

Don't miss the fourth annual Yoga Bliss Festival



The Yoga Bliss Festival is returning to Augusta for its fourth year, July 31-Aug. 3. Participants can register for a single session or the entire festival at yogablissfestival.com.

"You can create it your own way," explained Kathy Kressler, owner of **Halcyon Spa, Salon and B&B**. "Halcyon Spa is the host and we are holding a couple of sessions at Halcyon; however, most of the sessions are at the Harmonie Verein and Oaks Crossing Conference Center."

The many varied sessions include yoga, breath work, meditation, singing, fellowship, gluten-free meals, concerts and more.

"This is an opportunity to take a deeper dive inward and do self-exploration in a community setting, in a space where all people are welcome," Kathy explained. "We intentionally put things like meditation, sound bath, restorative practices and concerts on the schedule because yoga is a lifestyle. It is so much more than a physical practice. Yoga is a way of being and a way of tapping into our true nature. That includes being playful, creative and curious. It's about expanding ourselves and trying something new and different."

"We have two concerts – "An Evening of Kirtan Bliss" with returning festival favorite Ananda Das from 7-9 p.m. on Friday and "A Journey of the Heart" with new festival leader Damiyr on Saturday afternoon," Kathy said. "We also have St. Louis artists Angela L. Chostner and Angela Lamb, who will be infusing breath work, art and creativity into their sessions. Yogi Jenna Angeleigh Israel, LPC, MA, will be doing a soul collage with a small group of participants. Sarah Helle, who owns Optimize Health & Wellness in Glen Carbon, Illinois, and I will be teaching myofascial release techniques. There's something for everyone."

Halcyon
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