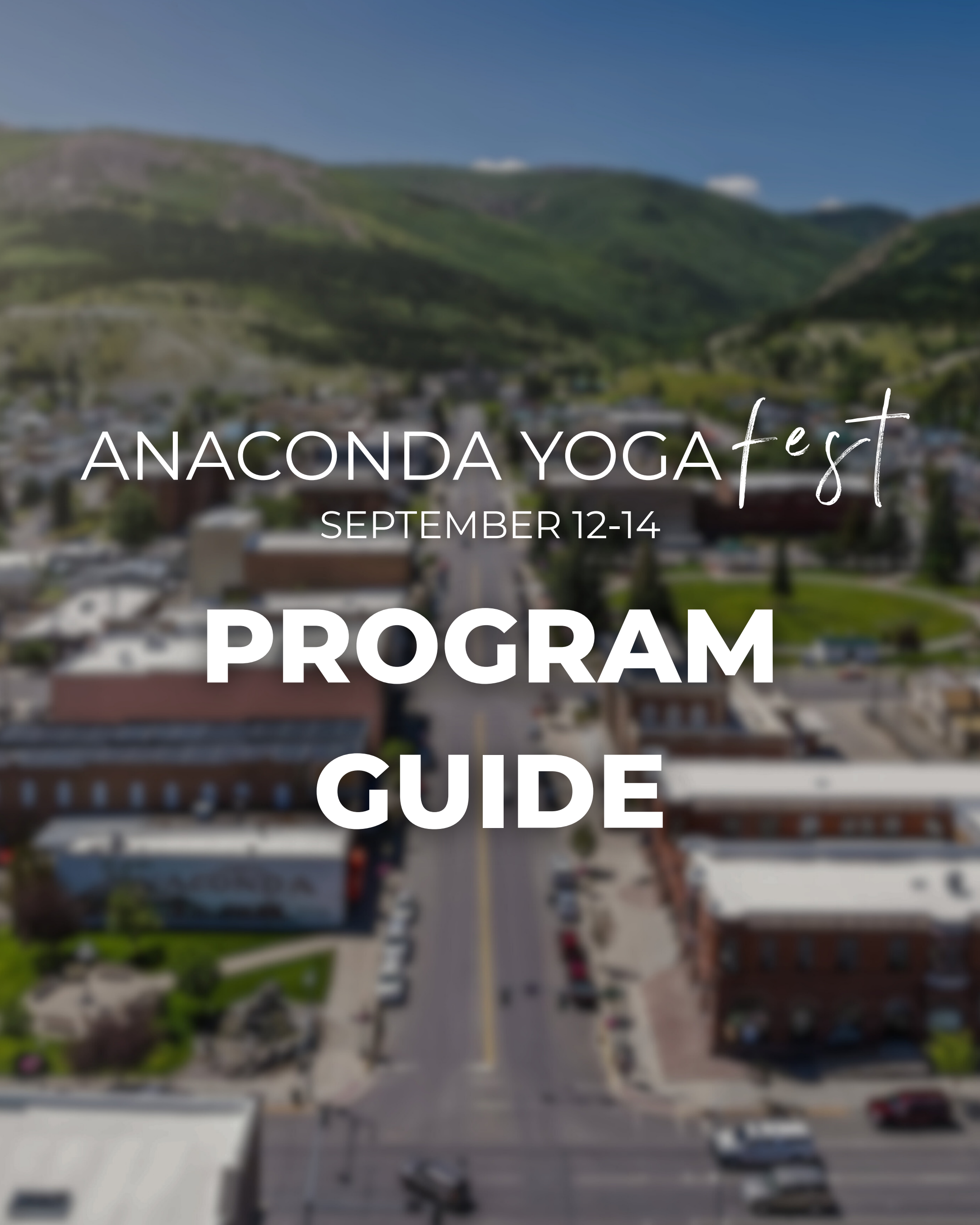


An aerial photograph of a town, likely Anaconda, Montana, with a large mountain range in the background. The town features a mix of residential and commercial buildings, a central street, and a large green park area. The image is slightly blurred to make the text stand out.

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 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



CHECK-IN INFO

Check-In 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!

VIP 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, QR code to map + schedule, and your swag bag
- Priority registration for classes opens up on September 1

Day Pass Holders:

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

- Friday: 11:00 a.m. – 2:00 p.m.
- Saturday: 6:30 a.m. – 8:30 a.m.
- Sunday: 6:30 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.



IMPORTANT INFO

- If you are a pass holder, then your wristband will get you admission to the class ***unless the class location is Anaconda Yoga.*** Space is limited at the Anaconda Yoga studio (15 students only). You will need to book your spot in advance.
- VIP Pass holders will be able to reserve their spot in classes beginning September 1. Everyone else will be able to book a spot 1 day before the class begins.
- Classes can be booked at anacondayoga.com/daily-schedule/
- Drop-ins can book a spot at any class online starting 1 day before class begins, or by scanning the QR code at the class location. Show the yoga teacher your confirmation before entering.
- If it is rainy for some reason, then classes at Washoe Park will be moved to the covered *Pavilion at Washoe Park*, where the concrete ground will be stable and dry.



FRIDAY

TIME	ANACONDA YOGA	COPPER VILLAGE	THE MONTANA	WASHOE PARK
2 P.M. - 3 P.M.	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
4 P.M. - 5 P.M.	Learn Your Own Belly Massage - Stephanie Naftal	Traditional Hatha w/ Kat Stephens	PiYo w/ Jessie Barnes	Mandala Flow w/ Lexi Salminen
5:30 P.M. - 6:30 P.M.	<i>The Montana</i> – Opening Kirtan* w/ Kathleen Karlsen <i>(Free to the community)</i>			



SATURDAY

TIME	ANACONDA YOGA	COPPER VILLAGE	THE MONTANA	WASHOE PARK
7 A.M. - 8 A.M.	Yin & Yang 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)
9 A.M. - 10 A.M.	Strength For Flexibility w/ Jasmine Wolfe	Awaken the Warrior Goddess w/ Cat Wetenkamp	Somatic Yoga 101* - Marquis Matson	Intro to Kundalini Tantra* w/ Lou Rae
11 A.M. - 12 P.M.	Slow Sip and Savor w/ Sami Evanson	The 5 Tibetan Rites Flow* w/ Jessie Barnes	Hanuman's Journey Thru Kriya & Myth w/ Cat Wetenkamp	Seven Chakra Yoga w/ Marquis Matson
2 P.M. - 3 P.M.	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
4 P.M. - 5 P.M.	Strength For Flexibility w/ Jasmine Wolfe	Slow Flow and Sound Healing w/ Lexi Salminen	Path to the Splits w/ Susan Rasmussen	Sound Bath* w/ Kelby Jane
5:30 P.M. - 6:30 P.M.	<i>The Montana</i> – Somatic Ecstatic Dance w/ Marquis Matson			

SUNDAY

TIME	ANACONDA YOGA	COPPER VILLAGE	THE MONTANA	WASHOE PARK
7 A.M. - 8 A.M.	Happy Switchbacks w/ Sami Evanson	Caturanga Cha Cha w/ Marissa Krupa	Intermediate Vinyasa Flow w/ Emily Collier	Earth Medicine Yoga* w/ Brenda Carey
9 A.M. - 10 A.M.	4 Elements Restorative Yoga + Sound Healing* w/ Eve Farwell	Eclipse Portal: Movement and Meditation with the Moon* w/ Jasmine Wolfe	Yoga Therapy For Anxiety* - Kat Stephens	I AM WOMAN : I have been a 1000 different women: Vinyasa flow w writing workshop w/ Jennie Peterson (2- 3 hours)
11 A.M. - 12 P.M.	Guided Meditation* w/ Jacquie Peterson	Slow Flow w/ Tammy Garrison	Buti Movement w/ Audrey Mills	Cacao Ceremony* w/ Kelby Jane
1 P.M. - 2 P.M.	Buti Movement w/ Audrey Mills	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 at Durston Park on Park Avenue and Main Street to meet vendors from around Montana. Expect to see all natural wellness products and remedies, massages, more, and live music by Seth Martin!

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 musical 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. *This is free to the community. The hike is limited to 12 participants. Please save your spot here.*

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 bike from Anaconda Bicycles. Please coordinate before the time of the event. This is free to the community.*



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.

On **Saturday, September 13** there will be **food trucks** at Kennedy Commons, on Main Street and 3rd Avenue. These trucks include:

- Blissful Berry Bowls
- Six String Kitchen
- Curb Side Eats Food Truck
- Sassafrass Sodas
- Charee's Thai Food
- Simply Frozen

Otherwise, here are some favorites:

- Coffee Corral
- Gallicano's
- Taco Truck at Smelter City Brewing
- 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!

