

## GGBY 2023 Workshop Schedule

	Sunday, November 19th					Monday, November 20th					Tuesday, November 21st					Wednesday, November 22nd					Thursday, November 23rd					
	Yoga Zone	Movement Zone	Living Room	Slackline Park	Other	Yoga Zone	Movement Zone	Living Room	Slackline Park	Other	Yoga Zone	Movement Zone	Living Room	Slackline Park	Other	Yoga Zone	Movement Zone	Living Room	Slackline Park	Other	Yoga Zone	Movement Zone	Living Room	Slackline Park	Other	
10:00 - 11:15							Move yer bones <i>Hayley Purdom</i>	Siren Storytime: The Power of Voice <i>Kimberly Bridges</i>	Slow your Roll! Tips for Using a Line Slide <i>Tom Doocoy</i>			Twinkle Toes & Tranquility: Reflexology for the Sole <i>Dylan Nunn</i>		Mounting and Moving on a highline/slackline <i>Callway Levin LIMIT 8</i>			Inversions in Acro <i>Michelle Griffith &amp; Jeremy Robinson</i>	Introduction to jamming - guitar focused <i>Wade Pfafcan</i>	Slow your Roll! Tips for Using a Line Slide <i>Tom Doocoy</i>		No morning workshops after GGBY Wednesday night party!					
11:30 - 12:45						Yoga for Buoyancy <i>Natalie Sidhom</i>	Introduction to Pol Juggling <i>Eliot Kirk</i>	Understand music and the unity of slacklining <i>Patrick McCurry</i>	Intro to Leash Climbing <i>Tom Doocoy</i>	Intro to Aerial Silks <i>Michelle Griffith LIMIT 8 - FIRST COME FIRST SERVE</i>	Tantric Yoga and Meditation <i>Anna Schwyfer</i>	Poi: Tech, Flow, and STYLE! <i>Eliot Kirk</i>	The Art of Storytelling <i>Sarah Child</i>	Intro to Leash Climbing <i>Tom Doocoy</i>	Aerial Silks Drop workshop INTERMEDIATE 90 minutes <i>Isa Jacobsen LIMIT 8 - FIRST COME FIRST SERVE</i>	Laughter Journey with Cacao <i>Monica Waumann</i>	Twerkshop! <i>Rachel Haman</i>	Seasons of Flow: Menstrual Cycle Awareness For Men! <i>Joann Miller</i>	Intro to Leash Climbing <i>Tom Doocoy</i>	Intro to Aerial Silks <i>Callway Levin LIMIT 8 - MEET AT AERIAL RIGGS - FIRST COME FIRST SERVE</i>	Aura Breathwork Journey <i>Brandon Groux</i>	Mobility & Myofascial Release for the Multi-Sport Athlete <i>Remy Ogden &amp; Osha Bresha</i>	Psychedelic Harm Reduction: Simple Safety Suggestions for Proper Party Preparation <i>John Harberg, MD</i>			
1:00 - 2:15	<b>GGBY Workshop Opening Circle</b> <i>Meet &amp; Greet, &amp; Consent Discussion</i>  Required for all workshop teachers, but all welcome  1:00-1:45 <i>At the movement space</i>						Warm up with Acro Dactyl and Flycrotops <i>Sue Doku &amp; Tom Doocoy</i>	LifeProof Relationships <i>Kiley Hartigan</i>	Rigging 101: Checking Anchors <i>Ana Lincoln</i>			Supa Fun Acro Dancey Lifts & Flips <i>Alex Reynaldo &amp; Everett Hidenbrandt</i>	Slack Math <i>Ryan Pohl</i>	Rigging 102: Knots and Tie-Offs <i>Ana Lincoln</i>			Handstand Twerking BEGINNERS WELCOME <i>Kira Knick</i>	15 minutes that could save your life <i>Ben Donnelly</i>	Shoulderstand Firsthand <i>Kieran Blood</i>	Silk Split Balances <i>Nicole Evans LIMIT 8 - FIRST COME FIRST SERVE</i>						
2:30 - 3:45	Welcome Yoga <i>Iryna Kozlova</i>	Balance Board Yoga <i>Brittany Reyes</i>	#VanLife Soo, you want to live in your car? <i>Carson Hotelling</i>			Afternoon Yoga <i>Call Janulis</i>	Frequency Palooza! <i>Brenne Etzel</i>	Dilla Daddy's Flavor town express Cooking Class!! <i>Ed Parker</i> <i>Bring a plate and silverware</i> <i>Meet at Dining Tent</i> <i>Jackson Helgevoid</i>	How to escape a space net <i>Ed Parker</i>	Intro to Highlining Workshop <i>Tom Doocoy - MEET AT BEGINNER HIGHLINES - SIGN UP AT INFO BOOTH REQUIRED</i>	Breathwork & Mantra chanting <i>Hanna Fanelli</i>	Introduction to Shibari Workshop <i>Jayna Colechie</i>	Slackline Action Plan: Expanding Access in the States <i>Drew &amp; Drake, Slackline US Ambassadors</i>	Tell me about your slackline incidents! <i>Ana Lincoln</i>	Intro to Highlining for Scaredy Cats <i>Ben Donnelly - MEET AT BEGINNER HIGHLINES - SIGN UP AT INFO BOOTH REQUIRED</i>	Primal Flow <i>Macy Petty</i>	Dance Empowerment <i>Diana Snarr</i>	Applied Mindfulness: A Tour of the Senses and Attentional Fitness <i>Ben Donnelly</i>	Women's Highline Workshops <i>Krista Van Parys - MEET AT BEGINNER HIGHLINES - SIGN UP AT INFO BOOTH REQUIRED</i>	Bouncing Into Awareness <i>Delaney Lyman</i>	<b>Thanksgiving night / Derig begins</b>					
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