

SEPTEMBER 27-29, 2024 IN JOSHUA TREE, CA

# PROGRAM GUIDE



#### WELCOME

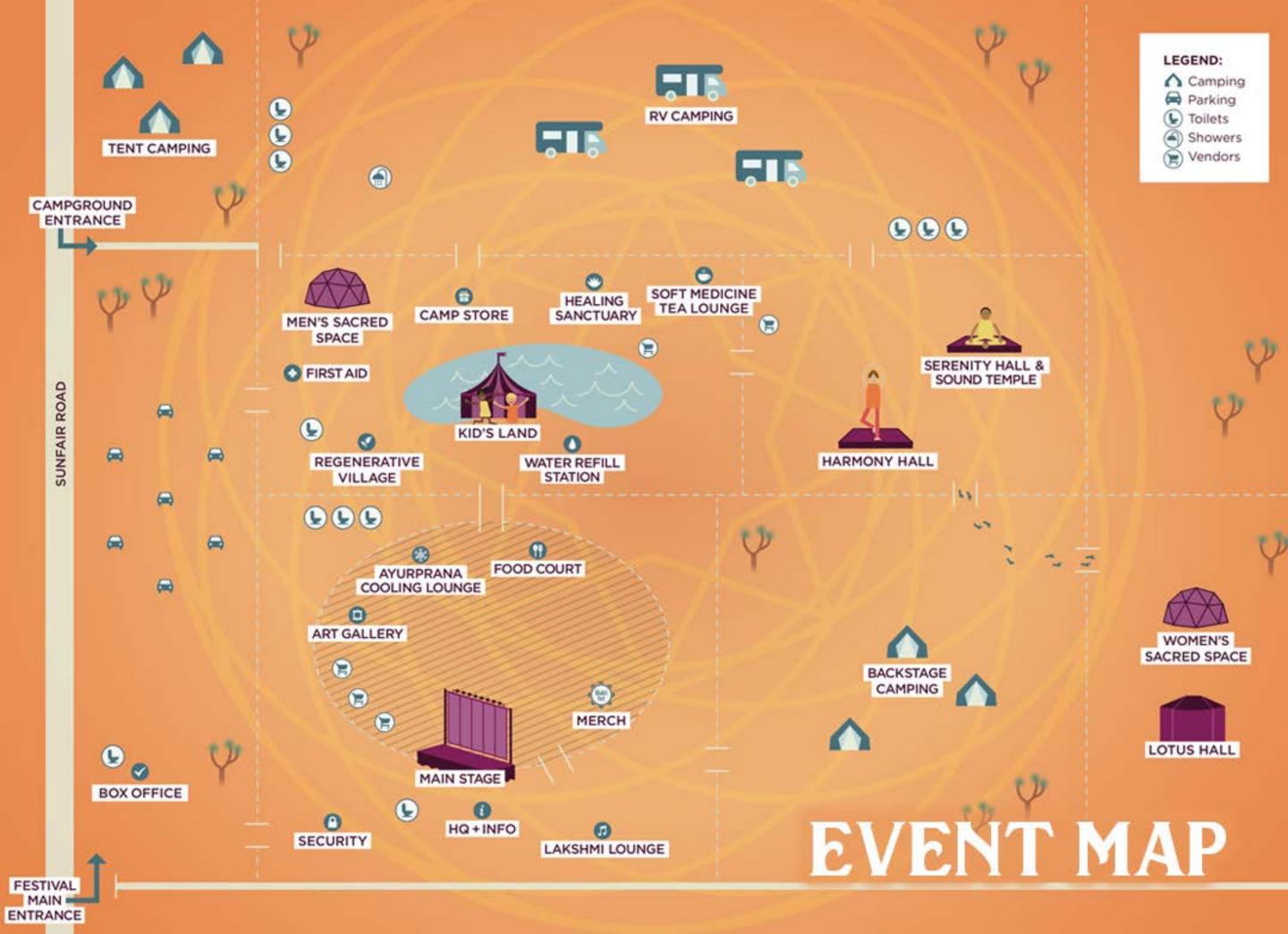
...with open hearts and open arms, to Bhakti Fest! We want to take a moment to recognize the incredible effort and dedication that has gone into crafting this space of love and healing. Our team has worked tirelessly to curate a diverse array of offerings, from transformative workshops to heart-opening ceremonies, ensuring that there's something for everyone to explore and enrich their souls.

As we gather, we encourage you to set an intention for your transformation. Whether seeking inner peace, self-love, or connection, let it guide you toward growth and fulfillment. Foster connections, spark insights, and manifest positive change. Keep your heart open to new encounters that align with your soul's purpose.

We are deeply grateful for your presence. Together, let's create a lasting space of love, healing, and unity.

With love,





#### BE IN THE BHAV

**IMPORTANT INFORMATION** Production headquarters hours: 9am to 10pm, Friday through Sunday. Will Call Hours: 7am to 11pm Thursday through Saturday; 7am to 6pm Sunday. We are a substance free event. Please be mindful of this policy and refrain from any drug, alcohol, or tobacco usage on the property.

**SECURITY** Look for our security team roaming around in all black. They are here to support and keep everyone safe. See something, say something! We can all do our part to keep Bhakti Fest a safe space for everyone.

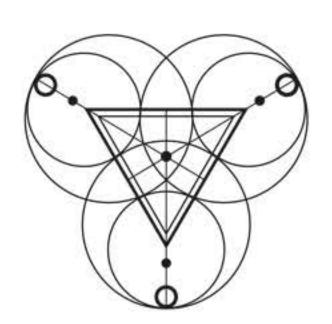
**MEDICAL** The 24/7 first aid booth is situated near the West side of the lake. If you witness a medical emergency, please alert first aid, security, or a Bhakti Fest staff member (we are wearing Bhakti Fest placards around our necks).

**HEAT AWARENESS** It is incredibly important to take care of yourself and those around you. While we're all here to dance, sing, play, and practice, it can be easy to forget the strain desert heat has on our bodies. Take time and take care of yourself by staying hydrated and staying wet! See the cool zones on our map indicating where misting stations and fans are located around the property. Carrying a wet bandana or scarf around your neck makes a huge difference, and make sure to reapply sunscreen and wear a hat!

**CAMPGROUND KINDNESS** If you are camping, please be mindful of the following rules: Quiet hours: 10 pm to 8 am. Whisper/quiet generators only 8 am to 10 pm. Wood fires allowed only in fire ring barrels. No open flames, fire toys, or charcoal grills allowed. Leave no trace, respect this fragile desert ecosystem! Shower trailer open 24/7.

## THANK YOU TO OUR GENEROUS SPONSORS

## **PAYURPRANA**



### INANNA HEALING

EST. 2013













# BHAKTITEST MAIN STAGE

FRIDAY, SEPTEMBER 27

#### 6:30-7 AM AKHANDA MEDITATION WITH SHRIMAN

7-7:45 AM
FIRE CEREMONY WITH VISH CHATTERJI

Agni Hotra - Traditional Yogic-Healing Fire Ceremony: Honoring the elements of fire, water, earth, air, and space, Vish will lead us through a soul-expansive fire ritual, chanting the 10,000+ year-old mantras of his ancestors, to cultivate powerful yogic energy for yourself and the festival site. He will also invoke the mantras dedicated to the 9 planets of Vedic Astrology, while we all make offerings to the sacred fire to receive healing and blessings from the cosmos.

8-9 AM HANUMAN CHALISA WITH RADHIKA DAS

9-9:15 AM AARTI ALTER WITH VISH CHATTERJI

> 9:15-10:15 AM SHARANAM

10:15-11 AM WILL MARSH

11:30 AM-12:15 PM JACQUELINE MICHELLE

12:45-1:45 PM KAVITA KAT MACMILLAN

> 2:15-3:15 PM VAIDEHI AMAIR

3:45-4:45 PM RADHIKA VEKARIA

> 5:30-7 PM RADHIKA DAS

8-9:45 PM DEYA DOVA

10:15-11:45 PM MC YOGI WITH DJ DREZ



# BHAKTITEST MAIN STAGE

#### SATURDAY, SEPTEMBER 28

SHIVA REA Japa Meditation 6:30-7AM

Japa meditation with Shiva: Sunrise mantra, movement meditation, and mudra.

#### FIRE CEREMONY WITH VISH CHATTERJI 7-7:45AM

Agni Hotra - Traditional Yogic-Healing Fire Ceremony: Honoring the elements of fire, water, earth, air and space, Vish will lead us through a soul-expansive fire ritual, chanting the 10,000+ year-old mantras of his ancestors, to cultivate powerful yogic energy for yourself and for the festival site. He will also invoke the mantras dedicated to the 9 planets of Vedic Astrology, while we all make offerings to the sacred fire to receive healing and blessings from the cosmos.

HANUMAN CHALISA - GOVIND DAS 8-9AM

AARTI ALTER WITH VISH CHATTERJI 9-9:15AM

**SHARANAM** 9:15-10:15AM

ALLISON EATON 10:15-11AM

KAMINI NATARAJAN 11:15AM-12:15PM

> NIKUNJA 12:45-1:45PM

HEATHER CHRISTIE & VIR MCCOY 2:15-3:15PM

**NINA RAO** 3:45-5PM

VIJAY KRSNA 5:30-6:45PM

KRISHNA DAS 7:45-9:45PM

MARIEME 10:15-11:45PM





#### MAIN STAGE

SUNDAY, SEPTEMBER 29

6:30-7 AM
AKHANDA MEDITATION WITH SHRIMAN

7-7:45 AM
FIRE CEREMONY WITH VISH CHATTERJI

Agni Hotra - Traditional Yogic-Healing Fire Ceremony: Honoring the elements of fire, water, earth, air, and space, Vish will lead us through a soul-expansive fire ritual, chanting the 10,000+ year-old mantras of his ancestors, to cultivate powerful yogic energy for yourself and the festival site. He will also invoke the mantras dedicated to the 9 planets of Vedic Astrology, while we all make offerings to the sacred fire to receive healing and blessings from the cosmos.

8-9 AM HANUMAN CHALISA WITH NINA RAO

9-9:15 AM AARTI ALTER WITH VISH CHATTERJI

> 9:30-10:15 AM ARJUN BRUGGEMAN

11AM-1 PM
KRISHNA DAS
Heart of Devotion Workshop

Krishna Das workshops are intimate forums providing the opportunity to dive deeper into the path through Satsang (spiritual association.) KD's workshop will last 2 hours and include a relatively less chanting compared to the Saturday night kirtan. KD often uses these forums to discuss the practice of kirtan, to share stories of Maharajji, to share life lessons, and to discuss the importance of integrating spiritual practices into our daily lives. There is also a chance for Q&A with the participants.

1:30-2:30 PM JAYADEVA DASA

3-4:30 PM GOVIND DAS & JACQUELINE MICHELLE

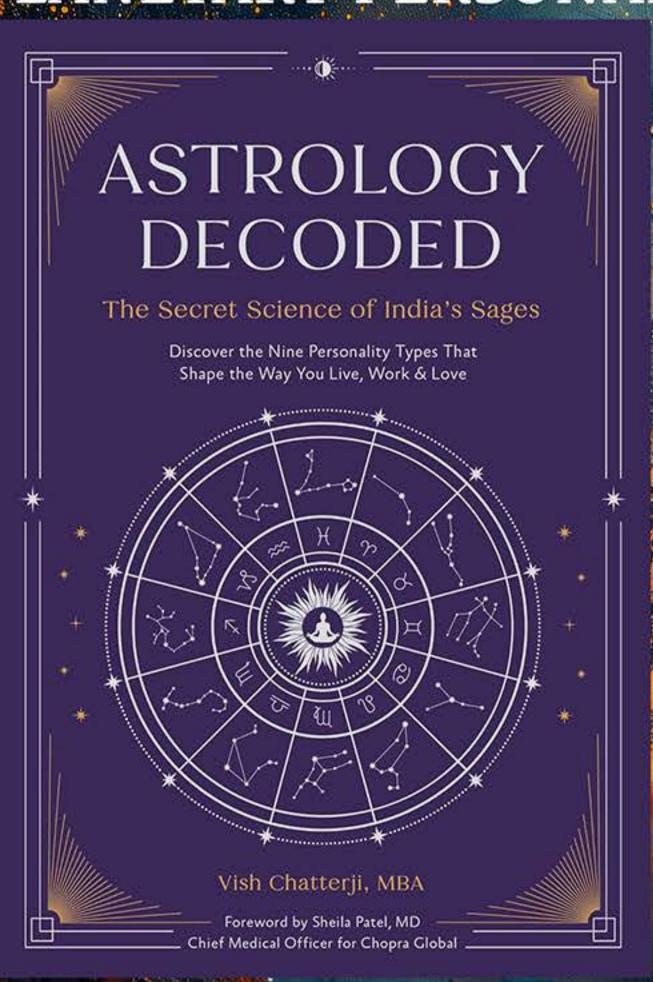
5:15-6:45 PM
THE PSYCHEDELIC HOEDOWN
W/ DAVID SATORI, MORILLO & FRIENDS

8-9:30 PM AJEET

10-11:30 PM CLOSING CEREMONY



## DISCOVER YOUR PLANETARY PERSONALITY



Vish Chatterji
Author, Bhakti Fest
Presenter
headandheartinsights.com

Learn more about the planets of VEDIC ASTROLOGY

during daily 7 am
Fire Homa Ceremony.
led by Author,
Vish Chatterji

Available October 29, 2024!
Pre-Order Yours Now at amazon.com



## BHAKTIFEST LAKSHMI LOUNGE

THURSDAY, SEPTEMBER 26

SPECIAL BHAKTI EVENING

**SWAN KIRTAN** 7-7:45PM

CHRISTOPHER LIONHEART 8-8:45PM

AMRITAKRIPA 9:15-10PM

MISSY GALORE & FRIENDS 10:30-11:15PM

VAIDEHI AMAIR 11:30PM-12:30AM

#### FRIDAY

AWAKENED HEART MUSIC 1:45-2:15PM

MADHURAI SUMHARA 3:15-3:45PM

MICHAEL **HATHAWAY** 4:45-5:15PM

UNDOI WHS

**JAMEESHKA** 7-8PM

**MYSTO** THE MAGICIAN 9:45-10:15PM

SHAMIRAN 11:45PM-1AM

#### SATURDAY

GAIL SILVERMAN 12:15-12:45PM

**ANVITA SHARMA** 1:45-2:15PM

HARMON CLARKE 3:15-3:45PM

SHAKTI LOTUS PEOPLE ONLY 5-5:30PM

VIP

MISSY GALORE 6:45-7:45PM

**INDIGENOUS** 9:45-10:15PM

> **KR3TURE** 11:45-1AM

SILENT DISCO 1-2AM

#### SUNDAY

SHARANAM 10:15-11AM

THE BUTTER THIEVES 1-1:30PM

**DAVE NORWOODS** 2:30-3PM

VIP COSMIC YUM ONLY CACAO CEREMONY 4:30-5:15PM

> **GALACTIVATORS** 7-8PM

SAEED YOUNAN 11:30PM-1AM



# BHAKTIEST

#### **FRIDAY**

RADHIKA VEKARIA THE POWER AND PLAY OF SOUND WORKSHOP 9-10:30AM

ZOE KORS
SPIRITUALITY AND
SEXUALITY
11AM-12:30PM

DIANA CANTU-REYNA RECLAIMING THE HEALER WITHIN 1-2:30PM

DE SINCE

JAI DEV KUNDALINI & YOGIC ASTROLOGY 3-4:30PM

MITESH RAICHADA
W/ AYURPRANA
ACHIEVING HUMAN
OPTIMIZATION
THROUGH AYURVEDA
5-6:30PM

#### SATURDAY

SCOTT BLOSSOM &
NINA RAO
SITARAM NAMASKAR
HONORING THE LAND
AND SUNRISE
7-8:30AM

SUSANNA BARKATAKI AHIMSA YOGA AS SELF CARE 9-10:30AM

INDY RISHI SINGH NEUROPLASTICITY PLAYSHOP 11AM-12:30PM

RADHIKA DAS THE POWER OF CHANT 1-2:30PM

HARNESSING THE FREQUENCIES OF NATURE 3-4:30PM

SUBHADRA GRIFFITHS WHINE TO UNWIND 5-6:30PM

#### SUNDAY

TOMMY ROSEN
THE DISCOVERY OF
THE SUTRAS
7-8:30AM

ALLISON EATON REIKI HEALING & THE CHAKRAS 9-10:30AM

JANET STONE INTEGRATION SAMANVAYA 11AM-12:30PM

THE
TRANSFORMATIONAL
POWER OF YOGA
1-2:30PM

INDY RISHI SINGH KUNDALINI CHAKRA DANCING 3-4:30PM

AMBER DEYLON
& JENN PARMA
GRIEVE AND BREATHE
5-6:30PM

SEPTEMBER 27-29, 2024 IN JOSHUA TREE. CA

## LOTUS HALL FRIDAY

## RADHIKA VEKARIA The Power And Play Of Sound Workshop 9-10:30AM

Unlock the enchanting realm of sonic exploration in this workshop, "The Power and Play of Sound." Immerse yourself in a captivating journey that reveals the transformative potential of sound. You'll discover how the intentional use of sound can evoke emotions, stimulate creativity, and even promote well-being. This hands-on experience will guide you through crafting meaningful sounds, exploring their impact on your emotions, and embracing the playful side of sonic expression. This is where the power of sound meets the joy of play, creating a harmonious symphony of self-discovery.

## ZOE KORS Spirituality And Sexuality 11AM-12:30PM

Navigating our own humanity on the spiritual path is universally confusing. Exponentially so when it comes to intimacy and deep connection with each other. This gentle and loving workshop is half experiential, half open discussion with Intimacy Expert, Zoë Kors. Bring your questions, concerns, and big, gorgeous heart to this safe and sacred space.

#### DIANA CANTU-REYNA Reclaiming The Healer Within 1-2:30PM

Reclaiming the Healer Within: A Playshop to Unearth the Healer Within & Reimagine Our Well-being. This dynamic playshop delves into ancestral medicine and ancient healing practices, sparking a conversation about the paradigm shift happening in healthcare today. We'll explore self-care, community health, and rediscovering the healer within you. Through guided discussions, learn about medicinal herbs, acupressure, and collective care practices to nurture your well-being and build a healthier community. Join us as we explore how these ancient traditions can inform healthcare systems change and empower a new approach to healing.

#### JAI DEV Kundalini & Yogic Astrology 3-4:30PM

A Kundalini Yoga Experience where the wisdom and mythology of the planets come alive in your own life. Experience the Planets as your own chakras, through exquisite kundalini yoga exercises and meditations.

## MITESH RAICHADA WITH AYURPRANA Achieving Human Optimization Through Ayurveda - Our Journey Back to Source 5-6:30PM

This workshop gives a background on how we got here, and what our unique opportunities are for our spiritual evolution determined by our unique constitutions. It will detail how an Ayurvedic lens on our self and cycles of the day can catapult our vibration.

#### LOTUS HALL

#### SATURDAY

## SCOTT BLOSSOM & NINA RAO SitaRam Namaskar Honoring The Land And Sunrise 7-8:30AM

How The Ramayana Tells The Story Of Our Lives- Join Nina Rao and Scott Blossom for chanting and discussion about the Ramayana. By referring to certain verses or chapters, they will explore how the relationship between Sita, Rama, and Hanuman represent universal dynamics of love, sacrifice and interdependence that express in each of our bodies, minds, spirits and relationships. Bring a journal for personal reflections. You do not need to have read the Ramayana to attend the workshop. We will sing and chant and include a japa (recitation) of the Bhū Gāyatrī Mantra invoking Mother Earth, who is also Sita or Janaki as she is known in the Ramayana.

#### SUSANNA BARKATAKI Ahimsa Yoga As Self Care 9-10:30AM

Learn all about how you can take your yoga off your mat and into your daily life! We will talk all about Yoga as self care, and how to deepen your practice. You'll also learn all about what it takes to make yoga a part of a regular lifestyle. In a blend of practice, meditation, reflection, this class will share authentic, embodied, powerful and inspirational tools for the heart of yoga's roots. Known for her warmth, powerful storytelling, breadth of yoga cultural knowledge, and empowering teaching methodologies rich with ritual and poetry, Susanna will guide you through an inspiring practice and learning experience.

#### INDY RISHI SINGH Neuroplasticity Playshop 11AM-12:30PM

Expect to laugh and understand the science of laughter. Expect a guided meditation and mini-sound bath at the end of the playshop session. Side effects may include resilient joyfulness, deeper and more restful sleep, uncontrollable laughter, better digestion, happier and healthier relationships and stronger immune systems. There may also be unexpected and increased love and compassion for others.

#### RADHIKA DAS The Power Of Chant 1-2:30PM

Dive into an intimate and transformative afternoon of devotional experiences with chants. Radhika Das will share a mixture of story telling, reflections, chanting and bhakti wisdom, creating a powerful space for your spiritual growth and rejuvenation. We welcome you to an inclusive atmosphere with a vibrant group sharing, uplifting collective singing, and peaceful reflection. Let your soul sing! Emerge refreshed and inspired!

## INANNA HEALING Harnessing The Frequencies Of Nature 3-4:30PM

Harnessing the Frequencies of Nature: Practical Radionics for Positive Change. This workshop explores the integration of design, technology, and intention to harness natural frequencies for holistic healing and positive change. Led by Inanna Healing.

#### SUBHADRA GRIFFITHS Whine To Unwind 5-6:30PM

Unwind your Kundalini energy and clear your chakras while enjoying the cultural vibes of Jamaican music! Your hips, back, and heart will open, allowing your electrical energy to flow!

## LOTUS HALL

#### SUNDAY

**TOMMY ROSEN** 

The Discovery Sutras: How To Move Beyond Patterns Of Belief And Behavior That No Longer Serve You. (Lecture and Meditation)
7-8:30AM

In this lecture workshop, Tommy Rosen will share his hard-earned insights about how the path of recovery from negative belief and behavior patterns is actually a yogic path of discovery and EVERYONE is on this path. Funny, moving and so hopeful, this is a talk that will change the way you see yourself in the world and redefine what success is and how to attain it. There will be some meditation in this class as well as breathwork.

## ALLISON EATON Reiki Healing And The Chakras 9-10:30AM

Reiki means "universally guided life force energy." Reiki energy reduces stress and promotes healing of body, mind + spirit. Learn easy and fun energy healing techniques, including Reiki Light Meditation, chakra balancing and aura cleansing. Leave feeling energized, refreshed and renewed!

#### JANET STONE INTEGRATION | Samanvaya 11AM-12:30PM

Waking into the light of a new day, let's harness the power of the sun to awaken our spirit and energize our body. Through 108 sun salutations, energizing breath practice and meditation, we will connect with the life-giving force of Surya (sun), symbolizing new beginnings and endless possibilities. This practice invites us to embrace each new day with vitality and purpose. We'll step into our day feeling refreshed, empowered, and ready to shine your light into the world.

## DHARMA SHAKTI The Transformational Power Of Yoga 1-2:30PM

Dharma will discuss the main goal of yoga and how the philosophy truly is a roadmap for the transformation we seek and desire in our lives. This workshop is about taking the yoga practice off the mat and in to your every day life using yogic philosophy to guide your transformation.

#### INDY RISHI SINGH Kundalini Chakra Dancing 3-4:30PM

Practice the art of Bhangra as a form of kundalini martial arts. Learn about how folk dancing like Bhangra celebrate farming, food, and community. Bridge the connection between Bhangra and Bollywood, while learning some cool moves too! Practice the science of synchronization and how it affects the nervous system. Celebrate cultural resistance through joyful dancing.

#### AMBER DEYLON & JENN PARMA Grieve And Breathe 5-6:30PM

Grieve + Breathe invites you to embark on a profound odyssey of grief exploration. Our intention is to normalize grief, recognizing that grief is an expression of love. The container is held for the full spectrum of grief. Whether you've experienced loss through death, end of relationships, or carrying grief for the Earth and humanity, this healing circle is for you. Be held by the community in a shared container of grief. Release stuck emotions, traumas, and pave the way to reclaiming a state of love and forgiveness, both for yourself and for others. We will sit in Council, compassionately listening and speaking from the depths of our hearts. By engaging in the transformative practice of Breathwork, you have the opportunity to unlock the emotions and traumas stored within your body. Experience the transcendent power of sound healing guiding your journey back to your true home, a sacred space where peace resides at the very core of your being. Held by Amber Deylon- Death Midwife, Grief Guide, Love & Loss Podcast Host and Jenn Parma- Breathwork Facilitator, Psycho Spiritual Integration Coach + Emotional Release Specialist

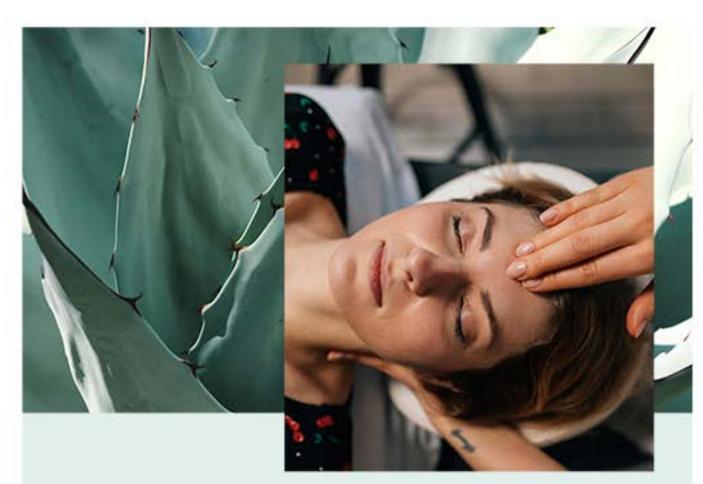
#### **PAYURPRANA**

## Discover Soulful Renewal at Bhakti Fest

Where Ancient Traditions and Artistic Expression Intertwine

LiveAyurPrana.com





#### Unwind at the Ayurvedic Cooling Lounge

Escape the festival bustle and rejuvenate your senses at the Ayurvedic Cooling Lounge, where the hi-desert setting at the Joshua Tree Lake turns into an oasis for you to indulge in cooling drinks and rejuvenate with soothing Ayurvedic bodywork.

#### Achieving Human Optimization through Ayurveda with Mitesh Raichada

Raise your vibration and propel your journey towards spiritual evolution with Mitesh Raichada.

Don't miss out on this transformative workshop on Friday, September, 27th at 5:00pm where Mitesh will be inviting you to explore the Ayurvedic lens of selfdiscovery to harness the day's





# BHAKTITEST

#### **FRIDAY**

KRISTIN OLSON GENTLE YOGA ALL LEVELS 9-10AM

NEWTON CAMPBELL MINDFUL YOGA FLOW 10:30AM-12PM

HARMONY HAL

GOVIND DAS &
JACQUELINE
MICHELLE
BHAKTI VINYASA
FLOW
1-3PM

SHIVA REA RHYTHM & PRANA FLOW YOGA, W/DJ ROBIN PARRISH & VIJAY KRSNA 4-5:30PM

#### SATURDAY

KIA MILLER SOUL ELEVATION 7:30-9AM

SHIVA REA
RHYTHMIC PRANA
VINYASA FOR ALL,
MUSIC BY
VIJAY KRSNA
10-11:30AM

DIANNE BONDY
JOYFUL MINDFUL
MOVEMENT
2-3:15PM

JAI DEV KUNDALINI & TANTRA 3:30-5:30PM

#### SUNDAY

KIA MILLER
JUPITER KRIYA FOR
GETTING UNSTUCK &
MOVING FORWARD
7:30-9AM

SUSANNA
BARKATAKI
DEEPENING OUR
EXPERIENCE
OF "AUM"
9:30-11AM

JAI DEV TOTAL SYSTEM RECHARGE 1:30-3:30PM

TOBI GUILLIAN & SABRINA BENNET VINYASA FLOW & SOUNDBATH 4-5:30PM

SEPTEMBER 27-29, 2024 IN JOSHUA TREE, CA

#### HARMONY HALL

#### **FRIDAY**

KRISTIN OLSON Gentle Yoga - All Levels 9-10AM

NEWTON CAMPBELL Mindful Yoga Flow 10:30AM-12PM

#### GOVIND DAS & JACQUELINE MICHELLE Bhakti Vinyasa Flow 1-3PM

Join us as we open our hearts and move our bodies in the spirit of community. Govind Das will be leading the vinyasa flow portion of class while Jacqueline leads kirtan, weaving the two together for a magical experience.

SHIVA REA
Rhythm & Prana Flow Yoga
4-5:30PM
With DJ Robin Parrish & Vijay Krsna.

## HARMONY HALL SATURDAY

KIA MILLER Soul Elevation 7:30-9AM

Something special happens when we come together with the intention to heal and be healed. Couple this with ancient yogic kriyas designed to unlock your inner energy and focus your mind. Now you have a perfect recipe for a full cellular and spiritual upgrade. Class consists of short lecture to set up the experience, movement, and healing breathwork. Come give and receive the frequency of love.

SHIVA REA
Rhythmic Prana Vinyasa For All
10-11:30AM
Music by Vijay Krsna.

DIANNE BONDY
Joyful Mindful Movement
2-3:15PM

Join Dianne for a transformative workshop on The Power of Yoga: Movement, and Intentional Well-being as a path to liberation. We will explore Yoga philosophy, Vinyasa flow practice in conjunction with core connection/Pilates to connect with our bodies and enrich our minds. These practices teach us patience, perspective, and power, allowing you to navigate life with greater ease and clarity. We will also explore the importance of restful practices into our daily lives, we can boost creativity, reduce stress, and improve our relationships. This workshop is suitable for all levels, whether you are a seasoned yogi or new to the practice. Come and join us in this workshop designed to empower and liberate you through the power of intentional movement and rest.

#### JAI DEV Kundalini & Tantra 3:30-5:30PM

Tantra is a mysterious phenomenon. So many are magnetically drawn to it, even before knowing exactly what it is. Tantra can't be defined by a single statement or idea. Tantra is a way of life, a mystic path that brings about a tremendous strength built on inner experience. Kundalini Yoga and Tantra is the art and science which encourages this inner experience to blossom. Join us for this transporting journey! You will move your body, breathe, and meditate deeply with the transporting practices of Kundalini Yoga.

#### HARMONY HALL

#### SUNDAY

## KIA MILLER Jupiter Kriya For Getting Unstuck And Moving Forward 7:30-9AM

Join Kia for a powerful class with practices to clear out the subconscious mind and make space for upgraded physical, mental, and emotional energy. Jupiter is the planet of wisdom and knowledge; this practice is designed to tap into the source of all knowing intelligence within. When we are feeling stuck on any level, this is a great practice to initiate a new wave of enthusiasm and presence.

## SUSANNA BARKATAKI Deepening Our Experience Of "AUM" 9:30-11AM

Join us for a blend of asana, meditation, pranayama, and reflection to explore the heart of yoga's roots- the unity of AUM. Susanna's warmth and powerful storytelling, combined with her deep knowledge of yoga culture, will guide you through an inspiring, authentic practice. This class begins with yoga philosophy, offers a slow, grounding flow that builds to a more vigorous practice, followed by cool down and integration. Begin with chanting AUM, connect breath and body, and end with silent meditation and rest. Expect to leave feeling peaceful, empowered, and inspired.

#### JAI DEV Total System Recharge 1:30-3:30PM

If you imagine the body and mind as an instrument, Kundalini Yoga is an exquisite tuning technique! After one good session the body is feeling both light and grounded, the mind clear and calm, and a sense of self-confidence easily emerges. We lighten that which has become too heavy, calm that which has been so frantic and tap into our life's inspiration. We will move our bodies, breathe, meditate, and feel amazing!

TOBI GUILLIAN & SABRINA BENNET Vinyasa Flow And Soundbath 4-5:30PM



The Power of Our Organic Mushroom Products
Infused with Mother Nature's Healing Frequencies

Get 20% off with code: Bhakti20

Frequency's organic mushroom products designed for micro, social, & ceremonial dosing. Infused with healing frequencies, our products amplify mental clarity, emotional balance, & spiritual connection.

Elevate your wellness journey today with our teas, cacao cubes, tinctures, & more!





frequencycaps.com



OFFICIAL PARTNER OF



**REAL FOOD. PURE ENERGY. JAMMIN' TASTE** 











The 7-Minute Daily Journal is Your Guide to Intentional Living



#### FIRST-EVER

Bottled Water to pass Clean Label Project Certification

clean label

- Tested for over 90+ industrial environmental contaminants
- · Tested for Heavy Metals
- Tested for Arsenic, Cadmium, Lead and Mercury
- · Tested for Pesticide Residues
- Tested for Plasticizers (including BPA, BPS, Phthalates)
- Tested for various other Chemicals of Concern





ChlorophyllWater.com

@ChlorophyllWater





# BHAKTIEST

#### FRIDAY

HARIDASS KAUR
KHALSA W/ LIVE
MUSIC
THE MIND & HEART
CONNECTION
9:30-10:30AM

TOMMY ROSEN THE KUNDALINI EXPRESS 11AM-12:30PM

ANDREW SEALY HEART OPENED WARRIOR FLOW 1-2:30PM

YEN THE

WELCOME HOME 3-4:30PM

SASHA & JESSIE

SOUL RESET
BREATHWORK,
ENERGY HEALING, &
SOUND BATH
5-6:15PM

#### SATURDAY

JANET STONE SURYA RADIANT ENERGY 9-10:30AM

MC YOGI & AMANDA GIACOMINI W/ DJ DREZ ONLY LOVE IS REAL 11AM-12:30PM

JACQUELINE
MICHELLE
BHAKTI VINYASA FLOW
1-2:30PM

RESTORATIVE YIN FLOW WITH SOUND BATH SAVASANA 3-4:30PM

KINJAL SHAH REGENERATE THROUGH BREATH 5-6PM

#### SUNDAY

HARPINDER
KAUR MANN
LIBERATING YOGA
PRACTICE &
MUSIC BY
DRIPPNGOLD
9-10:30AM

SEANE CORN MYSTICS ON THE MAT 11AM-1PM

DIANNE BONDY SWEET TO SURRENDER 1-2:30PM

ANDREW SEALY
HANDSTAND LIKE
HANUMAN
3-4:30PM

SHRIMAN RECHARGE YOUR PRANIC BODY 5-6PM

SEPTEMBER 27-29, 2024 IN JOSHUA TREE, CA

#### SERENITY HALL

#### **FRIDAY**

#### HARIDASS KAUR KHALSA w/ LIVE MUSIC The Mind & Heart Connection 9:30-10:30AM

Open yourself to the divine elixirs of self-consciousness, self-experience, and self-love. Learn to harness the power of your radiant body to your advantage. Tap into your executive mind qualities, transcending fear, resonating with courage, and embracing heart-centered leadership. Learn how to move through time and space with Grace. Dr. Haridass makes you laugh at challenges and sparks your inner fire and grit, Enjoy movements with meditation and chanting.

## TOMMY ROSEN The Kundalini Express 11AM-12:30PM

Kundalini Yoga is known as the Yoga of Awareness. To practice it, brings about a rapid and profound transformation of consciousness. This class is a very physical experience that results in a blissful and transcendent state. All aboard the Kundalini Express. All levels.

## ANDREW SEALY Heart Opened Warrior Flow 1-2:30PM

#### JANET STONE Welcome Home 3-4:30PM

It's that feeling when you walk in the front door after a long journey... We will welcome ourselves home, into our own authentic being. We will reclaim our body and voice. Through yoga, breathwork, and mantra we'll shed layers of conditioning that have distanced us from our true expression. This session offers a space to explore the healing power of movement and sound, empowering you to embrace yourself wholeheartedly. DJ Molly Barber.

## SASHA & JESSIE Soul Reset Breathwork, Energy Healing, And Sound Bath 5-6:15PM

Big shifts can happen in moments. Jessie & Sasha offer a powerful, activating breathwork ceremony to release stuck energy and persistent physical, energetic and mental patterns that no longer serve. Attune and align your system with your highest frequency, for your greatest good and for the good of all. Drop into a transformative state and experience your limitless self-manifest. No prior breathwork experience is necessary. Hands-on & energetic healing are offered during breathwork.

#### SERENITY HALL

#### SATURDAY

#### JANET STONE SURYA | Radiant Energy 9-10:30AM

Waking into the light of a new day, let's harness the power of the sun to awaken our spirit and energize our body. Through 108 sun salutations, energizing breath practice and meditation, we will connect with the life-giving force of Surya (sun), symbolizing new beginnings and endless possibilities. This practice invites us to embrace each new day with vitality and purpose. We'll step into our day feeling refreshed, empowered, and ready to shine your light into the world.

#### MC YOGI & AMANDA GIACOMINI Only Love Is Real 11AM-12:30PM

Reconnect to joy in this fun and upbeat yoga class filled with great music, inspiring poetry, philosophy, that often turns into a celebratory dance party! You will be encouraged to move mindfully, in a way that brings a feeling of ease, grace, connection and concentration. The class will culminate with a seated meditation followed by a deeply restful guided relaxation. All levels.

## GOVIND DAS & JACQUELINE MICHELLE Bhakti Vinyasa Flow 1-2:30PM

Join us as we open our hearts and move our bodies in the spirit of community. Govind Das will be leading the vinyasa flow portion of class while Jacqueline leads kirtan, weaving the two together for a magical experience.

## NATALIE VALLE Restorative Yin Flow With Sound Bath Savasana 3-4:30PM

Nurture your body and mind with a gentle restorative Yoga practice followed by a deeply relaxing sound bath during Savasana. This slow-paced session releases tension, promotes flexibility, and ends with a soothing sound immersion to support healing and relaxation.

#### KINJAL SHAH Regenerate Through Breath: A Pranayama Workshop 5-6PM

Through this immersive pranayama/breathwork workshop, discover the transformative power of your breath. Learn ancient breathing techniques to reduce stress, improve focus, and enhance overall well-being. You will be guided through a variety of pranayama practices. Experience the profound benefits of deep, conscious breathing and cultivate a sense of inner peace and balance.

#### SERENITY HALL

#### SUNDAY

HARPINDER KAUR MANN Liberating Yoga Practice 9-10:30AM

Music by Drippngold. In this class, we will embody liberation and freedom for ourselves in our bodies and minds to connect to our divine Self. Every moment is an opportunity to awaken, mentally and spiritually, to being fully alive and present to be in service to ourselves, each other, and the world. This starts with true self-compassion. This is a grounded and slow vinyasa/Hatha practice coupled with breathwork, meditation, and yogic philosophy. This class will leave you feeling empowered and at peace. May we all know real peace and be truly liberated!

**SEANE CORN** 

Mystics on the Mat: The Path to Liberation Through Magick, Alchemy, and Ritual. 11AM-1PM

Magick, often described as the art of directing energy with intention, finds its true expression when we merge movement, breath, and prayer within the sacred space of yoga. In this transformative journey, where movement intertwines with breath and conscious intent, our daily practice becomes an alchemical process. We transmute the limitations of body and mind, expanding into boundless possibilities. Through this process, we transcend our limiting beliefs and transform the weight of fear into the golden wisdom that dwells within us.

DIANNE BONDY Sweet To Surrender 1-2:30PM

This Vin to Yin class is a blend dynamic asana that combines slow, prolonged, deep stretching of yin. Vinyasa allows the busyness of our brains to move through our bodies to find the sweet surrender and quiet practice of Yin. The vinyasa portion of the class will connect breath with movement as you find your flow. Together, we will build strength and flexibility while cultivating a sense of well-being. Whether you are a beginner or an experienced practitioner, this class will allow you to refine your practice, find balance, and develop a sense of well-being on and off the mat.

ANDREW SEALY
Handstand Like Hanuman
3-4:30PM

Handstands bring awareness to the power of our hands that are connected to the intention of our HEART! No matter how long you've practiced, the handstand is a benchmark of strength and steadiness that transcends physical disciplines. From yoga, to martial arts; a stable handstand is a key test of alignment, balance, and mental steadiness. The only thing you need to join this class is a love of handstands and Hanuman! Whether you are a total beginner or have a stable handstand, you will learn something NEW to build strength and alignment while balancing on your hands. Leave with a strength-building program that you can do every day to develop the physical and emotional strength to support your handstanding journey.

SHRIMAN Recharge Your Pranic Body 5-6PM

Join us for a breathwork session designed to recharge your pranic body. Under the guidance of Shirman, we'll explore how to balance the five senses and connect with the five Vayus—energetic currents that govern the flow of prana (life force) within us. Through focused breath techniques, you'll awaken and harmonize your body's energetic pathways, promoting a deep sense of balance and vitality. Perfect for all levels, this class invites you to connect with your inner energy and experience a renewed sense of well-being.

#### KUMBH MELA BHAKTI YATRA INDIA



MUMBAI

**JAIPUR** 

**GANESHPURI** 

VRINDAVAN

**PRAYAGRAJ** 



ONCE IN A LIFE. EXPERIENCE! THIS IS OUR FIRST TIME BACK TO KUMBH MELA SINCE 2019 AND WE ARE VERY EXCITED! THE KUMBH MELA FESTIVAL IS ONE OR THE LARGEST FINDU PILGRIMAGE AND EFSTIVALS FELD AT FOUR LOCATIONS IN INDIA, ROTATING EVERY THREE-YEARS. THE NEXT KUMBH MELA (MAHA) WILL BE 2029 HELD IN PRAYAG RALAS IT FOLIOWS A TWELVE-YEAR CYCLE H'S AN EXTRAORIBINARY EVENT MARK SID BY MILLIONS OF DEVOTEES GATHERING TO BATHE IN SACRED RIVERS. TO CLEANSETHEMS ELVES OF SIN AND ATTAIN SPIRITUAL HIBERATION.





## BHAKTIEST

# 

#### **FRIDAY**

JOSIE KEYS
TANTRIC BELLY
DANCE WORKSHOP
9:30-10:45AM

DHARMA SHAKTI
AWAKENING
AUTHENTICITY
11AM-12:30PM

NINA RAO PRAYERS TO THE GODDESS 1-2:15PM

ALLISON EATON
REIKI HEALING + THE
CHAKRAS - AWAKEN
TO THE DIVINE LIGHT
WITHIN YOU
2:30-4:00PM

NIKUNJA EMBODY THE BHAGAVAD GITA 4:15-5:45PM

#### SATURDAY

JOSIE KEYS
TANTRIC BELLY
DANCE WORKSHOP
8-9AM

AWAKENED HEART MUSIC GODDESS MANTRA ACTIVATION 9:15-10:45AM

AMBER DEYLON & JENN PARMA GRIEVE & BREATHE 11AM-12:30PM

ZOE KORS I SEE YOU. I GOT YOU. I LOVE YOU. 1-2:15PM

ANCIENT WISDOM FOR MODERN TIMES 2:30-4PM

SHIVA REA WAY OF THE STAFF FOR WOMEN 4:15-5:45PM

#### SUNDAY

KAVITA KAT
MACMILLAN
SURRENDER TO THE
ARMS OF THE MOTHER
8-9:15AM

JACQUELINE MICHELLE HONORING THE DIVINE FEMININE 9:30-10:45AM

KUMI YOGINI LEARN TO CHANT SANSKRIT VERSES 11AM-12:30PM

LOIS RAMONDETTA WOMEN'S HEALTH WORKSHOP 12:45-2:15PM

**ZOE KORS** THE MUD. THE MESS. THE MAGIC. 2:30-4PM

SITA DEVI DASI CONNECTION TO THE DIVINE 4:15-5:45PM

SEPTEMBER 27-29, 2024 IN JOSHUA TREE, CA

#### WOMEN'S TEMPLE

#### **FRIDAY**

JOSIE KEYS
Tantric Belly Dance Workshop
9:30-10:45AM

Learn the tantric art of belly dancing, music by Kavita Kat Macmillan.

#### DHARMA SHAKTI Awakening Authenticity 11AM-12:30PM

We all desire to be our most authentic self, and for many of us that is a challenging, difficult and mysterious journey "How do I be authentic if I am still figuring out who I am" In this workshop, Dharma will define authenticity and also give you concepts and tools that help you discover your authentic self and help you create habits to step in to that authentic self.

## NINA RAO Prayers To The Goddess 1-2:15PM

In the Hindu and many Buddhist traditions of India, the divine feminine force takes the form of Devi or Tara. Considered the manifestation of the Absolute, Shakti or Great Mother takes the shape of a multitude of cosmic forces in form and name. We are a part of Her and she lives in each one of us, whatever our body. We call out to Her and She is ever-ready to help us. Join Nina Rao in this experiential workshop, sharing stories of Devi and Tara and chanting together to establish our connection with Shakti. This is an auspicious time to turn toward her in anticipation of Devi Navaratri (9 nights in praise of the Goddess) which begins on Oct 3. As always, Nina's practice honors her time spent with her guru Sri Siddhi Ma who she visited for 19 years in Neem Karoli Baba's ashram in the foothills of northern India. No experience is required, if you have your own copy of the Chandi Path / Durga Saptashati, please bring if you like.

## ALLISON EATON Reiki Healing And The Chakras Awaken To The Divine Light Within You 2:30-4PM

Reiki means "universally guided life force energy." Reiki energy reduces stress and promotes healing of body, mind + spirit. Learn easy and fun energy healing techniques, including Reiki Light Meditation, chakra balancing and aura cleansing. Leave feeling energized, refreshed and renewed!

#### NIKUNJA Embody The Bhagavad Gita 4:15-5:45PM

Become a living, walking "Song of the Divine." In this women's circle, we will dive into the wisdom and Bhakti of the ancient scripture, \*The Bhagavad Gita\* (The Song of God). Through Nikunja's unique and feminine approach, you will be guided to experience these timeless teachings through Satsang (spiritual discourse), collective singing, and facilitated movement.

#### WOMEN'S TEMPLE

#### SATURDAY

JOSIE KEYS
Tantric Belly Dance Workshop
8-9am

Learn the tantric art of belly dancing, music by Kavita Kat Macmillan.

#### THE AWAKENED HEART Goddess Mantra Activation 9:15-10:45AM

Empower yourself as a vessel for divine feminine energy through sacred sound and mantra! We'll activate our voices and open our hearts, releasing any blockages to our expression, reclaiming our power, and shifting our frequencies, coming into resonance with the energy of the goddess as it's expressed through each of our unique beings.

#### AMBER DEYLON & JENN PARMA Grieve And Breathe Women's Circle 11AM-12:30PM

Grieve and Breathe is a brave container held for the full spectrum of grief. Together we will dive into love and loss held by the feminine. Whether you've experienced loss through death, end of relationships... if you're grieving for women's health and safety, child loss or carrying grief for the Earth and humanity, this healing circle is for you. Be held by the community, give voice to your feelings, release stuck emotions, and pave the way to reclaiming a state of love and forgiveness, both for yourself and for others. Held by Amber Deylon- Death Midwife, Grief Guide and Jenn Parma- Breathwork Facilitator, Psycho Spiritual Integration Coach

#### ZOE KORS I See You. I Got You. I Love You. 1-2:15PM

There's nothing like the deep connection we find in sisterhood. Either by nature or nurture, women have the capacity to witness each other with the kind of safety, empathy, and presence that heals wounds and unleashes spirit. This is your chance to experience the radically intimate space that Zoë Kors cultivates.

#### KUMI YOGINI Ancient Wisdom For Modern Times 2:30-4PM

Join us for a captivating journey into the ancient wisdom of Vedic philosophy, a profound system that underpins the practice of yoga. We will delve into the fundamental principles and concepts that shape this timeless philosophy.

## SHIVA REA WITH SEWA VALENCIA & JACQUELINE MICHELLE Way Of The Staff For Women 4:15-5:45PM

Join us for a session for women in rhythm as we explore the power of Prana Danda yoga or staff practice for women. Explore the practice with a five foot Prana Danda staff with invocation and music by Sewa and Jacqueline Michelle.

## WOMEN'S TEMPLE

#### SUNDAY

KAVITA KAT MACMILLAN
Surrender To The Arms Of The Mother,
Grounding The Feminine Voice
8-9:15am

Led by devotional musician and transformational guide Kavita Kat Macmillan. In this workshop, we will invoke the Divine Mother in the form of Saraswati Ma, Goddess of Art, Learning, and Music. Through mantra, long tones, and Naad (Sound) Yoga, we'll explore the feminine home pitch, thereby grounding, expanding, and releasing self-limiting beliefs while building confidence to sing freely from our centers. No experience is necessary, we all start where we are and lovingly hold space for the shared unfolding. This special session for those who identify as Women creates a brave container to empower your seat of self-expression, the Vishuddha (throat) chakra. Come surrender into the embrace of the Mother and sing out with your authentic voice!

#### JACQUELINE MICHELLE Honoring The Divine Feminine 9:30-10:45AM

Join Jacqueline Michelle at Bhakti Fest for a powerful opportunity to gather as women in a sacred circle honoring the divine feminine.

Together we will sing, dance, share, and celebrate. Jai Ma!

#### KUMI YOGINI Learn to Chant Sanskrit Verses With Proper Pronunciation 11AM-12:30PM

In this class, we will delve into the sacred language of Sanskrit and focus specifically on the pronunciation of Chapter 6 of the Bhagavad Gita, which explores the concepts of yoga and meditation. Sanskrit, often referred to as the language of the gods, is the ancient language in which many of the sacred texts of Hinduism, including the Bhagavad Gita, were written. Books will be given.

#### LOIS RAMONDETTA Women's Health Workshop 12:45-2:15PM

Learn how to obtain a Blue Zone at home- Loving your temple: Body, Mind and Soul, maintaining health and preventing illness kosha by kosha... In this workshop, you travel through the Koshas (sheaths of the body) in parallel with the 8 limbs of yoga outlined by Patanjali. Come away with a new way of looking at your mind, body and spirit.

## ZOE KORS The Mud. The Mess. The Magic. 2:30-4PM

Let's be honest. The Goddess path is not a sparkly cake walk. Along with the bliss comes deep, gooey, grief, anger, shame, and fear. In this collaborative space, Intimacy Expert and Activist Zoë Kors and Womb Healer Tammy Ruggiero will lovingly guide an exploration of surrender and acceptance in the solace of sisterhood. All of you is welcome.

## SITA DEVI DASI Bhakti Science Of The Connection To The Divine 4:15-5:45PM

Come discover the essence of the bhakti principles of life which will transform your life and fill it with divine connection and love.



# BHAKTIEST

#### **FRIDAY**

VISH CHATTERJI
CRAFTING THE
PERFECT MORNING
ROUTINE
10-11:30AM

TROY CASEY
SIMPLE CHIGONG AND
SEXUAL KUNG FU
BASICS
12-1:30PM

SCOTT BLOSSOM

MEN'S HEALTHBALANCING YOUR
MICRO & MYCOBIOME
2-3:30PM

RAMANA AN INTRODUCTION TO RADICAL AWAKENING 4-5:30PM

#### **SATURDAY**

TROY CASEY
SIMPLE CHIGONG AND
SEXUAL KUNG FU
BASICS
10-11AM

RAMANA RADICAL AWAKENING WOKRSHOP: PART 1 11:15AM-12:45PM

RONALD ALEXANDER
MINDFULNSS AND
SOMATIC TRAUMA
INFORMED MIND
BODY HEALING
1-2PM

FANTUZZI RHYTHM AND MOVEMENT 2:15-3:45PM

SRIDHAR, GOVIND
DAS & DEMETRI
HOW TO LIVE IN THE
WORLD WITH
GRACE, LOVING
AWARENESS, AND
UNCONDITIONAL
LOVE
4-5:15PM

#### SUNDAY

GOVIND DAS MEN'S SACRED SPACE 10-11:30AM

VISH CHATTERJI HONORING THE DIVINE FEMININE 11:45AM-12:45PM

RAMANA
THE 7 STEPS TO YOUR
RADICAL AWAKENING
WOKRSHOP: PART 2
1-2:30PM

ASHOKA
MEDITATIONS TO FIND
INNER PEACE AND
CONTENTMENT
2:45-3:45PM

MINDFULNESS & EVERYDAY LIFE 4-5:15PM

MEN'S TEMPLE

SEPTEMBER 27-29, 2024 IN JOSHUA TREE, CA

## MEN'S TEMPLE

#### **FRIDAY**

## VISH CHATTERJI Crafting The Perfect Morning Routine 10-11:30AM

In this interactive workshop, participants will discuss what they think is important for their well-being and then facilitate everyone to develop something that works for each of them.

## TROY CASEY Simple ChiGong And Sexual Kung Fu Basics 12-1:30PM

For men only. In this workshop, Troy explains the difference between "working in" and working out... lowering stress levels and harmonizing the biological systems for vitality and longevity.

## SCOTT BLOSSOM Men's Health- Balancing Your Micro & Mycobiome 2-3:30PM

Join Scott as he discusses how your gut health is tied into the top 5 men's health challenges- heart disease, diabetes, cancer, alcohol-related diseases, and lung health.

## RAMANA An Introduction To Radical Awakening 4-5:30PM

Have you ever had the experience of having full self-awareness and then lost it? In this Radical Awakening workshop, we will open you to a timeless, boundless space that is always present (but somehow cannot always be accessed). Accessing the True Self at any moment is not something you can do, but it arises naturally from such a powerful realization of who you are, it is never forgotten. In this workshop, you will receive such a powerful recognition of who you are, it is never forgotten. This workshop will introduce you to a unique way of meditating that doesn't confine you to a sitting meditation. It is for those of you who desire a direct experience of your timeless, expansive, and authentic self without a regular meditation practice; once "awakened," you will not need to be awakened again. This workshop is about realizing your supreme state of creativity and possibility with your eyes open as you navigate through life. This workshop will introduce you to how such an awakening is possible and give you the rudimentary tools to discover your Radical Awakening. It is highly recommended for those planning on attending the Radical Awakening workshops, Part 1 and 2.

## MEN'S TEMPLE

#### SATURDAY

TROY CASEY
Simple ChiGong And Sexual Kung Fu Basics
10-11AM

For men only. In this workshop, Troy explains the difference between "working in" and working out... lowering stress levels and harmonizing the biological systems for vitality and longevity.

## RAMANA The 7 Steps to Your Radical Awakening Workshop: Part 1 11:15AM-12:45PM

Ever had the experience of having full self-awareness and then lost it? In this Radical Awakening workshop, we will open you to a timeless, boundless space that is always present (but somehow cannot always be accessed). Accessing the True Self at any moment is not something you can do, but it arises naturally from such a powerful realization of who you are, it is never forgotten. In this workshop, you will receive such a powerful recognition of who you are, and it will never be forgotten. A Radical Awakening is a profound shift in your perception. It's a direct realization that you are the creative force and love that animates everything in the universe every moment with your eyes open. After this awakening, your expanded awareness becomes the guiding light in every aspect of your life, transforming every experience and interaction. In this workshop, I will walk you through the first four steps of my 7 Steps to Your Radical Awakening.

## RONALD ALEXANDER Mindfulness And Somatic Trauma Informed Mind Body Healing 1-2PM

This class will review the science of Mindfulness Meditation as well as Somatic Based Trauma Informed Healing. The class will include direct experience of several Mindfulness Meditations coupled with Somatic Experiencing methods for recovering from trauma triggers. Skills from meditational methods, somatic and yogic breathing exercises (Kryias) with yogic therapeutic movements to recover from trauma and skills for learning how to Re-regulate one's nervous system for the cultivation of resilience, equanimity, mind body healing and Self Regulation.

## FANTUZZI Rhythm And Movement Workshop 2:15-3:45PM

SRIDHAR, GOVIND DAS & DEMETRI
How To Live In The World With Grace, Loving Awareness, And
Unconditional Love
4-5:15PM

## MEN'S TEMPLE

#### **SUNDAY**

GOVIND DAS Men's Sacred Space 10-11:30AM

Now is the time to embody our divine masculine to unwind fears, release anger, connect to a higher purpose, and share love with the planet. Come join this inspiring gathering of Satsang Kirtan, and uplifting dharmic dialogue.

#### VISH CHATTERJI Honoring The Divine Feminine 11:45AM-12:45PM

Honoring The Divine Feminine - Venus, The Archetype of Love, Wealth and Prosperity. As a Yogi and a Jyotishi (Vedic Astrologer), Vish will facilitate an interactive discussion about the archetype of Venus in Vedic Philosophy, and how honoring the Divine Feminine, as a man, activates energies of love, wealth and prosperity. We will explore the Purushartas - the 4 Vedic Aims of life from his book The Business Casual Yogi, and also explore the Goddess Archetypes that represent Venus from Yogic Wisdom. He will share ancient mythological teaching tales as well as methods for ritualistic worship to activate energies of love and prosperity in your life.

## RAMANA The 7 Steps To Your Radical Awakening Workshop: Part 2 1-2:30PM

This is the second part of the Radical Awakening Workshop. This workshop will go through Steps 4 through 7 of my 7 Steps to your Radical Awakening. Note: It is highly suggested that you do Part 1 of the Radical Awakening workshop, but we will start the workshop with a quick review of the first four Steps of Radical Awakening (if you do part 1, you will have a full day to reside and deepen into the Radical Awakening, preparing you for the final steps of your Radical Awakening. Have you ever had the experience of having full self-awareness and then lost it? In this Radical Awakening workshop, we will open you to a timeless, boundless space that is always present (but somehow cannot always be accessed). Accessing the True Self at any moment is not something you can do, but it arises naturally from such a powerful realization of who you are, it is never forgotten. In this workshop, you will receive such a powerful recognition of who you are, and it will never be forgotten. A Radical Awakening is a profound shift in your perception. It's a direct realization that you are the creative force and love that animates everything in the universe every moment with your eyes open. After this awakening, your expanded awareness becomes the guiding light in every aspect of your life, transforming every experience and interaction.

## ASHOKA Meditations To Find Inner Peace And Contentment 2:45-3:45PM

In this session, we will cover the different stages and benefits of meditation. You will learn and experience different techniques of meditation such as calm-abiding, benefactor practice, anapana, vipassana, dealing with difficult situations, practicing compassion, and resting in a natural state. We will chant together and experience inner silence.

## DAVID NICHTERN Mindfulness & Everyday Life 4-5:15PM

Meditation practice can help us to develop focus, clarity and stability by working directly with our ordinary state of mind. The practice of mindfulness we'll be exploring emanates from the Buddhist tradition, but really provides a universal and elegant foundation for any other kind of "spiritual" practice and perhaps equally importantly for our everyday lives. In this workshop we're going to practice together, but also explore what is technically known as post-meditation practice i.e. our "other" 23 hours - how we can infuse our daily reality with a sense of awareness and sacred outlook.



## THANK YOU TO OUR PRODUCT DONORS



**AURA BORA** 









Chimes.





flackers









MyFOREST



















# BHAKTIEST

#### FRIDAY

ZOE BLAQ URBAN SOUL FARME 11AM-12:30PM

MEGAN INGBER
COMMUNING WITH
THE MOJAVE:
CREOSOTE OIL
INFUSION
2-3:30PM

SYRISSA SACCA &
DIANA CANTU-REYNA
FOOD AS MEDICINE ~
INTUITIVE BREWING
4-5:30PM

#### SATURDAY

HARPINDER
KAUR MANN
A MEDITATION &
CHAI OFFERING
7-8AM

ABUDU & CYRUS
ECOLOGICAL
KNOWLEDGE OF OUR
ANCESTORS
11AM-12:30PM

JOHN CRAIG WECOMPOST2 PART 1 2-2:45PM

JOHN CRAIG WECOMPOST2 PART 2 3-3:45PM

MICK LORUSSO &
COSMIC LABYRINTH
PLANTING AN
OFFERING TO THE
LAND
4-5:30PM

#### SUNDAY

SEWA VALENCIA DRUM CIRCLE FOR MOTHER EARTH 7-8AM

MEGAN INGBER MOJAVE DESERT FOOD FOREST 11AM-12:30PM

ABUDU & CYRUS
HERBALISM WITH
CALIFORNIA NATIVE
PLANTS
2-3:30PM

MICK LORUSSO &
COSMIC LABYRINTH
LIVING LABYRINTH:
HEALING LAND AND
WATER
4-5:30PM

SEPTEMBER 27-29, 2024 IN JOSHUA TREE, CA

## REGENERATIVE VILLAGE

#### **FRIDAY**

## ZOE BLAQ, URBAN SOUL FARMER What Is Your Connection To The Land? 11AM-12:30PM

A community art installation for individuals to express their personal connections to the land through art, while also fostering a sense of community and shared understanding. Participants are invited to write or draw their own perceptions of their connection to the land on a communal canvas or leave messages in a designated space. Participants can share stories, memories, and emotions related to the land. Materials: natural dyes, brushes, diy brushes, stamps, found objects.

## MEGAN INGBER Communicating With The Mojave: Creosote Oil Infusion 2-3:30PM

You're invited on a somatic journey with Creosote Bush (Larrea tridentata), a plantcestor (plant + ancestor) native to the Mojave Desert. This plant ally is most recognized by the distinctive scent that dances in the air after desert rains and can be found across vast expanses of the desert where few other flora flourish. A creosote oil infusion may be applied to the skin as a deeply protective and powerfully grounding medicine for this desert climate. Using all of our senses, we'll formulate our own oil infusions (which will also include local white sage and calendula), slowly apply them to our skin, and listen for the wisdom of this native plant.

#### SYRISSA SACCA & DIANA CANTU-REYNA Food as Medicine ~ Intuitive Brewing 4-5:30PM

"Let food be thy medicine & medicine be thy food" - Hippocrates - Join us in exploring what happens when we invite loving awareness of the self into the practice of consuming food. What do you feel in the present moment? What would you like to feel? Through our guided NLP style meditation, we will first 'tune in and drop out,' to truly inquire within as to what our body is feeling in the present moment. From here, we can explore how to select appropriate plant allies and layer them to brew elixirs or cook into food to shift the alchemy of our body in a desired way.

## REGENERATIVE VILLAGE

#### SATURDAY

#### HARPINDER KAUR MANN A Meditation And Chai Offering 7-8AM

Join Harpinder for a grounding morning meditation and chai experience. We'll begin with a gentle pranayama practice to awaken the earth and water elements within, followed by a guided meditation to connect with the land beneath our feet and contemplate our interconnectedness. As we sip on warm, homemade chai, made with a recipe from Harpinder's mom (both dairy and nondairy options will be available), we'll reflect on our deep connection to Mother Earth and cultivate gratitude for her nourishment. This workshop is a beautiful way to start your day with presence and intention, honoring the natural world and our place within it.

#### ABUDU NININGER & CYRUS Ecological Knowledge Of Our Ancestors 11AM-12:30PM

Come take a sip from the great lake of Indigenous ecological knowledge. In this workshop, we will discuss how our ancestors from many parts of the Earth related to the ecologies of their homelands with reciprocity and deep connection for thousands of years. We will explore how some of that knowledge has been adopted, added to, and organized into many distinct yet overlapping categories, known as Agroecology, Organic, Regenerative, Permaculture, and more!

#### JOHN CRAIG WeCompost2 PART 1 2-2:45PM

Explore the wonderful world of worms with this fun and informative workshop. Kids of all ages will learn about composting and vermicomposting while building their very own experimental mini worm bin that they can color and take home. This science experiment comes complete with 4 worms with the task of properly maintaining the bin until the worms double their population (about three months). The workshop is led by the soil building and composting experts at weCompost2, a nonprofit organization dedicated to fighting climate change by cultivating vibrant communities in and above the soil, creating regenerative environments and resilient societies. Upon completing the experiment, you will become a fully certified volunteer for weCompost2 and help us fight climate change by having fun, composting your organic scraps and promoting on site composting. This will be one of the best workshops you will ever take. You do not want to miss it.

#### JOHN CRAIG WeCompost2 PART 2 3-3:45PM

Part two of the weCompost2 workshop. Explore the wonderful world of worms with this fun and informative workshop. Kids of all ages will learn about composting and vermicomposting while building their very own experimental mini worm bin that they can color and take home.

MICK LORUSSO & COSMIC LABYRINTH
Planting An Offering To The Land
4-5:30PM

## REGENERATIVE VILLAGE

#### SUNDAY

## SEWA VALENCIA Drum Circle For Mother Earth 7-8AM

In this sacred circle, we harness the therapeutic power of drumming to facilitate healing and prayer. Our drum circle is a safe and inclusive space where you can experience the transformative energy of the drum while being surrounded by a community of like-minded women. Join us in the circle, and together, we'll journey towards inner balance, empowerment, and a deeper connection with your own spirit and those of your sisters.

#### MEGAN INGBER Mojave Desert Food Forest 11AM-12:30PM

A food forest? In the desert? Yes, there's enough for every creature to eat! This is a place of extremes, and in many ways, it reflects the current and coming shifts for many regions of the world. In this playshop, we'll explore the brilliant designs of nature and their application in a food forest in Joshua Tree, CA. We'll dive into methods for creating and tending vibrant biodiversity, designing around the flow of water, and planting with the movements of the sun and moon. Planting a food forest is a long vision for the next 200+ years, a remembrance of our connection to the land, to one another, and to kinship with all creatures in the Earth community.

## ABUDU NININGER & CYRUS Herbalism With California Native Plants 2-3:30PM

Join us in exploring the ecological, traditional & medical benefits and uses of a few potent California native plants. We will go through the steps of how to make a native plant healing salve that can be taken home and enjoyed by participants. In addition we will talk about how we as a collective grow our reciprocal relationship with these great plant allies. We might even go on a plant walk.

#### MICK LORUSSO & COSMIC LABYRINTH Living Labyrinth: Healing Land And Water 4-5:30PM

Join Cosmic Labyrinth facilitators in completing the living labyrinth made with native plants as we enact a ceremony for the health of the land, water and our bodies. Drink a healing elixir concocted by Syrissa Sacca. Help maintain a healthy lake microbiome by adding Genki Balls, consisting of beneficial microbes that digest sludge buildups in the lake. Give your gratitude for this land and water as we walk the labyrinth back into our lives outside of Bhakti Fest.



## SOUNDTEMPLE

(IN THE SERENITY HALL)

#### **Sponsored By:**



High-Vibe Mushroom Products

### SOUND TEMPLE

(IN THE SERENITY HALL)

#### FRIDAY

NEWTON CAMPBELL Wind Down Yoga & Sound Bath 7-8PM

NATALIE VALLE
Soul Nourishing Sound Bath
8:30-9:30PM

Join Natalie, of Love and Alchemy and founder of Latinas Who Meditate, for a soul-nourishing sound bath. She will guide you through some calibrating pranayama, followed by some toning & meditation, all with the support of Crystal Singing bowls, Gongs, Chimes, and more. Natalie is a Soundology Certified Reiki Master and 200Hr YTT Teacher. Originally from El Salvador, Natalie works with the medicine of Cacao and weaves the intention of heart opening into her work.

## DIVASONIC Ethereal Soundscapes For The Journey Within 10-11:15PM

Drop into this divine feminine sound meditation session featuring soundscapes, mantras and medicine songs that calm the nervous system and enliven the spirit with Lynda Arnold, Helane Marie Anderson and Luna Achiary

## SOUNDTEMPLE

(IN THE SERENITY HALL)

#### SATURDAY

## SHRIMAN Blissful Awareness Experience- Raj Yoga & Sound Bath 7-8PM

Join Shriman's class for a serene and rejuvenating experience. The session features a sequence of moderate postures practiced slowly and mindfully, combined with Bhramaree Pranayama (honeybee breath). The class concludes with a blissful sound bath meditation, leaving you feeling relaxed and centered.

## SONIC DEVAS Divine Feminine Sound Meditation Experience 8:30-9:30PM

Drop into this divine feminine sound meditation session featuring soundscapes, mantras and medicine songs that calm the nervous system and enliven the spirit with Lynda Arnold, Helane Marie Anderson and Luna Achiary.

#### TOBI & SABRINA Mystical Sound Healing 10-11:15PM

Tobi will be playing Crystal Tone Alchemy bowls combined with reiki & callling in the Divine to create a mystical sound healing experience. Sabrina will be joining the experience playing Crystal bowls. Together they will hold space for those looking to find balance and harmony in mind, body & spirit. Creating the opportunity for a divine healing experience in unity consciousness.

## SOUND TEMPLE

(IN THE SERENITY HALL)

#### SUNDAY

## EDWARD WILLIAMS Nada Bhakti: A Bhakti-Based Devotional Soundbath Meditation 7-8PM

Nada is the Sanskrit word for sound and or tone. It is believed that nada is the hidden energy that connects the outer and inner cosmos. Bhakti means devotion and unconditional love of God. In this sound bath meditation we utilize the sound of our voices and sounds from variety of instruments help dissolve the layers of our identity that we are deeply attached to as much as possible. The intention is to deeply realize and be present in the soul-Source relationship and love of God one inhale and one exhale at a time.

#### RISING LOTUS REIKI Shamanic Reiki Sound Journey

8:30-9:30PM

A journey of Shamanic sound vibrations with drums, rattles, rain sounds, didgeridoo, gong, Tibetan singing bowls, chimes, harmonium and more. Once your chakras are in alignment, universal life force energy can go wherever it's needed to heal parts of the body, emotions, mind, spirit and energy field.

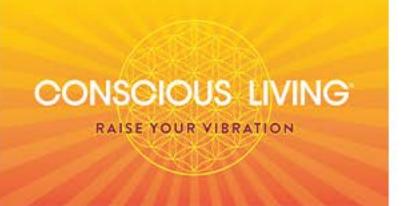


## THANK YOU TO OUR MEDIA PARTNERS

















THE NATURAL LAW







SACRED FRIENDS. ORG











## KIDSLAND

#### **FRIDAY**

GET GALACTIVATED WITH THE GALACTIVATORS! 10-11AM

IMAGINATION STATION:
CREATIVE ARTS & CRAFTS ADVENTURES!
11AM-4PM

#### SATURDAY

SUBHADRA GRIFFITHS
YOGA ANGELS CHILDREN'S WAY CLASS
10-11AM

IMAGINATION STATION:
CREATIVE ARTS & CRAFTS ADVENTURES!
11AM-4PM

#### SUNDAY

GET GALACTIVATED WITH THE GALACTIVATORS! 10-11AM

IMAGINATION STATION:
CREATIVE ARTS & CRAFTS ADVENTURES!
11AM-4PM



## VENDOR VILLAGE

#### MAIN STAGE

**AYURPRANA** 

**BLONDE VAGABOND** 

**BREWJA ELIXIR** 

CHAGIT

CHI FOODS

DRAGONS' NEST INDIGENOUS

**PLAYGROUND** 

FFLV

GAIATREE

**GYPSY JENNY** 

INANNA HEALING

**JAMBAR** 

KALA IMPORTS

KATMANDHU BOUTIQUE

LA ISLA BONITA/ONANYA

LOBOS DEL MAR

**LUNA WILD** 

MANDALAS.COM

MANDALINA TURKISH TOWELS.

**BLANKETS, & KIMONOS** 

**OLD DELHI** 

**OMSLEEP** 

SAMADHI MOSS

SINNS ART

THE KAMA CONNECTION

THE MERAKI MINT

THREADS OF CREATION

**UNIQUE ARTS** 

VITALITY BITE

ZADA OFFICIAL

#### YOGA HALL

**BLUE LOTUS YOGA** 

DAMSELFLY

FREQUENCY

**JOTSANA DESIGNS** 

MICHAEL WICKS ARTWORK

PI YOGA PANTS

SACRED SISTER APOTHECARY

SATSUNG ADVENTURES

SPIRIT DR SUNSHINE FROST MASTER INTUITIVE HEALER

SPIRITUALITY & HEALTH

THE WAKA WAY - MOVEMENT &

MASSAGE

#### OTHER

DREAM STEAM SPA (near shower trailer) **BODY LEVER (roaming)** 

#### LAKE/WORKSHOP HALL

AINYHEALING

**ANGELS & AURAS** 

AURA MAT™ AYURVEDIC YOGA

MATS

**BHAKTI ART** 

BLONDE PEACOCK

**CBD N MOR** 

**CERAMIC HEARTS BY LISA 'LALA'** 

**AGABABIAN CHAKRA ART** 

DOTERRA

DR. A'S LO-FI KAVA

EARTH PETAL HERBALS

FESTIVAL UNIVERSE

**GLORKA** 

GODDESS AGAIN RESALE

GOVARDHAN ECOVILLAGE

**HENNA HUES** 

HENRY DOKTORSKI

**HOUSE OF OM** 

HUMMINGBIRD SKIN CARE

INFINITE GODDESS

LIFEWAY FOODS

LISA GNAIDY

OMNI COLLECTION

RADIANT RITUALS

RAINBOW SANTA TIE DYE

SHARE INTERNATIONAL

SIMPLE INCENSE

SOUL SISTAR MYSTIQUE FT AROMACHAURA

SUNMUD SUSTAINABLE SKIN CARE

TAMRA COPPER

**VEDIC VIDHA - VEDIC PALM** 

READINGS

VEDIC WILD AYURVEDA

WILDLIFE HERBS

WIND RIVER YOGA AND YOUTH

**EMPOWERMENT** 

**WOVEN YOGI** 

QUEEN OF HEARTS

ZEBA

#### FOOD COURT

**AL FORNO PIZZA** 

**ASANA FOODS** 

BLESSED BEING

**CURRY EXPRESS** 

CONNECTION CAFE

**JAVA GOGO** 

**VEGGIE BOMB** 



## HEALING SANCTUARY

9AM - 9PM DAILY

ALEXANDER SHARONE (Xander) listens deeply to your body's innate wisdom with a keen awareness of postural alignment. He integrates therapeutic massage techniques, craniosacral unwinding, and myofascial release to support your well-being, drawing upon training in structural integration and alignment-oriented therapies.

DR. BETH COOPER tailors appointments to each client to select appropriate lotions, oils, healing salves, aromatherapy, and bodywork. Her therapeutic massage aids people to move through pain and increase flexibility and balance. People become more aware of what they bring to their own well-being.

BILL WICKS is inspired with a desire to heal deep wounds and reduce stress in all beings, Bill Wicks changed his direction of healing with Chinese Herbs and Homeopathy, to hands-on Reflexology treatments. His journey with Reflexology started when his elderly art teacher, Norma Flynn, needed an effective way to ease her arthritis pain in her hands and feet.

JEAN GREENFIELD is rooted in love, human touch has always been a part of my life. When I was young, I used to massage my grandmother, family and friends. Licensed since 1991, I have worked in a variety of places: movie sets, music clubs, mobile, gym, house calls, chiropractors, special events as well as having my own office. My passion is my work, caring for the world around me, and animals. I'll support you where you are at in your life journey of wellness. Sometimes it's a slower process than we like. I am here to support you along the way! It's my calling.

JULIANA SCOGGINS offers a wide range of massage modalities to customize your massage treatment to meet your individual needs. Positive energy included in all treatments. Custom made oils add extra benefits to your time on the table. All natural, light, herb infused oils like arnica, calendula, camomile, St. John's wort and comfrey, aid in relaxing your muscles, tonifying the skin and renewing the spirit.

LEN WATSON - People come from all over the world to experience Len's healing bodywork. He has continued to be very active in continuing education with CPU's in Medical Massage as well as numerous Classes/Seminars as a Chiropractic Assistant. Len is very involved with Yoga and Nutrition for the past 38 years. He presents Powerpoint lectures on Cleansing and Detox with an emphasis on the Microbiome for the last 18 years and shares structural oriented bodywork in Santa Monica, Hollywood and up the coast to Oregon.

RACHEL PETKUS L.Ac. has been actively working as a licensed healer for over 30 years. She has lived, worked and studied abroad in both Europe and Asia including a year in Korea and several months in China studying Acupuncture and Herbology. With a B.A. in Art, she teaches a meditative spiritual form of art expression at her home and through online courses.

RIVKA LEAH JADE was awarded Best of Miami Beach Massage Therapists in 2014, 2013, 2012, 2011. She has thousands of hours of both formal and experiential education in Massage Therapy and Holistic Health, is licensed and insured, and has been practicing for over 20 years. She specializes in Clinical and Intuitive Orthopedic Massage Therapy & Energy Work, Holistic Health Consulting, Trauma & Emotional Release Work, and Transformational Life/ Relationship Coaching.

SHAMROCK HOLTZ has been working at Bhakti and Shakti Fest for the past 10 years. His work supports the clearing, activating and grounding of the nervous system while anchoring the light body into one's incarnation and physical body. The focus of Shamrock's work is the Breath and Body connection, in which he utilizes a range of bodywork styles: Lomi Lomi to Shamanic, Deep Tissue to Light Body Energetic Healing.

DR. WENDY PUCHALSKi is a chiropractor, holistic practitioner and certified applied kinesiologist specializing in Neuro-Emotional Technique (N.E.T.). She obtained her doctorate in chiropractic medicine from Los Angeles Chiropractic in 2007 with over 300 hours certification in Applied Kinesiology. She is currently the Bhakti Fest Healing Team coordinator for 2023.



## ART GALLERY

**10AM - 11PM DAILY** 

BENEDIGITAL, also known as Ben Encarnacion, emerges from the urban landscape of Los Angeles as a visionary artist guided by deep mystical and shamanic insights. Embracing the veil of Digital Shamanism, he bridges ancient wisdom with futuristic concepts through his intricate art pieces. His powerful visions serve as mirrors, reflecting humanity's collective consciousness. With a mission that aims to elevate global vibration by reminding individuals of the inner light and infinite creative potential we each embody within, Benedigital's work blends cosmic consciousness with digital artistry, becoming a prominent figure in the global visionary arts movement.

**BRIONNA CHELGREN** (Mystic Mantis Arts) - Brionna is a visionary artist, intuitive astrologer, psychic medium, and yoga teacher, who creates to express the exploration of the non physical through the lens of spiritual, mystical, and inner awareness, seeking to activate the viewer. Being raised in a family of musicians, artists, and military veterans, instilled a love for creative expression, community, and travel from an early age. Living nomadically throughout the west coast of the United States, Brionna enjoys adventuring with a magical black cat, painting, petting moss, and hugging trees.

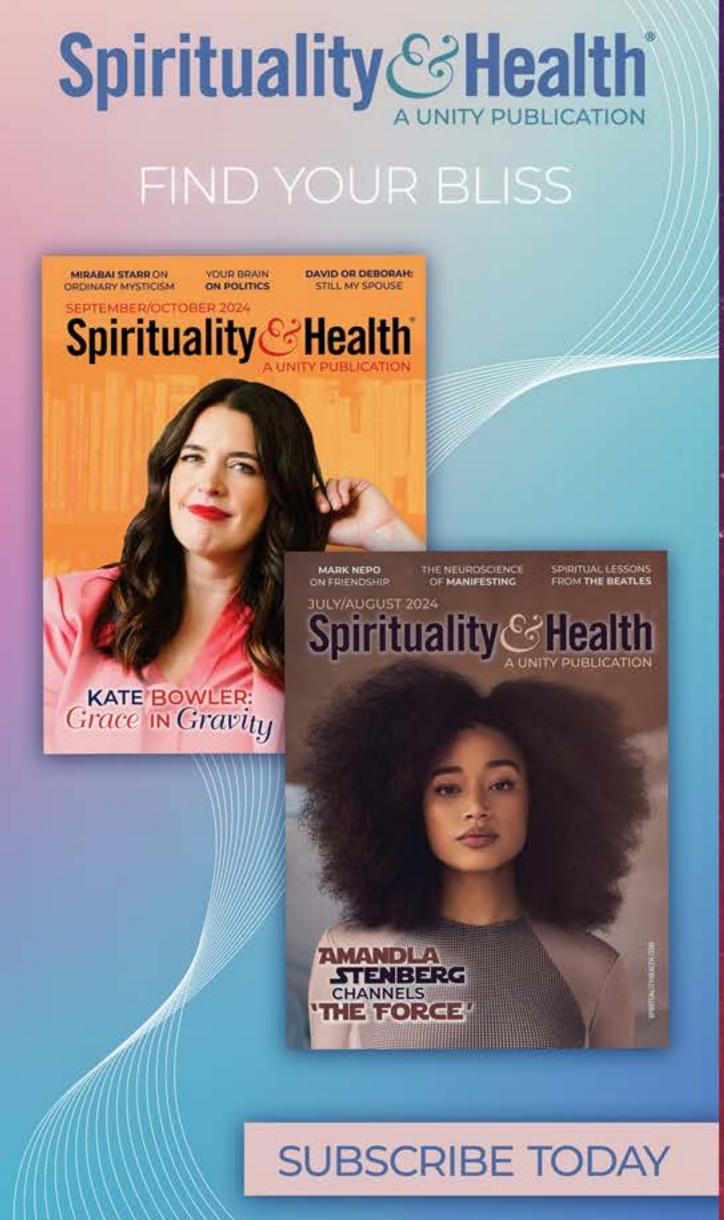
DYLAN BROOKS - The art of Dylan Thomas Brooks serves as a portal into otherworldly dimensions. His painting style is complex and emotional, using vibrant pastel hues and glowing light to portray an animated dreamscape. An LA Based artist, Dylan blends entheogenic and classic art techniques with realms of Earthly and Ethereal inspiration to bring forth his style of Psychedelic Surrealism.

ISHKA LHA (pronounced ee-shka la) is an internationally celebrated visionary artist, musician, writer, ritualist, and mentor devoted to helping spiritual seekers worldwide to connect more deeply with their mystic heart, and experience more magic, tranquility, and unity in their everyday lives. Ishka has been an evolutionary catalyst in the visionary art movement since 2007, and approaches her creative process as a spiritual practice and healing modality. Her visual art explores and celebrates the natural radiance inherent in all dimensions of life through the use of neo-traditional iconography and mythology, and she is especially interested in what universal archetypes, symbols, and forms have most helpfully guided humankind's passage through time into greater avenues of mutual respect, understanding, and heartfelt livelihood. Her artwork is primarily featured in private collections, galleries, healing centers, and transformational art and music festivals across the globe.

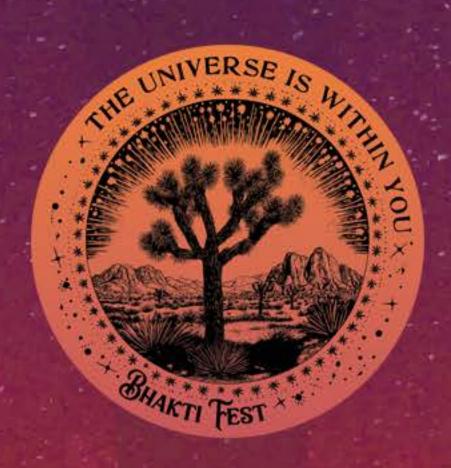
JULIANA GARCES is a dedicated artist and spiritual seeker, whose work reflects her deep commitment to raising the collective consciousness. Her journey with art is a continuous exploration of how visual forms can transcend language and open pathways to the infinite. Born between Colombia and the United States, Juliana learned early on that art has the power to connect beyond words, and she has spent her life using this medium to invite others into a deeper connection with themselves and the universe. Her art is an offering, a seed of awakening for those who encounter it. For some, it may simply plant a seed that will bloom later; for others, it serves as a reminder of a truth they already know but need to remember. Grounded in her daily spiritual practices meditation, yoga, mindfulness, and deep study of mysticism—her work reflects visions and experiences from realms that words cannot fully describe. Juliana sees herself simply as a channel for cosmic creativity, doing her best to step aside and let the visions flow through her. She doesn't view the work as her own, but rather as something greater that she's fortunate to be part of. By tapping into the infinite space within all of us, she hopes to create pieces that serve as gentle reminders for others to reconnect with their own inner light.

**OLIVIA JULIETTE** - Where words fail, art speaks... This concept began my journey with art and the wonders it does for healing, growth and self-understanding, it is the channel through which I process and express my emotions and life experiences. My passion for creation has always been present. However, it wasn't until I began to encounter deep and transformative experiences that I realized creating is not simply a passion but an essential expression of my soul. Art allows me to turn my scars into beauty and my imagination into reality. It taught me how to become vulnerable in a way that felt safe and because of this, my relationship with the arts began to expand. Every piece I create reveals something new about myself, my ever-evolving style and the beauty in the world. I feel a strong desire to inspire people to find the artist within themselves. In art there is no judgement or rules and I want people to feel that freedom. Through Art Therapy I encourage this, through live painting I inspire this and through workshops I teach this. Human beings are art. We ALL have the ability to create beautiful things. I hope you enjoy the colors of my mind and heart.

TATY ALENCAR (Tamiraa) from Brazil is an artist, muralist, architect, mystic, medicine woman, and creator of the International Initiatory School of High Vibrational Mandalas®. She considers art "made with heART" to be one of the most powerful tools for connection and awakening. Her vision is to advance human development by sharing her art and mentoring those who wish to access their deeper potentials, embodying love in motion through the heART.



# SHAKTITEST MERCH TENT



SHIRTS, TANKS STICKERS, + MORE

