

## Main Event (Washington)

**Thursday, July 30**

**Friday, July 31**

**Saturday, August 1**

**Sunday, August 2**

7 - 8:15 AM Yoga (Jaime W.)

7 - 8:15 AM Yoga (Warren O.)

7 - 8:15 AM Yoga (TBA)

**8:30 am Breakfast**

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9:45 - 10:15 **Dynamic Warm-up** (Reno)

9:45 - 10:15 **Mellow Warm-Up** (TBA)

9:45 - 10:15 **Mellow Warm-Up** (Loc)

9:45 - 10:15 **Dynamic Warm-up** (Loc)

9:45 - 10:15 **Dynamic Warm-up** (Reno)

**10:30 am - 12:30 pm**

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*Only for Early Arrival ticket holders*

1. **The ABC's of AcroYoga** (All Levels w/ Kelli Mae & Sam)

1. **AcroYoga Playground** (All Levels & families w/Deven & Kelli Mae)

1. **Dynamic Thai Massage** (All levels w/ Loc)

2. **Balancing Act** (Int. w/Deven & Dan)

2. **Gran Torino Washing Machine** (Int. w/Jacob & Asha)

2. **Nihilistic Acro** (All Levels w/Deven & Dan)

3. **Slacker-Cycle** (Int. w/Sam & Raquel)

3. **The 5 Element Theory of low H2H** (Int. w/Sam & Raquel)

3. **Mortalitos** (Int. w/Elliot & Solana)

5. **The Road to Standing H2H** (Int. w/Jaime & Jason)

4. **Jankarian** (Int.+ w/ John & Jenae)

4. **Standing Acro** (Int. w/Jaime & Jason)

4. **Icarian Cartwheel Pops** (Adv. w/John & Jenae)

5. **Flip, Twist & Soar** (Adv. Dance Lifts w/Jaime & Jason)

5. **Get Down with Get Ups** (Int./Adv. w/ John & Jenae)

**1:30 pm Gates OPEN**

**1:00 pm LUNCH**

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**12:45 pm Closing Circle**

**1:30 PM Lunch**

**3:00 - 4:00 pm**

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*Set up your camp and settle in.*

1. **Connection Games** (Loc)

1. **AcroYoga Facilitation Geek Session** (Kelli Mae)

2. **Slackline Yoga for Acrobats** (Sam & Raquel)

2. **Slackline Coaching** (Buddy)

3. **Contact Improv class** (Rudy & Maddie)

**3:30 PM - 6:30 pm**

**4:30 - 6:30 pm**

**4:30 - 6:30 pm**

Choose from 3 Immersions (\$40 add-on):

1. **Fusion Therapeutics** w/Lauren D.

1. **Journey Before Destination** (All Levels w/Ken & Chantell)

1. **Thai and Fly** (All levels w/Kelli Mae & Sam)

2. **Dance Acro** w/Jaime & Jason

2. **Dance Lift Lab** (All Levels w/Marissa & Eric)

2. **Flat Spins** (Int w/Elliot & Solana)

3. **The Whip-Pop Lab** w/Jacob & Asha

3. **Mono F2H: Stacking, Balance & Trust** (Int. w/Loc & Jenae)

3. **Croc-O-Dial** (Int/Adv. w/Sam & Raquel)

4. **Anti-Whips** (Int. w/Jacob & Asha)

4. **Pop, Float & Catch H2H** (Int. w/Marissa & Eric)

5. **Drills for Standing H2H Skills** (Adv. w/Elliot & Solana)

5. **Castaway Front Tuck** (Int/Adv w/Jacob & Asha)

*Enjoy the afternoon and pack up your camp.*

**7 pm Dinner**

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**DEPART by 6 pm**

8 pm: **Welcome Circle**

8 pm: **Thai Trade** (Kelli Mae & Loc)

9 pm: **Open Stage**

10 pm - 12am: **Dance Party** (Loc)