

LIGHTNING IN A BOTTLE 2008
Workshop Schedule

FRIDAY

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| 7am-8:30am | Tai Chi with Pod LIB Stage |
| 9am-10:30 | Razzle Dazzle for Kids Orchid Lounge |
| 9:30-11:00 | Chocolate Asana Awakening Workshop Stage |
| 11am-12pm | Magical Drums for Kids -Sel & Pashyo Sarkin Ages 3-6 Workshop Stage |
| 12pm-3pm | Solar Carving Solar B Henna Booth - Vending Area |
| 12:30-1:30pm | Magical Drums for Kids - Pashyo & Sel Ages 7-12 Workshop Stage |
| 1:30-3:00 | Pedal Power- Brent H & Ryan Wartana Workshop Meetup Area |
| 1:30pm-3pm | Acro Balance - Kazum Workshop Stage |
| 3pm-4:30pm | Contact Improv - Avo Soltes and Roger Fojas Workshop Stage |
| 4:30pm-6pm | Staff - Rif Workshop Stage |

LIGHTNING IN A BOTTLE 2008
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SATURDAY

| | |
|-------------|--|
| 7a | Tai Chi - Pod Main Stage |
| 7am-8:30 | Razzle Dazzle for Kids - Marsi Orchid Lounge |
| 9am-10am | Yoga for Kids - Jacqui & Baba Workshop Stage |
| 9:30am-11am | Yoga with Romi Cumes Main Stage |
| 10am-11:30 | Boom Boom Bap for Kids - Pyrotec Workshop Stage |
| 10am-11am | Meditation - Matthew Smith Workshop Meetup Place |
| 11am | Earth Sense - Sierra Sullivan Workshop Meetup Place |
| 12-3pm | Solar Carving - Solar B Henna Booth - Vending Area |
| 12p-12:45 | PARADE |
| 1pm-2pm | Shake Your Booty - Renata Bellydance - Middle Eastern Solo - All Levels Workshop Stage |
| 1pm | Kids' Sensory Exploration (Ages 4-8) - Bryan Snyder Meet by Corral |
| 1:30pm | Wild Edibles Walk - Sunny Savage Meet at Workshop Meetup Place |
| 2:30-4:30 | Insect Life Cycle for Kids- Barbara Going Kids Area |
| 2pm-3pm | Pro-Motion for Artists & Visionaries- Audette Sophia Workshop Stage |
| 2:30-4pm | Energetically Speaking - Seda Workshop Meetup Place |
| 3pm | Solar Demonstration - Scotty Whitaker Meet at Workshop Meetup Place |

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SATURDAY - Cont.

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|---------|---|
| 3pm-4pm | West African Dance - Romi Cumes Workshop Stage |
| 4pm-5pm | Beginner's Poi - Amber Workshop Stage |
| 5pm-6pm | Advanced Poi - Amber Reddin Workshop Stage |
| 6pm-7pm | Liberate Your Inner Dancer - Andrea Olson Workshop Stage |

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SUNDAY

| | |
|------------|---|
| 9am-10am | Insect LifeCycle for Kids - Barbara Going Interactive Kid Zone |
| 10am-11am | Fun With Dancing for Kids - Suze Q Workshop Stage |
| 9am-10:30 | Yoga: Living your Light - Jesse Lombardi LIB Stage |
| 10am-11am | Meditation - Matthew Smith Workshop Meetup Place |
| 10:30am | Qi Gong Walking Meditation - Anahata Sound Workshop Meetup |
| 11am-12am | Affirmation Creation - Sierra Sullivan Workshop Meetup Place |
| 11am-12pm | Insect Life Cycle for Kids - Barbara Going Kid's Area |
| 11am-12pm | White Tantric Yoga - Bast Workshop Stage |
| 12pm-1:30 | Energetically Speaking - Seda Workshop Meetup Place |
| 12pm-1:30 | Beginners Hoopshop- Miss Rosie Workshop Stage |
| 1pm-3pm | Tiara Making for Kids and Adults! Interactive Kid Zone |
| 1:30p-3p | Advanced Hoopshop - Miss Rosie Workshop Stage |
| 1:30-3pm | Solar Cooking Demo - Diane Gardener Workshop Meetup Place |
| 1:30pm-3pm | Kids' Wildlife Hike (Ages 7-12) - Bryan Snyder Workshop Meetup Place |
| 3pm-4:30 | Magical Drums - Pashyo & Sel Workshop Stage |
| 4:30-6pm | Kshatriya Yoga - Michael Antonopolus & Tim Clark Workshop Stage |