



24hr Yogapalooza Event Day Guide

September 25-26, 2022

Thank you for being a part of 24hr Yogapalooza 2022 and supporting childhood cancer treatment and research at CHEO! We're thrilled to be back in-person for 24 consecutive yoga classes at the **Ottawa Art Gallery** at **10 Daly Avenue**.

Be sure to use the hashtag **#24hryogapalooza** and share your experience on social media!

What to bring:

- Your mat – there will **not** be any mats available to borrow or rent on-site
- Any yoga accessories you need – towel, blocks, straps, bolster, etc.
- Change of clothes, pillow, blanket – optional but strongly recommended for those taking the 24hr challenge ☺
- Water bottle and snacks – some food has been graciously donated by local businesses but quantities are limited

Transport & parking:

Parking is not available on site, but there are nearby paid options available:

- Metered street parking in the Sandy Hill residential area
- Novotel Parkade – 3 Daly Avenue, Ottawa ON, K1N 9M7
- Rideau Centre Parkade – entrances on 80 Nicholas Street and 5 Daly Avenue, Ottawa ON, K1N 9J7

Entrances to the gallery are 10 Daly Avenue and 50 Mackenzie King Bridge. All entrances, venues and galleries are fully accessible – Para Transpo drop-off location is 10 Daly Avenue. Please contact public@oaggao.com if you require a sighted guide to meet you.

O-Train Line 1 stops at the Rideau Centre; exit the mall via Mackenzie King Bridge and head East toward the University of Ottawa.

Bicycle racks are located near the gallery's main entrance at 50 Mackenzie King Bridge.

When you arrive:

Please arrive **10-15min early** to check in at the registration desk, make a donation and sign the mandatory waiver before class starts. Out of respect for the teacher and attendees we will not allow students to enter class more than 10min late.

- Classes will take place in Galerie Annexe.
- Coat check across from the Annexe is available, but it is not supervised – the Gallery and Yogapalooza are not responsible for lost, damaged or stolen items.
- Please use the bathroom to change if needed.
- Public WiFi "OAG-Guest" is available (no password).

Schedule:

Classes will start on the hour and run for 50 minutes, followed by a 10-minute break.
There will be an (optional) group photo taken at the end of each class.

Sunday, September 25

8:00 am	Rise & Shine for CHEO with Laura D'Alessandro
9:00 am	Morning Mobility Flow with Jennifer Pakuts
10:00 am	Dharma Yoga Maha Shakti with Justine Hoang
11:00 am	Core Restore with Melissa Delaney
12:00 pm	SimpleYoga Heart Opening Hatha with Julie & Bronwyn Lefebvre
1:00 pm	Intro to Traditional Ashtanga with Michael Dynie
2:00 pm	Hatha Flow with Jenn Stow
3:00 pm	Yin & Yoga Nidra with Brian Simser
4:00 pm	Flow with Kristy Schmekel
5:00 pm	Partner Yoga with Ciara Jean Beaton
6:00 pm	Mia Yoga with Robert Aranyosi
7:00 pm	Flow State: A Journey to Self with Samantha Murray
8:00 pm	Gentle Flow with Kethy Sosso-Kolle
9:00 pm	Flow with Genevieve Ross
10:00 pm	Yin Yoga with Randa Nasrallah
11:00 pm	Yin Yoga: Letting Go with Nathalie Michèle
12:00 am	Strong Hatha with Kerry Kotylak

Monday, September 26

1:00 am	Kundalini Yoga with Antonia Roul
2:00 am	Hatha Reset with Maureen Schiller
3:00 am	Amrit Vela – Greeting the Day with Jas Bhandal
4:00 am	Yoga for Legs with Linda Myers
5:00 am	Morning Stretch with Jean Kim
6:00 am	Hatha with Kim Leblanc
7:00 am	Gentle Morning Flow with Andrea Lacey Campbell