in the Yoga Sanctuary is thoughtfully crafted to guide you through activation, reflection, and renewal, providing a sacred space to ground yourself and flow into the vibrant workshops and connections of the expo. Let this day inspire you to carry your light forward into the world!

Program

10:30 a.m.: Awaken Inner Strength with Zia (Hatha/Vinyasa Flow) Start your day with Zia in an empowering all-levels Hatha and Vinyasa Flow session centered on fearless expression. This vibrant class invites you to move freely and authentically, blending dynamic poses, steady breath, and grounding movements to energize your body and calm your mind.

Through mindful alignment, breath awareness, and empowering intentions, Zia will guide you to step into your full power and embrace your unique expression both on and off the mat. Whether you're seeking to break through self-imposed limitations or simply connect more deeply with your true self, this practice will support you in cultivating confidence, joy, and boundless freedom. Leave feeling balanced, radiant, and ready to shine your fearless light into the day ahead.

11:30 a.m.: Ignite Your Radiance with Bexx Taran Shanti (Kundalini Yoga)

Step into the transformative energy of Kundalini Yoga, a practice designed to awaken the dormant energy within your spine and elevate your body, mind, and spirit. Through rhythmic breathwork, dynamic movement, and uplifting mantras, this session will help you align with your highest self and bring clarity, focus, and vitality to your being.

The sacred mantra Sat Nam—truth is my identity—will guide this empowering practice, reminding you to connect with your authentic essence. As you activate your inner energy, you'll feel inspired to express yourself fearlessly in your world, radiating joy, peace, and strength into every facet of your life.

Rocky Mountain Gong will play the gong for us during our Savasana time at the end of that class.

1:30 p.m.: The Courage to Be with Bexx Taran Shanti (Meditation & Grounding)

After lunch, step into the Yoga Sanctuary for The Courage to Be, a 20-minute meditation session with Bexx Taran Shanti. Open to all experience levels, this brief yet impactful class invites you to return to presence, reconnect with your inner flow, and anchor intentions for fearless self-expression in the year ahead.

Through calming breathwork, grounding visualization, and guided meditation, you'll create space to align with the beauty of the present moment and ignite your inner light. This session offers a serene pause to reset and carry the flame of inspiration forward, illuminating your path for the rest of the day and beyond.

2 p.m.: Yoga Sound Healing Journey with Mike Redhawk (Restorative Hatha/Vinyasa with Meditation and Sound)

This class welcomes all ages and levels to experience the harmony of movement, breath, and sound. Through restorative Hatha and Vinyasa postures, guided breathwork, and acoustic soundscapes featuring the handpan, didgeridoo, and singing bowls, Mike will guide you into a state of deep awareness and connection.

The practice culminates in a meditative Handpan Savasana, allowing the healing power of sound to create a profound sense of balance and peace. This session is a unique opportunity to align your physical, emotional, and spiritual energies through the transformative power of sound and movement.

3 p.m.: Peace River Yoga: A Journey into Presence with Karen Pritchard

Join Karen Pritchard in the Yoga Sanctuary for Burst, Breathe, and Be, a transformative session blending somatic warm-ups, intentional breathwork, and meditation. This class creates a space for relaxation, balance, and a deeper connection with your authentic self.

Karen's teaching gently awakens energy centers and empowers fearless self-expression, guiding you to align with the present moment and amplify your inner light. This uplifting session leaves you centered, energized, and attuned to the flow of the day and the year ahead.

4 p.m.: Sound Healing Journey with Rocky Mountain Gong (Patty and Andrew Hayes)

Conclude your day in the Yoga Sanctuary with an unforgettable sound healing experience led by Patty and Andrew Hayes of Rocky Mountain Gong. Married for 37 years, Patty and Andrew have devoted decades to supporting others on their healing journeys, creating transformative spaces for renewal and connection.

This deeply immersive gong bath invites you into a long savasana, where the resonant vibrations of the gong gently guide you to integrate all the experiences of the day. Allow yourself to rest, release, and align as the harmonious tones bring your body, mind, and spirit into balance.

Close this extraordinary day with a profound sense of peace, clarity, and connection to carry forward into the New Year.