

Schedule July \ August 2018

Harp & Yoga Festival

Sunrise / Sunset Harp & Yoga

Description:

Various yoga classes offered from July 1st to August 15th, 2018.

Teacher's bio:

Teacher's bio can be found on our FB page called: Harp & Yoga festival

Location:

On Wednesday evenings (Sunset Harp & Yoga), we will gather very close to the canteen called:

Tide's Inn

On Saturday mornings (Sunrise Harp & Yoga), we will gather on the beach at the end of Breezy Bluff Road.

Please, do not park at the end of Buffer road but always in the Canteen parking lot near the beach or close to the little white church.

Parking:

Car pooling is strongly recommended

Rainy days:

All Yoga classes are cancelled on rainy days.

And

All participants who have paid in advance can re-use their entry receipt to attend another yoga class of their choice (except Paddle Yoga).

Paddle yoga will be re-schedule the following day, same time, Thursday 7:00pm .

On a rainy day, for yoga class cancellation, please send a text or email to confirm your new class choice.

Rainy day cancellation

Please send a text or email to confirm your new class choice.

Email at: harpmeditationyogafest@oricom.ca or text at: 902-300-5355

Paddle Yoga is the **only class** that will be rescheduled the following day with our teacher Mia Lockhart.

As you arrive on site, there is a canteen called:
Tide's Inn.

1. Follow the sign Harp & Yoga
2. Bring with you the waiver form, your receipt confirmation saved on your phone, your yoga mat and a bottle of water.
3. Enjoy the relaxing sound of the harp and the magnificent view.

One of the Harp & Yoga team member will be wearing a yellow vest to welcome you on site.

On rainy days,

Guest speakers & Special activities/concert are the only 2 July events that will be rescheduled at the following location:

July 21st, Guest Speaker Larry Hughes "The electric car and the environment" will be held at the Kingsport Community Hall

July 28th, (8:30pm) Celtic Harp by the Sea will be rescheduled the following day, July 29th, 8:00pm

July 7th, Kirtan Singing and July 14th, Shannon Read Workshop "Cycle Fit at 50" are completely cancelled if it rains on those two days!

All discussion panel, at lunch time, every Saturday, on rainy days will be cancelled.

FREE events:

There are lot's of free events to attend: Round circle, discussion panel on the beach, pic nic on the

mountain. See discussion panel and workshop schedule or request a copy! These activities are cancelled on rainy days! Schedule request PDF file: harpmeditationyogafest@oricom.ca

Price/Fee for all yoga classes

Early bird reservation: \$10.00

Reservation the day before the yoga class: \$15.00

Reservation made the day of the event: \$20.00

Registration/Inscription:

Send e-transfer with **pass word being harpyoga** to the following email:

harpmeditationyogafest@oricom.ca

or

Reservation by phone

English Canada: 902-365-5234

French Canada: 581-990-7252

<p>Sunday July 1st FREE Time: 9:30 am Sunrise Harp & Yoga</p> <p>1:00pm Round circle discussin with John Otvos</p>	<p>All activities & yoga classes on July 1st are FREE. Bring an organic food non perishable item (Eos in Wolfville) thtat will be given to Food Bank or School Breakfast programs.</p> <p>Subject: How food connects us to our health.</p>	<p>Teacher: Tim Shulz accompanied with Harp Music / Guided meditation: From Head to heart to Happiness.</p> <p>Gathering on Kingsport beach close to the canteen.</p>
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3:00pm Round circle discussion: with Andreas Spinney	Subject: Moving forward through resilience.	Gathering on Kingsport beach close to the canteen.
Saturday July 7th Time: 9:30 am	E-transfer Reservation: harpmeditationyogafest@oricom.ca	Teacher: Karen Marie yoga accompanied with Harp Music
Saturday July 14th Time: 9:30 am	E-transfer Reservation: harpmeditationyogafest@oricom.ca Early reservation: \$10.00 Reservation the day before: \$15.00 Reservation the day of the class: \$20.00	Teacher: Tim Shulz meditation accompanied with Harp Music / Guided meditation: From Head to heart to Happiness.
Saturday July 21nd Time: 9:30	E-transfer Reservation: harpmeditationyogafest@oricom.ca Early reservation: \$10.00 Reservation the day before: \$15.00 Reservation the day of the class: \$20.00	Teacher: Tim Shulz meditation accompanied with Harp Music / Guided meditation: From Head to Heart to Happiness.
Saturday July 28th Time: 9:30 am	E-transfer Reservation: harpmeditationyogafest@oricom.ca Early reservation: \$10.00 Reservation the day before: \$15.00 Reservation the day of the class: \$20.00	Teacher: French Class with Jacynthe Desrosiers yoga accompanied with Harp Music.
Saturday August 11th Time: 9:30am	E-transfer Reservation: harpmeditationyogafest@oricom.ca Early reservation: \$10.00 Reservation the day before: \$15.00 Reservation the day of the class: \$20.00	Teacher: Dan Martel yoga accompanied with Harp Music.

Special Wednesday morning (Sunrise Harp & Yoga)

Guided Meditation Class with Harp Sounds with Johanne McInnis

Special Wednesday evening (Sunset Harp & Yoga) Paddle Yoga Class
with: Mia Lockhart)

Special Workshop on Wednesday afternoon with Andreeanne Bedard

Topic (English class):

Topic (French class):

Dates (Wednesdays)	Type of yoga activity	Teachers
<p>July 11th & 18th at 7:00pm Location: Wolfville reservoir. (Rain date will be the following day, same time.)</p>	<p>Paddle Yoga included with guided meditation & harp. Link\Girls on board</p> <p>https://medium.com/@mialockhart/what-is-girls-on-boards-88d82f56e2be</p>	<p>Teacher: Mia Lockhart Reservation (12 places): E-transfer at: mialockhart@gmail.com Early reservation with equipment: (\$50.00) Early reservation without the equipment: \$(35.00) Reservation the day of the event \$60.00</p>
<p>July 18th & July 21st from 2-4 pm</p> <p>English session Wednesday July 18th French session Saturday July 21st.</p>	<p>Herbalism everyday – <i>Let food be thy medicine</i> –</p> <p>“Phytotherapie de jours en jours.</p> <p>Ces saveurs et des traditions culinaires supportant une santé digestive et systémique optimale, en mettant de l'avant les plantes qui sont naturalisées ici ou qui se cultivent facilement dans notre climat.</p>	<p>Facilitator: Andreeanne Bedard E-transfer at: andreeannebedard4@gmail.com</p> <p>Early reservation: \$10.00 Reservation the day before: \$15.00 Reservation the day of the class: \$20.00</p>
<p>Three Wednesdays (9:30am) July 4, 18, 25 One Wednesday in August 15th (9:30am)</p>	<p>Guided Meditation Designed for individuals going through separation~divorce. with contemplative Harp Sounds “Finding the hidden gifts behind life’s transitions.”</p>	<p>Teacher: Johanne McInnis E-transfer to: harpmeditationyogafest@oricom.ca Early reservation: (\$20.00) Reservation the day of the event (\$25.00)</p>

Sunset yoga on Wednesday evenings

<p>Wednesday July 4th Time: 8:30 pm</p>	<p>Meditation & Harp</p>	<p>Teacher: Tim Shulz accompanied with harp music / Guided meditation: From Head to Heart to Happiness.</p>
<p>Wednesday July</p>	<p>Harp & Core Yoga</p>	<p>Teacher: Angie Oriana accompanied</p>

<p>11th, 8:30am</p> <p>Wednesday July 11th Time: 7:00 pm</p>	<p>Paddle Yoga</p> <p>https://medium.com/@mialockhart/what-is-girls-on-boards-88d82f56e2be</p>	<p>by harp music.</p> <p>Teacher: Mia Lockhart accompanied with harp music</p> <p>E-transfer reservation (12 places per session only) Paddle Yoga E-transfer reservation: mialockhart@gmail.com</p> <p>Early reservation without the equipment: \$(35.00)</p> <p>Early reservation with equipment: (\$50.00)</p> <p>Reservation the day of the event \$60.00</p>
<p>Wednesday July 18th Time: 7:00pm</p>	<p>Paddle Yoga</p> <p>https://medium.com/@mialockhart/what-is-girls-on-boards-88d82f56e2be</p>	<p>Teacher: Mia Lockhart accompanied by harp music.</p> <p>E-transfer reservation (12 places per session only) Paddle Yoga E-transfer reservation: mialockhart@gmail.com</p> <p>Early reservation with equipment: (\$50.00)</p> <p>Early reservation without the equipment: \$(35.00)</p> <p>Reservation the day of the event \$60.00</p>
<p>Wednesday July 25th Time: 8:30pm French class but all are welcome.</p>	<p>Jacynthe's bio (French yoga class) www.universdeyoga.com</p>	<p>Teacher: French Class with Jacynthe Desrosiers accompanied by harp music.</p> <p>E-transfer Reservation: harpmeditationyogafest@oricom.ca</p> <p>Early reservation: \$10.00 Reservation the day before: \$15.00 Reservation the day of the class: \$20.00</p>
<p>Wednesday August 8th Time: 8:00pm</p>	<p>See Jennifer Boutillier's bio on our FB page Recharge with Jenenergy</p>	<p>Teacher: Jennifer Boutillier accompanied by harp music.</p> <p>E-transfer reservation: harpmeditationyogafest@oricom.ca</p> <p>Early reservation: \$10.00 Reservation the day before: \$15.00</p>

		Reservation the day of the class: \$20.00

~ Picnic on the mountain ~

The Look Off

Connecting Live with our community

Dates (Wednesdays)	Time	Location
July 4,11,18,25	12:00-1:30	Look Off Mountain Observation Center
August 8th	12:00-1:30	Look Off Mountain Observation Center

Discussion pannels on the Beach

Topics

Canadian Teachers ~ Mindfulness in the classroom

Nature Awareness

Food awareness

Mindfulness in technology

Self care for nurses

Date (Saturdays)	Time	Topic	Location
July 7 th , 2018	12:00-1:30	Free Event Mindfulness practices in the class room (P-12) Brain Brakes	Bring your lunch & we will share ideas on Kingsport beach. Facilitator: NS teacher
July 14 th , 2018	12:00-1:30	Free Event Mindfulness with technology (violent video games) & Phone etiquette during conversations, a subject well received by people, families and teachers who want to be present in meaningful conversations. (see video on FB page)	Bring your lunch & we will share ideas on Kingsport beach. Facilitator: NS teacher\parent
July 21 th , 2018	12:00-1:30	Free Event Mindfulness & inclusion in the class room. After more than 20 year of implimentation in NS	Bring your lunch & we will share ideas on Kingsport beach. Facilitator: NS teacher

		<p>schools, where do we go from here... revisiting~ analysing the practice in the classromm and it's long term effect.</p> <p>Round circle discussion designed by the teachers for the teachers.</p>	
July 28 th , 2018	12:00-1:30	<p>Free Event</p> <p>Discussion panel for Canadian nurses, self care in chaotic times & overworked personel staff. Discussion designed by nurses for nurses</p>	<p>Bring your lunch & we will share ideas on Kingsport beach.</p> <p>Facilitator: NS nurse</p>
August 15 th	12:00-1:30	<p>Free event:</p> <p>Marine Biologist leading a discussion panel on the state of our oceans & rivers. Conversations by the Bay of Fundy!</p>	<p>Bring your lunch & we will share ideas on Kingsport beach.</p> <p>Facilitator: Heather Mayhew</p>
<p>Wednesday July 4th</p> <p>Saturday July 14th</p> <p>Wednesday July 25th</p>	2-4	<p>Free event</p> <p>Topic:</p> <p>How food connects us to our health.</p>	<p>Facilitator: John Otvos</p> <p>We will discuss and share ideas on Kingsport beach.</p>

SPECIAL WORKSHOP ON HEALTH

Herbalism everyday ~ Let food be thy medicine

with: AndreAnne Bedard

Wednesday July 18 th at 2:00 pm (English workshop) Saturday July 21 st at 2:00 pm (French workshop)	Let food be thy medicine Reservation by phone or e- transfer	Facilitator: Andrée-Anne Bedard andreeannebedard4@gmail.com Early reservation: \$10.00 Reservation the day before the event: \$15.00 Reservation the day of the event: \$20.00
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How food connects us to our health!

With: John Otvos

Wednesday July 4 th Saturday July 14 th Wednesday July 25 th	2-4	Topic: How food connects us to our health.	Free Event Facilitator: John Otvos We will discuss and share ideas on Kingsport beach.
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MUSIC EVENTS ON SATURDAY EVENINGS

Kirtan Singing with

“Wide Open Heart”

**Heart Wide Open community
preceded by Harp Contemplative Music**

Singing together, connects a community together.

Harmony in mind, body & soul.

<p>Saturday evening July 7th 8:30pm</p>	<p>Singing on Kingsport Beach with the Heart Wide Open community</p>	<p>Reservation by email Fee will donation Suggestion donation: (\$10.00)</p> <p>Email reservation: connect@heartwideopen.ca</p>
<p>Saturday evening July 14th, 7:00pm</p>	<p>Shannon Reed Cycle fitness at 50 Practical workshop, bring your bicycle. Shannon is the founder of Keji Festival, designed for woman and girls to experience the magic of outdoor activities in the rich natural and cultural landscape of Kejimikujik National Park. https://kejimultisport.wordpress.com</p>	<p>E-transfer reservation at: harpmeditationyogafest@oricom.ca pass word: harpyoga Early reservation: \$10.00 Reservation the day before the event: \$15.00 Reservation the day of the event: \$20.00</p>
<p>Saturday evening July 21st, 7:00pm</p>		<p>E-transfer reservation at: harpmeditationyogafest@oricom.ca password: harpyoga Early reservation: \$10.00 Reservation the day before the event: \$15.00</p>

<p>Saturday evening July 28th, 2018 8:30pm</p>	<p>Larry Hughes The electric car and the environment</p> <p>Harp concert by the sea with harpist Johanne McInnis</p>	<p>Reservation the day of the event: \$20.00</p> <p>E-transfer reservation at: harpmeditationyogafest@orion.com.ca password: harpyoga</p> <p>Early reservation: \$10.00 Reservation the day before the event: \$15.00 Reservation the day of the event: \$20.00</p>
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Children's corner (Free event)

Harp & Yoga Wellness festival

"Good Night Yoga"

Bed Time Story by the sea
Kingsport Beach
July 14th, 6:00-6:40pm
Book: "Good Night Yoga"
Come and listen to a bed time story in your pijama.
Join in with movements and sound effects.
Age recommended: 3-8 years old

Bed Time Story by the sea
Kingsport Beach
July 21st, 6:00-6:40pm
Book: "Good Night Yoga"
Come and listen to a bed time story in your pijama.
Join in with movements and sound effects.
Age recommended: 3-8 years old

