

Water & Dirt Festival – What to Expect

Come stretch, breathe, and celebrate your well-being with us!

🌟 Date: Saturday, August 15th

🕒 Time: Half-day (8:45am-1pm)

📍 Location: Beyond The Mat Studio (60 Mohns Ave)

Price: \$90+hst per person

*Registration includes all classes/workshops below, as well as swag items and lunch. Please bring a mat with you.

8:45 - 9am

Arrival & Welcome: Guests receive a take-home journal with intention prompts.

9am - 10am

Morning Vinyasa Flow: An energizing, breath-led sequence to awaken the body and focus the mind.

10am-10:30am Myofascial Release: Unwind tension, improve mobility, and restore balance in this focused combining yoga and self-myofascial release techniques. Using a foam roller, you'll gently target tight muscles and connective tissue (fascia) to release built-up stress, enhance circulation, and support recovery.

10:30am-Noon

Flow Smarter: Transitions, Alignment & Confidence:

A practical, movement-based workshop focused on common transitions, with hands-on guidance and time to practice.

Noon-1pm

Yin Yoga & Integration: Long-held, floor-based poses with deep relaxation and nervous system reset. Props welcome.

1pm - Lunch by Thai Valley: Enjoy a flavorful Thai-inspired meal in community.