

An aerial photograph of a town, likely Anaconda, Montana, with a main street running through the center. The town is surrounded by green, forested mountains under a clear blue sky. The image is slightly blurred to make the text stand out.

ANACONDA YOGA *fest*  
SEPTEMBER 12-14

# **PROGRAM GUIDE**

Thank you so much for purchasing your ticket to the 2025 Anaconda Yoga Fest! I cannot wait to share everything we've been putting together — from yoga and music to mountains and community, it's shaping up to be a truly special weekend.

If you have any questions or want local recommendations, feel free to email me at [marquis@anacondayoga.com](mailto:marquis@anacondayoga.com) or DM me on Instagram @anacondayoga.

I'm so excited to welcome you to our gorgeous little mountain town.

Much love,  
Marquis  
Owner, Anaconda Yoga

 **Location:**

Anaconda Yoga  
200 Main Street, Suite 6  
Anaconda, MT 59711

The entrance is in the alley between the old Montana Hotel and the Post Office — look for the signs at the alleyway entrance!



# IMPORTANT INFO

## ✓ Check-In Info:

### **VIP & 3-Day Pass Holders:**

- Check-in is Friday, September 12 from 11:00 a.m. – 2:00 p.m. at Anaconda Yoga.
- You'll receive your wristband, map + schedule, and your swag bag (if you've purchased the VIP Pass).

### **Day Pass Holders:**

Check-in at Anaconda Yoga on the day of your pass:

- Friday: 11:00 a.m. – 2:00 p.m.
- Saturday: 7:00 a.m. – 8:30 a.m.
- Sunday: 7:00 a.m. – 8:30 a.m.

### **Can't make your check-in window?**

No worries! Just stop by the studio between classes — we'll get you squared away.



# FRIDAY

TIME	ANACONDA YOGA	COPPER VILLAGE	THE MONTANA	WASHOE PARK
<b>2 P.M. - 3 P.M.</b>	Self Love Massage and Meditation* w/ Elise Marquette	Fire Flow w/ Tammy Garrison	Tadasana to Tapas: Strength & Balance in Motion w/ Nicole Sheree	Gentle Yoga Flow* w/ Emily Collier
<b>4 P.M. - 5 P.M.</b>	Seven Chakra Yoga w/ Marquis Matson	Yoga Nidra* w/ Angie Gifford	Partner Yoga w/ Jessie Barnes	Mandala Flow w/ Lexi Salminen
<b>5:30 P.M. - 6:30 P.M.</b>	<b><i>The Montana</i></b> – Opening Kirtan* w/ Lou Rae			

# SATURDAY

TIME	ANACONDA YOGA	COPPER VILLAGE	THE MONTANA	WASHOE PARK
<b>7 A.M. - 8 A.M.</b>	Yin yoga* w/ Marquis Matson	Shanti to Shakti Sunrise Flow w/ Nicole Sheree	Slow Flow w/ Elise Marquette	Root to Rise w/ Jennie Peterson (90 minutes)
<b>9 A.M. - 10 A.M.</b>	Somatic Yoga 101* w/ Marquis Matson	Happy Hips: Wiggle, Release & Flow w/ Robyn Lund	Strength For Flexibility w/ Jasmine Wolfe	Sacred Hunting* w/ Lou Rae
<b>11 A.M. - 12 P.M.</b>	Slow Sip and Savor w/ Sami Evanson	Yin Yoga + Yoga Nidra* w/ Jessie Barnes	Path to the Splits w/ Susan Rasmussen	Seven Chakra Yoga w/ Marquis Matson
<b>2 P.M. - 3 P.M.</b>	Yoga For Stress Relief w/ Jacquie Peterson	Cacao & Yoga Ceremony* w/ Brenda Carey	Stand and Deliver w/ Marissa Krupa	Divine Feminine & Masculine In Nature* w/ Marquis Matson
<b>4 P.M. - 5 P.M.</b>	Myofascial Release Workshop* w/ Eve Farwell	Slow Flow and Sound Healing w/ Lexi Salminen	Yoga Nidra* w/Angie Gifford	Sound Bath* w/ Kelby Jane
<b>5:30 P.M. - 6:30 P.M.</b>	<b><i>The Montana</i></b> – Somatic Ecstatic Dance w/ Marquis Matson			

# SUNDAY

TIME	ANACONDA YOGA	COPPER VILLAGE	THE MONTANA	WASHOE PARK
<b>7 A.M. - 8 A.M.</b>	Happy Switchbacks w/ Sami Evanson	Caturanga Cha Cha w/ Marissa Krupa	Intermediate Vinyasa Flow w/ Emily Collier	Earth Medicine Yoga w/ Brenda Carey
<b>9 A.M. - 10 A.M.</b>	4 Elements Restorative Yoga + Sound Healing* w/ Eve Farwell	Eclipse Portal: Movement and Meditation with the Moon w/ Jasmine Wolfe	Don't Pee When You Sneeze: Yoga for the Pelvic Floor w/ Robyn Lund	I AM WOMAN : I have been a 1000 different women: Vinyasa flow w writing workshop w/ Jennie Peterson (90 minutes)
<b>11 A.M. - 12 P.M.</b>	Guided Meditation* w/ Jacquie Peterson	Slow Flow w/ Tammy Garrisonc	Your Yoga Flow* w/ Cody Melton	Cacao Ceremony* w/ Kelby Jane
<b>1 P.M. - 2 P.M.</b>	Restore Your Body* w/ Cody Melton	Gentle Harmony Yoga* w/ Susan Rasmussen	Somatic Yoga For Feminine Energy w/ Marquis Matson	Medicinal Plant Walk* w/ Stephanie Naftal

# OTHER HAPPENINGS

## **4 - 8 p.m. Friday - Wine and NA beverage tasting at Bighorn Bottle Shop.**

Head over to The Bighorn on Main Street for a free tasting of clean wines and N/A beverages, plus a fun social hour with other Yoga Fest attendees and the community.

## **10 a.m. - 4 p.m. Saturday - Wellness Market.**

Stop by the Wellness Market location on Park Avenue and Main Street to meet vendors from around Montana. Expect to see all natural wellness products and remedies, cold plunges, sauna, tarot card readings, massages, and more!

## **7 p.m. Saturday - Live Music at Smelter City Brewing**

Head over to Smelter City Brewing on Main Street for live music by Dylan Running Crane for a heartfelt experience set in the heart of the community.



# OTHER HAPPENINGS

## **7 a.m. Sunday - Hike + Yoga w/ Anaconda Outdoor.**

Meet at Anaconda Outdoor at 7 a.m. and head out to the trailhead from there. Hike up to a nearby lake and practice yoga by the lake. This will last between 4-5 hours.

## **9 a.m. Sunday - Group Bike Ride w/ Anaconda Bicycles.**

Meet at Anaconda Bicycles at 9 a.m. and ride from Main Street along scenic Stumptown Road, then cruise down Cable Road to finish with a restorative yoga practice at Washoe Park. If you need to rent a bike, then you can rent a biked from Anaconda Bicycles. Please coordinate before the time of the event.



# HOW TO GET AROUND

Everything is within walking distance so you can easily pop around town by foot.

We also love **Anaconda Bicycles**, located right on Main Street. They rent bicycles by the day, so we recommend grabbing a bike when you arrive and cycling from class to class!

They are located at 116 Main St, Anaconda, MT 59711. You can call them at (406) 634-3622.



# WHERE TO EAT

There are lots of options to eat throughout town, both within walking distance and just a short drive or bike ride away.

Here are some favorites:

- Coffee Corral
- Gallicano's
- Taco Truck at Smelter City Brewing
- Firefly Cafe
- Jordi's Cantina
- O'Bella
- The Hangout
- Peppermint Paddy's
- Haufbrau



# WHAT IF I'M NOT “GOOD” AT YOGA?

There's more than yoga happening at this yoga fest! There are also beginner-friendly yoga classes sprinkled throughout the schedule.

Look for the \* next to class titles to find options suitable for beginners.

Here are a few examples of what beginners can try:

- Sound Healing
- Meditation
- Cacao Ceremony
- Medicinal Plant Walk
- Somatic Yoga
- Gentle Yoga
- And many more!

