

WELCOME TO BEARDFEST 2025

BEARDFEST



2025

ENJOY YOUR STAY!

WHY WE FEST



- To enliven the artist in everyone
- To build community by bringing people and their ideas together
- To feature the most dedicated and talented musicians, artists, and performers we can find
- To give leaders, teachers, and diversely skilled people a platform to share their important work
- To spread ideas of earth care and people care
- To create an environment where people feel welcome to experience the full range of their emotions
- To redefine entertainment as a participatory, social, artistic, and naturalistic endeavor
- To positively impact the lives of everyone involved
- To create a space where people who hold different worldviews can coexist peacefully

OUR SPONSORS

HIGHWAY 90

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NON-PROFIT PARTNERS



We are proud to present this year's sponsors and non-profit partners. Beardfest is greatly enhanced by the support of all of these organizations, most of which have contributed to the festival through giving their time and energy to helping organize it. Please thank them when you see them, and please consider donating to our non-profit partners.

Let the Rompus Start: Art in Motion at Beardfest

BRUSH IN HAND, FOX IN HEART.

BY SARAH KATE GITTLEMAN

If you're unfamiliar with Rompus and the magic they bring to the Beardfest landscape, take a slow spin around Paradise Lakes during this festival weekend. Chances are, on any 360° turn, your gaze will land on something touched by the art collective.

Their most visible contributions are the stretched canvases, or "scrim", that frame both the Beach and Forest stages. Alongside headlining acts and at the moon's rise, these canvases come alive. Lit from the front and behind, the scrim becomes a portal—Rompus' curtain between festival and ceremony—where shadows of dancers and painters cast swirling forms across the fleeting white space. Brushstrokes and silhouettes blur together, transforming blank canvas into living story.

The Pillars of this movement are Bri

Barton and Kristina Seelig. Bri guides "the painters," while Kristina leads "the movers." Together, they anchor the two forces that fuel the collective: creation and motion.

Over the course of the weekend, over 50 feet of collaborative artwork will bloom in real time.

Kristina compares this unfurling of the scrim to the hoisting of a ship's sail—wide open, wind-ready, a vessel for story and wonder.

"WE EXIST WITHIN THIS LIVING, MULTI-DIMENSIONAL ECOSYSTEM," BRI SAID.

"HOW DO WE MOVE WITHIN IT?"

When Bri and Kristina speak of Rompus, it's less about logistics and more about energy—something bigger than any individual contribution. Rompus is recognized more as an entity beyond any of them; and Beardfest is a three day ceremony of listening and responding to this energy through expression.



“The art is a relic of the ritual, a fingerprint of the offering that was made,” Bri said.

“Yes, the final product is the relic. The fullness of the art is happening in real-time as we create portals within portals. The finished product is only the print: the journey of becoming is the breath of the art— as we are in collaboration with the living energy of each unfolding moment,” Kristina expanded.

The first relic was born in 2013, back when Beardfest was still a backyard gathering at the LoPresti home. What was planned as traditional live painting took an unexpected, electric turn. Bri and the fellow artists began to move not just the paint, but themselves—dancing around the canvas in an explosion of instinct. The scrim was lit from behind, and suddenly, they were no longer just painters; they were shadow-dancers, co-creating with light and color.

The effect was undeniably cool from the crowd. But for the artists, it felt *spiritual*.

Wanting to legitimize this union of art and play, the entity needed a name. This artistic energy bubbling over from the cauldron of art and movement—this *wild thing* they had uncovered—was crowned as Rompus. The name nodding to a favorite quote from *Where the Wild Things Are*: “Let the wild rumpus start!”



BRI BARTON, PAINTING



KRISTINA SEELING, MOVEMENT

Kristina first witnessed Rompus as a Beardfest attendee in 2014. Its gravitational pull enthralled her so completely that by 2016, she was pulled into its orbit as a dancer.

“I was entirely captivated by Rompus,” Kristina said. “To the point that I would set my alarm in the middle of the night so that I could wake up and look at what the painting was doing, [and this was] before I knew anybody [in Rompus].”

Today, Rompus is a tight-knit group of ten. After over a decade of members coming and going, Rompus has settled into its most dialed-in crew of painters and movers. This ten in particular has grown into one another, forged through over three years of shared movement, paint, sweat, and intention.

The current roster includes movers Kristina Seelig, Coco McNamara, Bexx Rosenbloom, Merlin Sky, Jeff Mullen, and Rylan Mount, alongside painters Bri Barton, Lindsay Gilbert (formally Lindsay Jamison), Sarena Johnson, and Myrissa McAndrews.

“We are all on different paths that are blessedly braided together,” Bri mused.

In true Beardfest fashion, Rompus’ inspiration flows straight from the source: the Pine Barrens. The woods themselves whisper into their work and “a huge part of our role is to listen,” Kristina beamed.



Described as “a living prayer to the natural world,” Rompus’ imagery centers on the quiet wonders of the Pine Barrens: endangered flowers, frogs, birds, insects—the beings often overlooked. In past performances, the movers have donned animal masks and other creaturely costumes, becoming the spirits of these woods in motion.

Their reverence isn’t just visual—it’s active.

Before the first note is played, Rompus can be found gently guiding spring peepers away from the stages. And in return? Mayflies choose to live out their fleeting two-day lives perched on the very scrimms painted in their

honor. There’s something full-circle in that.

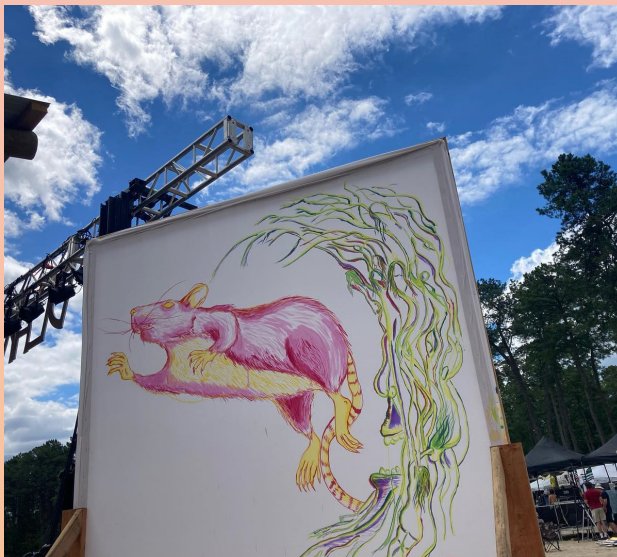
As Beardfest has grown, so has Rompus—now with thoughtful considerations for lighting, costuming, props, and color palettes to enrich their visual storytelling.

But through all the years, one thing has stayed true—a little secret known only to seasoned Beardfest-goers paying close attention. And now, I’m passing along some weekend wisdom to you: the best Rompus sets always coincide with Out of the Beardspace taking the stage.

“Historically, Rompus throws down for Beardspace,” Bri said. “We enter some wild portals—and if they notice, the audience can come with us.”

In a place already teeming with magic, Rompus adds its own heart-beat—a rhythm of paint, prayer, movement, and myth. Look for them on the scrimms, in the trees, and along the shadows at your feet.

Through the course of Beard weekend, Rompus is not just creating art—they are in service to it.



THEME CAMPS

● ANAM CARA: DRAGON'S LAIR *Organizer: Lisa*

Come chill in the Dragon's Lair, complete with nightly movies, drum circles, & tarot card readings.

● C.A.M.P. *Organizer: E. King & Speebs*

Are you known for being eccentric? Over-the-top? Perhaps legendary or iconic, even? Then, darling, do we have the CAMP for YOU. We'll be serving art, entertainment, and looks the HOUSE DOWN BOOTS all Beardfest long!

● CIRQUE DE PEACE *Organizer: Kevin*

Returning for its third year at Beardfest, Cirque De Peace is a dynamic and welcoming hub for flow arts, workshops, and nighttime gatherings that bring people together to share and explore their passions. Attendees can learn to use props like poi, hoops, staffs, and fans.

● DANCE MEDICINE PHILLY *Organizer: Richie*

This is a space for all the conscious-minded folks who live the sober lifestyle! We love to dance, connect, and thrive on loving one another! Join us for a safe space to settle: a place for kindness and intimacy!

● DUTCH GANG CAMP *Organizer: Maribeth*

Dutch Camp is for the dogs! This is a dog-friendly space offering complimentary dog treats, water bowl stations, and giveaways. This camp was created as a memorial for Dutch.

● FREE WEARS *Organizer: Juni & Bella*

Free Wears is dedicated to providing free, pre-loved clothing to all of Beardfest. Getting chilly and need another layer? Swing by for some sweats! Get soaked in an unexpected rainstorm? Drop by for a dry fit! Come hang out with us in this collective, cozy, camping "closet!"

● KARNIVAL KAMP *Organizer: Ginny*

Uniting artists, musicians, and creators from diverse backgrounds to showcase and teach their talents. Come on over for an unparalleled experience that blends musical talent, performance art, and immersive activities!

● MISTY HOLLOW *Organizer: Steph*

Come cozy up at Misty Hollow, where the fairies help you forget all your problems! Make sure to join us to make your own fairy home.

● PLANET SPARKLE *Organizer: Kyle*

At PLANET SPARKLE, biodegradable glitter leaves no trace! So come by for a custom glitter look, chill in our lounge & watch movies from our projector! *A visit to Planet Sparkle is best during the early afternoon from 2 pm-10 pm!*

● RALPH'S PUPPY RETREAT *Organizer: Madison*

In memory of Ralph, the Dachshund rockstar who had been to every single Beardfest in the past, we will be giving out snacks, water, and other fun things for all!

● RIBBIT RIVER *Organizer: Jasmin*

Feeling groggy? Feeling...froggy? Come on down and turn that smile upside diddly down! We'll be hosting a fun and hoppy environment for you to enjoy. Save the frogs, bring us trash, and get a sticker!

● STEF'S CEREAL BAR *Organizer: Stef*

Stef's Cereal Bar is the continental breakfast of Beardfest! Come enjoy the largest variety of cereals and milks while embracing your inner child! We make every day feel like Saturday morning, you can even enjoy a bowl of cereal in our dining room! The best part, it never closes!

● TATS'N'LAUGHS *Organizer: Michael*

We are Tats N' Laughs, and we are here to provide all your "ink" and laughter. We have sleeves, letters, glow in the dark, NSFW, and even face gems. Don't worry, it's all temporary, and you don't have to disappoint Mom. Come hang at the local tattoo shop with some local fam!

● THE WASH @ BEARD *Organizer: Tea*

Get ready to shine at our delightfully clean, bubble-blasting, joy-spraying carwash style tune-up. A playful, multi-stage gauntlet of suds, and surprises, our spirited attendants are armed with buckets of charm, sudsy sponges, and sparkly fun.

● Green: kids are permitted 100% of the time.

● Yellow: some activities/topics will not be suitable for children's eyes and ears, but we leave the risk of engagement up to the parents.

● Red: kids are not encouraged to attend.

ART GRANTS

COME PLAY - P.A.N.D.A. *Artist: Philip Heinz*

Psychedelic, Abstract, Neon-Sreamed Art! P.A.N.D.A. is an interactive, blacklight art installation for all ages, available 24-hours a day. Games include chess, dominoes, giant Jenga, and more!

MEGA-ICOSAHEDRON *Artist: Daniel Robert Short*

A Beacon of Light! Pulsing geometric lights dance in sync with the spirit of Beardfest. This light sculpture is a space to gather, reflect, and connect.

PARADISE LAKES SEA SERPENT

Artist: Benjamin Lavine

Over the last 10 years that Beardfest has been here at Paradise Lakes, there have been many mysterious encounters with a large "lake serpent" in these murky waters. The local rangers and scientists tell us that such a thing couldn't exist, but the experiences of too many swimmers and late-night spunions say otherwise...

PROJECTION PORTAL *Artist: Victor Assaf*

Come lose yourself in the portal welcoming you to the wonderful world of Beard!

ROADSIDE RUINS *Artists: Endtrippy & Jacob Lechner*

Delve into the dark mysteries of the Pinelands through a visual storytelling experience. Explore the speculative future world of Roadside Ruins through a collection of pictures, paintings, and artifacts documenting one ill-fated journey to the center of the Pines. You might even walk away with a piece of the story for yourself!

SHROOMLIGHT SANCTUARY

Artists: Autumn Abrams, Christina Bowen, Jim 'Duby' Dubrink, & Kris 'Krit' Shisler.

A glowing, otherworldly ecosystem inspired by the hidden magic of mushrooms and mycelium networks. Step into a surreal landscape of towering fungi, bioluminescent lights, and organic textures. Wander, explore, and lose yourself in the mysterious beauty of the fungal forest.

SUSTAINABILITREE *Artist: Arielle Golod*

At its heart stands a tree sculpture and vertical garden made from upcycled materials, symbolizing regeneration and creative reuse. Through neon lighting and informative panels, Sustainabilitree explores the environmental impact of cannabis and inspires a deeper commitment to how we can contribute to sustainability in our daily lives.

THE LOO *Artist: E. King*

Need a break from the hustle and bustle of the Beardfest chaos? Exit and re-entry are absolutely acceptable, darling, but we've found something MUCH more convenient. Enter The Loo for an immersive experience of personal space and to relieve yourself of whatever ails you (except your bowels, we have portos for that).

THE MUSIC MAKERS WALL

Artists: Jaime, Liz, & Frank of Cloud 9 Studios

We are the music makers,

And we are the dreamers of dreams,

Wandering by lone sea-breakers,

And sitting by desolate streams;—

World-losers and world-forsakers,

On whom the pale moon gleams:

Yet we are the movers and shakers

Of the world for ever, it seems.

- "Ode" by Arthur O'Shaughnessy 1873

UNOOREO *Artist: Eli Bronstein*

A vibroacoustic space where you can float on ambient soundscapes and words, where storms cannot touch you, and you are free to meditate on them from afar. What moments have you felt the most in tune with the universe? We have collected those moments, near and far, like a beacon for meaningful times ahead.

NON-FUNDED ART PIECES

ELEMENTALS *Artist: Victor Assaf*

These guardians welcome patrons into the wonderful world of Beard.

EVERLASTING GARDEN *Artist: Jeff*

A meadow of handmade, scrap-metal flowers.

THE NYMPHS *Artist: Ellie*

A collection of acrylic paintings inspired by the Muses, nymphs, and Divine Feminine in mythology that also reflect the beauty of women today.

THE FABRIC FOREST *Artist: Ash*

Come explore and get entangled in the fabric forest. It's a space created for you to come and sit, dance, twirl, play, or whatever you need!

COMMUNITY GRANTS

TATS'N'LAUGHS *Organizer: Michael Green*

We are Tats N' Laughs, and we are here to provide all your "ink" and laughter. We have sleeves, letters, glow in the dark, NSFW, and even face gems. Don't worry, it's all temporary, and you don't have to disappoint Mom.

DOG PARADE BANDANAS *Organizer: Maribeth*

Pet guardians will forever have a cherished memory for those pets who accompanied them to Beardfest. Dogs will continue to wear these bandanas all summer on their doggy play dates, proudly show off that they are a "Beardfest Dog," and can tell all their friends of the best dog-festival ever!

UNDERLAND LOUNGE: OPEN MICS & SCAVENGER HUNTS (WITH PRIZES & GIVEAWAYS!)

Community Grant Recipient: Serenity & Forrest

The Lounge grounds the magic of psychedelics into the human experience through sensory engagement with black light reactive artwork and participatory experiences. You are invited to come in to decompress, destimulate, make connections, and get lost in a world of your own!

COMMUNITY-RUN EVENTS

COMMUNITY ART PIECE

at Misty Hollow, Continuous

Come by any time and add a little bit of your own flare to a community-wide art piece!

INSPIRE THE MAGICAL ART MACHINE

Continuous

The magical musical art machine is a 39-foot full-size Blue Byrd school bus! I've painted it as a blank canvas so that everyone can put their artwork on it at Beardfest!

FLOW JAM: OPEN FLOW

at Cirque De Peace, Thursday/Friday, 2:00 pm-4:00 pm

Saturday, 2:00 pm-4:00 pm, Juggling (Passing)

Sunday, 2:00 pm-4:00 pm, Fans

FIRE SAFETY MEETING

at Cirque De Peace, Thursday, 6:45 pm-7:15 pm

Friday & Saturday, 5:00-5:30 pm

Fire safety meeting for anyone planning on spinning fire at the festival over the weekend. This is a *mandatory* meeting for those interested in spinning fire at the fire circle.

RECOVERY DHARMA

next to the Lakeside Classroom

Thursday-Sunday, 8:00 pm-9:00 pm

A recovery meeting that is peer-led and based on Buddhist principles, where we will read and share stories about our recovery (mental health/substance abuse).

FIRE FLOW CIRCLE

at Behind Cirque De Peace, next to Lakeside Classroom, Thursday, 9:00 pm-12:00 am

Watch fire performers, or even be a part of the magic. (Fire safety meeting is *required* for those who wish to spin fire at the fire circle throughout the weekend, details below.)

MOVIE NIGHT

at Karnival Kamp, Thursday, 9:00 pm-12:00 am

Movie night! Enjoy a fun movie projected on our big screen under the stars at the KOTA Kamp with all your homies!

GENTLE YOGA W/ LEAH

at Karnival Kamp, Friday, 11:00 am-12:00 pm

MAGIC AND MOTION: BUBBLES, PARACHUTE, PLAY!

next to the Pavilion,

Friday & Sunday, 11:30 am-12:30 pm

A joyful, theatrical play experience blending giant bubbles, parachute games, ribbon wands, flowing fabrics, music, and sensory movement to spark imagination and connection.

KRAFT TIME! KLIP AND SPROUT MAKING W/ JAMIE

at Karnival Kamp, Friday, 12:00 pm-1:00 pm

Kraft time! Klip and Sprout making with Jamie. Bring home something special!

WORKOUTS AND STRETCHES W/ GINNY

at Karnival Kamp, Friday, 1:00 pm-2:00 pm

Learn how to become a stronger dancer and reach your full potential!

SONGWRITING WITH BRIAN CORRY (MUMS THE WORD)

at Karnival Kamp, Friday, 2:00 pm-3:00 pm

Using the chord wheel and building upon each person's individual creativity, each attendee will have an opportunity to design a simple song using The Chord Wheel.

THE WASH @ BEARD

at The Wash @ Beard, Friday-Sunday, 2:00 pm-3:00 pm

At our delightfully clean, bubble-blasting, joy-spraying carwash style tune-up—for your beard AND your body!

COMMUNITY-RUN EVENTS CONTINUED...

THE ART OF FEEDBACK WITH BRIAN CORRY (MUMS THE WORD)

at Karnival Kamp, Friday, 4:00 pm-5:00 pm

The group will be guided through the process of establishing a feedback loop. The workshop will finish with a guided jam attempting to establish a “feedback harmony.”

THE BEARDSHES: CANNABIS ENTHUSIASTS JUBILEE

at Forest Stage Grove, Friday-Sunday, 4:00 pm-5:00 pm

Do you smoke pot? Do you like it a lot? We are hosting a community event at 4:20 pm dedicated to our favorite pass-time!

OPEN MIC

at Underland Lounge, Friday & Sunday, 5:00-6:00 pm

First come, first served! Share your musical talents, poetic gifts, and magical voices with your Beardfest Community at the open mic, hosted at the Underland Lounge!

LEARN TAROT WITH BRI

at Karnival Kamp, Friday, 8:00 pm-9:00 pm

Explore the meanings, symbols, and stories behind the cards while developing the confidence to read for yourself and others. Your tarot journey starts here—let’s uncover the magic together!

HOT SPURS LATE NIGHT COMEDY SHOW

at Tat’s n’ Laughs, Saturday, 3:00 am-???

Watch as these funny guys take the stage to deliver side-splitting comedy that will keep rolling in the aisles! Grab your friends, bring your best jokes, and let’s make some memories that will have you laughing long after the festival ends.

RATCHET ZUMBA WITH MISHKRUNK

at Karnival Kamp, Saturday, 10:00 am-11:00 am

Get ready to shake, sweat, and slay! MishKrunK brings the ultimate party vibes with her Ratchet Zumba class—a fierce fusion of Zumba energy and hip-hop sass.

2ND ANNUAL DISC GOLF TOURNAMENT & DOUBLES

at the Disc Golf Course; Meet up at the Lightning Tree, Saturday & Sunday, 10:30 am-12:30 pm

Saturday: Groups of 4 players will tee off on our 6-hole loop course, keeping score as they play through 3 times for a total of 18 holes.

Sunday: Random draw Doubles! Players will pair up to compete through 18 holes.

SINGLE PARENTS MEET UP

Next to the Pavilion, Saturday, 11:00 am-12:00 pm

Meetup for all single parents who are attending Beardfest, with or without their kids, and would

like to meet other like-minded individuals.

DOG PARADE

at Forest Stage/Dutch Gang Camp, Saturday, 2:00-2:30 pm

Campers will come to the front of the forest stage to introduce their dog. Each dog will receive a participation Beardfest Dog Bandana, and then we will all parade to the main stage!

BREATHWORK - FIND YOUR INNER ECHO

at the Woodland Classroom, Sunday, 10:30 am

Learn to listen to your magic. Healing starts from within and reverberates out into your community. In this three-part breathwork practice, you will learn to create space to let your inner echoes be heard.

ANTI-CLIMACTIC SIDE SHOW

at C.A.M.P., Sunday, 2:00 pm-4:00 pm

Ever wondered what it’s like to be absolutely and completely un-wowed? Stop by the Anti-Climactic Side Show for a chuckle and maybe, if you’re lucky, a smirk. We’ve got bad stand-up, silly parlor tricks, and performances well within your imagination!

SOOTHING SOMATIC SOUND BATH

at Ribbit River, Sunday 3:00 pm-4:00 pm

Hop on over to the Ribbit River pond, croak in harmony with Mother Earth, and tune into a meditative sound bath.

LUNAR CIRCLE SOUL HUG

at Fabric Forest, Sunday, 4:30 pm-6:00 pm

This circle is open to anyone and everyone interested in tapping into the healing lunar energy of feminine connection; gender binaries absolutely not required.

GAME SHOW PALOOZA

at Dutch Gang Camp Sunday, 6:00 pm-8:00 pm

Test your knowledge in a friendly, competitive gameshow-style trivia event! Fun for all ages with a mix of random trivia questions and Beardfest facts!

ROCKY HORROR PICTURE PAPER BAG PUPPET LIVE SHOW

at C.A.M.P., Sunday, 8:45 pm-11:00 pm

You’re in for a super campy special double feature at the Rocky Horror Picture Paper Bag Puppet Live Show! Puppet making: 8:45 pm, Show: 9:15 pm. Craft materials will be provided, *BYO Chair*

BEARDFEST CLOSING RITUAL AND TEMPLE BURN

at The Temple “Stump”, Sundown

***Follow the arrow's path to the
lightening tree meet up for Disc Golf

THEME CAMPS & ART GRANTS 2025

★ THEME CAMPS

- 1 Stef's Cereal Bar
- 2 Free Wears
- 3 Karnival Kamp
- 4 Cirque de Peace
- 5 Ribbit River
- 6 Misty Hollow
- 7 Dance Medicine Philly
- 8 Tats N' Laughs
- 9 Planet Sparkle
- 10 The Wash @ Beardfest
- 11 Camp C.A.M.P
- 12 Anam Cara Dragon's Lair
- 13 Ralph's Puppy Retreat
- 14 Dutch Gang Camp

★ ART/COMMUNITY GRANTS

- 1 The Temple
- 2 Paradise Lakes Sea Serpent
- 3 The Underland Lounge
- 4 Mega Icosahedron
- 5 Shroomlight Sanctuary
- 6 Music Makers Wall
- 7 Sustainabilitree
- 8 Come Play P.A.N.D.A
- 9 Unmoored
- 10 Roadside Ruins
- 11 Projection Portal
- 12 The Loo

★ REGISTERED ART

- 1 Everlasting Garden
- 2 Elementals
- 3 Fabric Forest
- 4 Disc Golf Course



THURSDAY

| TIME | BEACH STAGE | FOREST STAGE |
|---------------|--|-----------------|
| 5:00 - 6:00 | Fawziyya Heart | |
| 6:00 - 7:00 | | postergirl |
| 7:00 - 8:00 | Gloss | |
| 8:00 - 9:00 | | Cal Blac & Band |
| 9:00 - 10:15 | Brad Miller ft. Oz Noy & Keith Carlock | |
| 10:15 - 11:30 | | Solar Circuit |
| 11:30 - 1:00 | TAK ft. Kanika Moore | |
| 1:00 - 2:30 | | Sicard Hollow |

MUSIC SCHEDULE

FRIDAY

| TIME | BEACH STAGE | FOREST STAGE |
|---------------|------------------------------|----------------------------|
| 11:00 - 12:00 | | Open Mic |
| 12:00 - 1:00 | Sug Daniels | |
| 1:00 - 2:00 | | Earthtoned Sound Bath |
| 2:00 - 3:00 | Live Beats Fitness | |
| 3:00 - 4:00 | | Koser |
| 4:00 - 5:00 | Høly River | |
| 5:00 - 6:00 | | Crickets and Cicadas |
| 6:00 - 7:15 | Toubaab Krewe | |
| 7:15 - 8:30 | | Evan Marien x Dana Hawkins |
| 8:30 - 9:20 | Beardspace | |
| 9:30 - 10:30 | Zion Marley & the Beardspace | |
| 10:30 - 12:00 | | Consider the Source |
| 12:00 - 1:30 | Couch | |
| 1:30 - 3:00 | | MINKA |
| 3:00 - LATE | Ghost Pipe (PAVILION) | |

SATURDAY

| TIME | BEACH STAGE | FOREST STAGE |
|---------------|---------------------------------|---------------|
| 11:00 - 12:00 | | Open Mic |
| 12:00 - 1:00 | Rachel Andie | |
| 1:00 - 2:00 | | Alec Goldfarb |
| 2:00 - 3:00 | Law Abiding Citizens (PAVILION) | |
| 3:30 - 4:30 | TWYN | |
| 4:30 - 6:00 | | Knorrwood |
| 6:00 - 7:00 | Ricky Hess Band | |
| 7:00 - 8:00 | | Spilly Cave |
| 8:00 - 9:30 | Natalie Brooke | |
| 9:30 - 11:30 | | Beardspace |
| 11:30 - 1:00 | Papadosio | |
| 1:00 - 2:30 | | SNACKTIME |
| 3:00 - LATE | Vortexual (PAVILION) | |

VIP DJ SET

7:00 - 8:30

eeli
(VIP LOUNGE)

VIP DJ SET

7:00 - 8:30

DJ Greelz
(VIP LOUNGE)

WORKSHOP SCHEDULE

THURSDAY

| TIME | LAKESIDE CLASSROOM | WOODLAND CLASSROOM | BRIDGE CLASSROOM | CHILDREN'S PLAYSCAPE |
|---------|---------------------------|--|--|---|
| 4:00 PM | Disc Golf: Dos and Don'ts | Poetry in the Pines | Transforming Pain and Discomfort through Art Therapy | Make Your Own Cyanotype Fabric Patches! |
| 5:30 PM | Yoga for Better Posture | How to Become Funny at Stand Up Comedy | Reframing Music: A Sound Meditation and Composition Workshop | The Loon - Song and Storytime |
| 7:00 PM | Awaken your Iconic Energy | Liberation from the Personal Myth | Quit People-Pleasing through Manifestation & Kink | Dear Diary, Today I Drew a Comic |

* Star Child Nature School
Children's Playscape
Daily 8am - 8pm

FRIDAY

| TIME | LAKESIDE CLASSROOM | WOODLAND CLASSROOM | BRIDGE CLASSROOM | CHILDREN'S PLAYSCAPE |
|----------|---|--|---|--|
| 8:30 AM | Qigong for Energy and Vitality | Waking the Dream: A Creative Community Process | Embodied Intimacy | Make Your Own Music with Ms. Koser |
| 10:00 AM | Bring your Inner Child on your Mat! | Homestead 101 | Open Door Tea | Miss Stryker's Tiny Scientist: Alchemy in the Wild |
| 11:30 AM | Intro to Aerial Arts | The Art and Science of Glass | How to Feed the Community through Building Mutual Aid Networks | Meet, Play, Love: Clown/Improv Troupe |
| 1:00 PM | Funky Yoga Dance | Leading your Music & Arts Community | Rooted Resilience: A Holistic, Nature-Informed Wellbeing Experience | Sacred Streams and Beaver Dreams |
| 2:30 PM | Kundalini Yoga - Strengthening our Aura | Exploring Oracle Cards | Beardfest Book Club & Swap | Free Create - Express, Explore, Create |
| 4:00 PM | Staff 101 Flow & Movement | Self-Portraiture for Self-Discovery | Throw a Party! | Kids of Beardfest Mini Talent Show |
| 5:30 PM | Solidifying your Strengths | Grounding Techniques for Anxiety | Sound Studies and Mindfulness | Fae Furniture & Trinkets |
| 7:00 PM | Improv Comedy | DIY: Found Object Accessory | Magic Body Oracle Singing | Nature's Imprints: A Magical Clay Workshop |

SATURDAY

| TIME | LAKESIDE CLASSROOM | WOODLAND CLASSROOM | BRIDGE CLASSROOM | CHILDREN'S PLAYSCAPE |
|----------|--|--|--|---|
| 8:30 AM | Hula Hoop Dancing | Mindful Melodies | Rhythms of Acceptance: Rewrite Your Story Through Movement | Spread the Love: Trinket Making and Gifting |
| 10:00 AM | Flowing Circles: Exploring Rhythmic Movement with Poi and Circular Paths | Everyone Is an Artist | Bold of You | Imagine with Dany and Friends |
| 11:30 AM | Bug Out! | Fermentation Creation Station | Sound Meditation for Deep Relaxation | The Joy of Painting for Littles |
| 1:00 PM | Play(and)ground | The Language of Emotions, A Neurodivergent Guide to Self-Mastery | Let's Get Knotty | Sing It and Wing It: Improvised Songs |
| 2:30 PM | Primal Scream | Nail and String Art | Tantric Embodiment and Intimacy | Cognitive Flexibility and Finger Crochet |
| 4:00 PM | AcroYoga Fundamentals | Indoor & Outdoor Mushroom Cultivation | Recovery Dharma | Little Sprites' Potion Party |
| 5:30 PM | Intro to Slackline | The Death Cafe | The YogaVoice Vocal Vinyasa | Kids Costume Party and Parade |

SUNDAY

| TIME | LAKESIDE CLASSROOM | WOODLAND CLASSROOM | BRIDGE CLASSROOM | CHILDREN'S PLAYSCAPE |
|---------|-----------------------|--|-------------------------------------|---|
| 8:30 AM | Four Winds Breathwork | Mindful Steps: Intro to Walking Meditation | Dulcimer Sound Healing in the Pines | Painting Your Path: Guided Mandala Painting |

CHECK OUT THIS YEAR'S MERCH!

(BOOTH NEXT TO THE BEACH STAGE)



T-SHIRTS



SWEATSHIRTS



HATS

GET A FREE STICKER WITH ANY PURCHASE!



STICKERS



TANK TOPS



POSTERS



UV TAPESTRIES



WORKSHOP DESCRIPTIONS



THURSDAY

LAKESIDE CLASSROOM

DISC GOLF: DO'S & DON'TS

with Sean Youngman (*Paradise Lakes Disc Golf*), 4:00 pm

Learn the basic rules, etiquette, and how to play a round of disc golf! We'll discuss disc types, shot techniques, and practice close-range putting on one of our Beardfest Disc Golf baskets. This is a perfect place to learn how to enjoy our mini-course either casually, in a round of Doubles, or in the 2nd Annual Beardfest Disc Golf Tournament!

YOGA FOR BETTER POSTURE

with Melody Beebe, 5:30 pm

In this workshop, we'll explore shapes designed to help encourage length in the entire body and space between our vertebrae. Walk away with your head high, shoulders back, and feeling amazing!

AWAKEN YOUR ICONIC ENERGY

with Giselle Georgi (*GG Empowers LLC*), 7:00 pm

Somatic Ecstatic workshop combines affirmation, breathwork, somatic movement, free-form dance and meditation to help people ultimately feel more comfortable and confident in their own body and with their creative expression.

WOODLAND CLASSROOM

POETRY IN THE PINES

with Skyla Everwine, 4:00 pm

Poetry is a beautiful way to commemorate the festival experience and allow ourselves to process all of the emotions and energies we are opened up to. Paradise Lakes is an undeniably magical place that is bursting with creative inspiration, and poetry is a great way to channel this magic. Participants will be lead through multiple writing exercises and collaborative prompts, structured through individual, partner, and group prompts.

HOW TO BECOME FUNNY AT STAND UP COMEDY

with Tom Brennan, 5:30 pm

Sharing insights about doing stand up comedy. Comedy is a seemingly complex endeavor to pursue professionally. If you're gonna start going to mics, you're gonna want to succeed. Having conversations is a great way to stimulate contemplation as well as deliver perspectives for a smoother entry.

LIBERATION FROM THE PERSONAL MYTH

With Amanda Gigante (*Be Here Now Psychotherapy*), 7:00 pm

We have personal mythology (i.e., I am unable to affect change in my life), but with awareness, love, and understanding our narrative, we can give ourselves permission to liberate from our old mythology, and come into a new understanding of ourselves and our place in the world.

BRIDGE CLASSROOM

TRANSFORMING PAIN & DISCOMFORT THROUGH ART THERAPY

with Susan Krisch, 4:00 pm

Beginning with a brief overview of the unique ways that creativity can heal, individuals will focus on identifying and expressing the experience. The art therapist will then encourage a sense of exploration and play to help individuals create a new piece of art transforming this experience.

REFRAMING MUSIC: A SOUND MEDITATION AND COMPOSITION WORKSHOP

with Daniel Townsend, 5:30 pm

Find a new relationship with sound through a deep listening meditation. Begin with a brief sound meditation to drop into your surroundings and uncover how we formulate music in our mind. After settling into our space, we'll compose a simple song together using vocal improvisation and lyric generation based upon our experiences.

QUIT PEOPLE-PLEASING THROUGH MANIFESTATION & KINK

with Chelsea Wittlich (*Explore and Embody Coaching LLC*) & Jess Landau, 7:00 pm

Go from people-pleasing to an empowered self-advocating identity through the practice of manifestation and kink concepts. This workshop blends manifestation principles with beginner-friendly kink to help you break free from people-pleasing and fully claim your desires.

CHILDREN'S PLAYScape

STAR CHILD NATURE SCHOOL

with Star Child Nature School Teachers & Volunteers, Ongoing

Craft, play, relax, and learn! Nature's playground with slack lines, play stations, crafting, and more! Come with your children to explore obstacle courses to balance, climb and jump. Ribbon wand crafting



WORKSHOP DESCRIPTIONS



and other creative activities available during staffed hours to make your festival kid's music experience even more magical!

MAKE YOUR OWN CYANOTYPE FABRIC PATCHES!

with Jolie Zinn (Zinn Bio), 4:00 pm

Gather natural materials like flowers, ferns, and weeds to create a patchwork print to capture your Beardfest experience. Learn the chemical process of cyanotype "sun printing", and leave with a wearable patch!

THE LOON - SONG AND STORYTIME

with Laney Sullivan & Jameson Price (Høly River), 5:30 pm

30 minute children's program of music and story! Join band Høly River as they share their new children's book based on their song "The Loon."

DEAR DIARY, TODAY I DREW A COMIC

with Clyde Rich (Dill Comics), 7:00 pm

Make your own diary comic from start to finish. Reflect on a personal, lighthearted, moment in their life (or respond a prompt) then be guided through sequential illustration. The workshop will conclude with a show-in-tell of each comic.

FRIDAY

LAKESIDE CLASSROOM

QIGONG FOR ENERGY AND VITALITY

with Elyse Michelle (Phases of the Moon), 8:30 am

Qigong is a movement meditation that improves flexibility, balance, and coordination.

BRING YOUR INNER CHILD ON YOUR MAT!

with Erin Herman, 10:00 am

Calling in your inner child through yoga, meditation, visualization, & journaling! Join in as we walk the path to awakening your inner child to bring them onto our mats together. In this journey, we will explore different emotions your inner child might like to feel in a yoga flow.

INTRO TO AERIAL ARTS

with Jensen Brooks (Starfire Entertainment LLC), 11:30 am

Aerial arts are great for your health and are great for flexibility, strength and self expression. Learn how to get into the Lyra safely, a few moves such as mermaid, man in the moon, and stretches and warms up for practicing aerial.

FUNKY YOGA DANCE

with Mary DiMeglio (Mishana Yoga & Wellness), 1:00 pm

Groove, stretch and breathe to the best classic funk, soul and disco! Funky Yoga Dance combines upbeat dance moves with yoga shapes. The vibe is super fun and playful! All levels and all bodies are welcome to come get your happy heart pumping and smile!

KUNDALINI YOGA- STRENGTHENING OUR AURA

with Larissa Trovamala (Larissa Luna Yoga), 2:30 pm

Kundalini is a powerful practice to expand your energy field, cultivate inner radiance, and deepen your connection to the land. Through breathwork, movement, and meditation, we'll awaken vitality and presence within.

STAFF 101 FLOW & MOVEMENT

with Victoria Troutman, 4:00 pm

For the movers and shakers! Flow arts training with a Staff. Hand and body contact skills.

SOLIDIFYING YOUR STRENGTHS

with John Wojtowicz, 5:30 pm

Engage in team building activities and games to identify, confirm, and solidify each other's strengths. Each participant will leave the workshop with a validated list of their own strengths that can be used for personal affirmation and professional development.

IMPROV COMEDY WORKSHOP

with John Hager & Andrew Snellen (The Hotspurs!), 7:00 pm

Learn the basics of improv and get to practice newfound comedic skills in a safe, creative, and fun space. Improv comic John Hager, of The Hotspurs comedy group, will teach and guide group improv comedy, and will run improv games for guests to participate in.

WOODLAND CLASSROOM

WAKING THE DREAM: A CREATIVE COMMUNITY PROCESS

with Kate Black-Regan, 8:30 am

The theme is dream! Participants are invited to bring dreams of all types: waking dreams, life visions, and/or night dreams to this creative community process space. Together, we will explore and reflect upon symbols and metaphors emerging from our individual and collective dreams.



WORKSHOP DESCRIPTIONS



HOMESTEAD 101

with Sarah & Steven Rieger (Cassberry Lane Farm), 10:00 am

Be introduced to the basics of creating and maintaining a homestead property. We will discuss regenerative agriculture, soil health, animal husbandry, dual purpose animals and plants, and sustainable food practices.

THE ART AND SCIENCE OF GLASS

with Andrew Leventhal (Leventhal Glass LLC), 11:30 am

Larn about the different types of glass working for science and art. We also touch on types of glasses as well as a variety of techniques. Participants will have the opportunity to even get hands-on with the material.

LEADING YOUR MUSIC & ARTS COMMUNIT

with Dylan Caccamesi (Weekday Underground), 1:00 pm

Community organizing and leadership are two important skills necessary to cultivate a healthy and inclusive local music scene. This workshop will help define both, provide attendees with engaged discussion about good practices related to each, and demonstrate how to utilize those tools to make a positive impact in their own communities.

EXPLORING ORACLE CARDS

with Ashley Bauer, 2:30 pm

Learning the basics of oracle cards as a divination tool and hands-on experience with various decks. Participants will have the opportunity to use and pull from different decks. This workshop is geared towards any level of experience with divination/card reading.

SELF-PORTRAITURE FOR SELF DISCOVERY

with Bernadette Trendler (Mud & Lotus Yoga Center), 4:00 pm

Through various creative self-portraiture exercises we will explore our identity and deepen our sense of self. Be prepared to share, model, draw, and play! See yourself from new perspectives and awaken insights into the innately incredible person that you are.

GROUNDING TECHNIQUES FOR ANXIETY

with Kai Kelly, 5:30 pm

Learn grounding techniques for anxiety. We will talk about managing anxiety and how to handle it when it rises with a focus on your senses and how

to bring yourself back to reality.

DIY: FOUND OBJECT ACCESSORY

with Leah Comby, 7:00 pm

For those who choose to play, the concept & value of Junk can be transformed through whimsy and resourcefulness, at times exceeding its original purpose. Wire, metal scrap, paint, UV resin, natural materials, fabric, discarded objects, and cyanotype fabric will be provided to capture Paradise in the form of a pendant or brooch. All experience levels and additional trash of your liking are welcome.

BRIDGE CLASSROOM

EMBODIED INTIMACY

with Haribo & LaVina, 8:30 am

Do you ever hold yourself back from being fully seen and felt by others? How would it feel to express yourself with complete freedom & authenticity? Combining circle work, somatic movement, and shadow work, Embodied Intimacy is a workshop to explore + embody the full range of your expression.

OPEN DOOR TEA

with Dionna Vereen (Open Door Tea), 10:00 am

An intimate experience of the power of Chinese tea accompanied by discussions of tea culture and history, community-building conversation, and readings of East Asian poetry. While sharing steeps of Chinese tea around a low table, we will get to know each other, and plunge into tea culture and history.

FEEDING THE COMMUNITY THROUGH BUILDING MUTUAL AID NETWORKS

with Laney Sullivan (Fonticello Food Forest), 11:30 am

From community gardens to community fridges, food not bombs to food pantries. Come learn about an existing and extensive mutual aid food network of Richmond, Virginia, and learn tools for starting mutual efforts in your hometown.

ROOTED RESILIENCE: A HOLISTIC, NATURE-INFORMED WELLBEING EXPERIENCE

with Cole Hooley (Middle Path Wellness, Ecotherapy with Cole), 1:00 pm

A 90-minute immersive workshop exploring the intersection of holistic mental health, nervous system science, and our connection to nature. In



WORKSHOP DESCRIPTIONS



the dynamic energy of Beardfest, this session offers a chance to slow down and return to your body through grounding, body-based (bottom-up) practices.

BEARDFEST BOOK CLUB & SWAP

with Kaley Lacovetta, 2:30 pm

Calling all bookworms! Let's chat about what we're reading, what we want to read, what books we loved or hated, and our all time favorites. No spoilers though! Librarian Kaley will provide pro tips on how to find more of what you love, library resources, and accessible formats beyond print books.

THROW A PARTY!

with Tina Notaro (Noetrope Network), 4:00 pm

Nothing is off limits in this event planning deep-dive. Learn about promotional tactics to increase your turnout, how to avoid production landmines, the industry secrets and unwritten rules of engagement, and practical tools that will make your next event a success.

SOUND STUDIES AND MINDFULNESS

with Jacob Rudin (NTHNL), 5:30 pm

Sound studies and mindfulness teaches us how to listen to the world, to ourselves, and to healing frequencies in order to ground ourselves in the present moment. We will listen to our environments, our bodies, learn the fundamentals of soundhealing, and will conclude with a sound bath meditation.

MAGIC BODY ORACLE SINGING

with Carly Brand (Magic Body), 7:00 pm

Our voice is a powerful tool for self healing and entering expansive states of consciousness. Learn some simple techniques to get in touch with the sounds your body wants to hear and emotions connected with the sounds.

CHILDREN'S PLAYSCAPE

MAKING YOUR OWN MUSIC WITH MS. KOSER

with Koser Kara (Koser Music), 8:00 am

Ever think you needed an expensive instrument to make a song? Ever think you needed to be extremely talented to create a dance? **NOT IN THIS WORKSHOP!!!** Ms. Koser and friends show you how to use the world around you to tap into your budding creative side!

MISS SKYLER'S TINY SCIENTIST ALCHEMY IN THE WILD

with Skyler Dookie (Miss. Skyler's Tiny Scientists), 10:00 am

Step into the world of Forest Alchemists and uncover the magical secrets of matter! In this hands-on workshop, mix bubbling potions, create shape-shifting slime, and explore how solids, liquids, and gases transform in nature. Through fun experiments and a nature scavenger hunt, they'll see that science is just like magic—full of surprises!

MEET, PLAY, LOVE: CLOWN/IMPROV TROUPE PRESENCE

with Kelso Blaze (KelsCo.), 11:30 am

Utilize fun and insightful improv/clown theater games/exercises with a focus on listening, connecting, & staying present. We will also discuss our "clown around town" groups where we "street clown" or dress up as clowns to bring joy to spaces that could benefit (nursing homes, etc.).

SACRED STREAMS AND BEAVER DREAMS

with Monica Cahill (Pinelands Adventures & Pinelands Preservation Alliance), 1:00 pm

Journey into the beaver's world, where we'll explore the delicate ecosystems they shape through storytelling, a guided hike and interactive experiences. From examining macroinvertebrates to crafting art through the mind of a beaver, you'll gain a deeper understanding of these eco-engineers and the wild places they nurture.

FREE CREATE! - EXPRESS, EXPLORE, CREATE

with Rebecca Baptiste, 2:30 pm

With the guidance of their teacher, children will have access to an array of materials to bring their ideas to life. There are no rules here—only endless possibilities to experiment and express.

KIDS OF BEARDFEST MINI TALENT SHOW

with Becky Blumenthal, 4:00 pm

Join us for the Mini Talent Show at Beardfest, a fun-filled showcase for kids under 12 to shine on stage with any talent! Dress in your favorite outfit, bring your friends and grown-ups to cheer you on, and get ready to wow the crowd. There's only a little time to warm up, so come prepared to perform!



WORKSHOP DESCRIPTIONS



FAE FURNITURE & TRINKETS

with Laurel Fae, 5:30 pm

Make little Faery furniture and objects for the Fae out of found objects (such as twigs and moss) and other natural supplies provided. After creation, there will be a Faery walk and place them around the festival.

NATURE'S IMPRINTS: A MAGICAL CLAY WORKSHOP

with Jade Kuhn, 7:00 pm

Come create a bit of magic with us! Children will shape their own pinch pots from air-dry clay and press in leaves, petals, and other natural wonders to leave behind whimsical, nature-inspired patterns. A playful blend of art and imagination!

SATURDAY

LAKESIDE CLASSROOM

HULA HOOP DANCING

with Danielle Conaghy (Noetrope), 8:30 am

All levels welcome! Learn beginner-friendly moves and more advanced tricks for those who have experience. This will be an encouraging, fun, and safe space where anyone can play with the hoops, explore their creativity, and enjoy the freedom of movement that the hula hoop provides. There will be an abundance of hoops to try!

FLOWING CIRCLES: EXPLORING RHYTHMIC MOVEMENT WITH POI AND CIRCULAR PATHS

with McCoy Sebrell, 10:00 am

All levels are invited to discover the interplay between rhythmic movement, circular paths, and the graceful art of poi juggling. We will begin with a gentle introduction to circle walking, exploring mindful movement, breathwork, and establishing a grounded connection to the Earth.

BUG OUT!

with Brianna Casario, 11:30 am

Search for and learn about the benthic bugs that live in our freshwater streams. There is an incredible world that exists underneath rocks and hiding in the leaves of our water bodies. Come learn about the "benthic macroinvertebrates" (bugs that live in the bottom of streams).

PLAY(AND)GROUND

with Ken Burak, 1:00 pm

Let's be silly and let our imaginations run wild...Let's combine our bodies and move in ways we didn't expect...We'll begin in play and work

our way towards a beautiful ritual theatrical ceremony (with live music!)

PRIMAL SCREAM

with Kimberly Cotterell & Spencer Raimondo, 2:30 pm

A cathartic group experience designed to safely release stuck energy, emotions, and stress through breath, movement, and sound. We create a sacred, playful container where participants are invited to access their raw truth and express it fully.

ACROYOGA FUNDAMENTALS

with SIRINA and Bri, 4:00 pm

Learn fundamental poses, transitions, and spotting to build trust, strength, and connection. Whether beginners or experienced practitioners, attendees will develop confidence, communication skills, and trust through guided instruction. Partner is not required!

INTRO TO SLACKLINE

with Chase Rogers (Steel City Slackers), 5:30 pm

This workshop will provide participants with fundamental instruction on slackline poses and practice to kickstart their own journeys with the line. Participants will be introduced to 5 poses and will be coached on safe practices, correct body posture, breath work, and slackline ethics.

WOODLAND CLASSROOM

MINDFUL MELODIES

with Emily Turin & Jodie Goff, 8:30 am

Sing along, engage in breath & movement, and connect to the healing power of music! Interweaving English lyrics with sacred mantras allows the music to bring us into a meditative state while inspiring, uplifting, and healing mind body spirit!

EVERYONE IS AN ARTIST

with Nina Arronenzi (Limit Nine), 10:00 am

A beginner-friendly workshop for adults to tap into their artistic side through feeling. A space for people who are not artists (and those who are!) to create abstract works as means of therapeutic release of emotion(s).

FERMENTATION CREATION STATION

with Michael Green, 11:30 am

Engage with ALL of your senses as you taste and create fermented foods! Come on down to the Fermentation Creation Station to learn about the benefits of bringing delicious fermented foods and



WORKSHOP DESCRIPTIONS



get hands-on with a variety of vegetables as you ferment your very own unique creation!

THE LANGUAGE OF EMOTIONS: A NEURODIVERGENT GUIDE TO SELF-MASTERY

with Elyse Michelle (Phases of the Moon), 1:00 pm

Emotions are the communication system through which the body talks to us. By learning to listen to the sensory feedback of emotions, we can attune to our needs, heed warning signals, prevent overwhelm and lead a happier, productive life.

NAIL AND STRING ART

with Kristina Kaminski Wagner (Crafted by MITTS), 2:30 pm

Make your own nail and string deadbolt or peace sign. Wwewill have all the tools and supplies for workshop attendees to craft their own grateful Deadbolt or peace sign out of wood, nails, and string.

INDOOR & OUTDOOR MUSHROOM CULTIVATION

with Julian Alvarez (The Mushroom Sage), 4:00 pm

Learn the foundations of growing mushrooms & a low cost method you can utilize at your home. During the class, we will be inoculating straw with oyster mushroom mycelium. At the end of the class, you will get to bring home your own straw log.

THE DEATH CAFE

with Jewell Dwomoh (Juju with Jewjew - Black Girl Magic), 5:30 pm

Death Cafés are warm, inviting gatherings where people come together over tea and treats to have open, heartfelt conversations about death — a topic that touches us all. They're all about bringing more awareness, curiosity, and meaning to life, helping us embrace each moment more fully. There's no agenda or judgment, just a safe space to share stories, thoughts, and experiences.

BRIDGE CLASSROOM

RHYTHMS OF ACCEPTANCE: REWRITE YOUR STORY THROUGH MOVEMENT

with Batsheva Leshed, 8:30 am

Embrace acceptance, move with your inner rhythm, and rewrite your story through transformative movement. Embrace the art of letting go and creat new narratives through intentional movement. With a focus on somatic practices that honor your present state, you'll gently dismantle

old patterns and step into a space of new.

BOLD OF YOU

with Maria Williams (Daria), 10:00 am

Join us for a lively workshop on Emotional Intelligence, where we'll create a community of interdependent learners who support one another through the ups and downs of life!

SOUND MEDITATION FOR DEEP RELAXATION

with Giselle Georgi (GG Empowers LLC), 11:30 am

Utilizing the soothing sounds of singing bowls, chimes, drums, and voice, Giselle combines her background in meditation with her training in music to expertly create a soundscape journey. Experience bliss and unconditional self love.

LET'S GET KNOTTY

with Kai Kelly, 1:00 pm

Learn about shibari and how to connect with others through rope. You will learn basic safety and how to tie a single column and a futomomo.

TANTRIC EMBODIMENT AND INTIMACY

with Richie Parrella, 2:30 pm

Participants will move through practices like eye gazing, authentic movement, and discovering authentic yes's and no's through clear communication and touch exploration.

RECOVERY DHARMA

with Jacqueline Miller (Sacred Sound Singer), 4:00 pm

Explore meditation, mindfulness and Buddhist principles as a pathway to recovery from addiction. This program is peer-led and non-theistic. All who wish to pursue recovery from any addiction are welcome.

THE YOGAVOICE VOCALVINYASA

with Mark Moliterno (YogaVoice®), 5:30 pm

Experiencing your authentic voice sing a unique sequence of pranayama, asana, and vocal-toning techniques designed to enhance awareness of the elemental qualities in each of the seven chakras.

CHILDREN'S PLAYScape

SPREAD THE LOVE - TRINKET MAKING AND GIFTING

with Jamie Murphy, 8:30 am

Make items like Kandi,. We want to encourage connection between festival attendees through hop space and throughout the weekend!



WORKSHOP DESCRIPTIONS



IMAGINE WITH DANY AND FRIENDS

with *Danielle Lacy (Imagine with Dany)*, 10:00 am

Use your imagination with Dany as puppets come to life! Volunteers will be brought to the stage for a theatre experience, and we bring the arts alive. Adults and children will laugh and enjoy the play time!

THE JOY OF PAINTING FOR LITTLES!

with *Rayven Houtz (DebzDumpsterDive)*, 11:30 am

Painting made simple and fun, broken down into steps any age can enjoy! Take home a stretched 8x8 canvas painting inspired by collective paradise that we create together with acrylic nontoxic paints.

SING IT AND WING IT: IMPROVISED SONGS

with *Eibhleann Clyne*, 1:00 pm

Learn the fundamentals of making up and performing a song on the spot. We'll cover basic song structure (verses, choruses and bridges), rhyming, counting rhythms and sharing a song with a group. Come prepared to trust your instincts, laugh and sing along to each other's songs.

COGNITIVE FLEXIBILITY AND FINGER CROCHET

with *Emily "Millie" Brooks (Anxiety Care Center LLC)*, 2:30 pm

Knitting is fun and (usually) cheaper than therapy! We will start by learning how to finger-crochet (yes, you can crochet using just your hands!*) Acrylic yarn will be provided or BYO fiber/materials to use for a small project. *Supplemental tools will be provided for those with physical limitations.

LITTLE SPRITES' POTION PARTY

with *Remi Mendoker*, 4:00 pm

A magical, hands-on workshop where little ones craft their own enchanted potion bottles using nature's treasures and sparkling crystals. Join us to gather woodland wonders and craft your own shimmering potion bottle with forest magic and glimmering crystals.

KIDS COSTUME PARTY AND PARADE

with *Erika Q and Lezlee Ann*, 5:30 pm

Calling all superheroes, aliens, royalty, monsters and magical creatures! Kids (and their Grown Ups!) can wear their own favorite outfit or costume. We will have face paints, accessories, and more to help each other complete our best look. Then, we will all show off with a parade around the loop and to the beach!

SUNDAY

LAKESIDE CLASSROOM

FOUR WINDS BREATHWORK

with *Elyse Michelle (Phases of the Moon)*, 8:30 am

Create connection to the elements and the tree of life through your breath. This workshop uses kapalbhati breath and guided imagery to ground connect and explore. Participants will be seated throughout the practice and will leave the workshop feeling energized and peaceful.

WOODLAND CLASSROOM

MINDFUL STEPS: INTRO TO WALKING MEDITATION

with *Cole Hooley (Middle Path Wellness/Ecotherapy with Cole)*, 8:30 am

Amid the vibrant energy of Beardfest, Mindful Steps offers sixty minutes to slow down and reconnect—with your breath, your body, and the living landscape beneath your feet. As we walk together around the lake, you'll be guided through breathwork, sensory awareness, and gentle movement to help you feel grounded and present.

BRIDGE CLASSROOM

DULCIMER SOUND HEALING IN THE PINES

with *Mika Romano (Dulcimer Mika)*, 8:30 am

The summer breeze moves through the trees as the sounds of hammered dulcimer facilitate a grounding journey, re-centering in nature, our bodies, and our creative energies.

Meditative music is played on hammered dulcimer, creating an environment that is both an internal journey, reflective, and facilitates a sense of grounding and calm.

CHILDREN'S PLAYScape

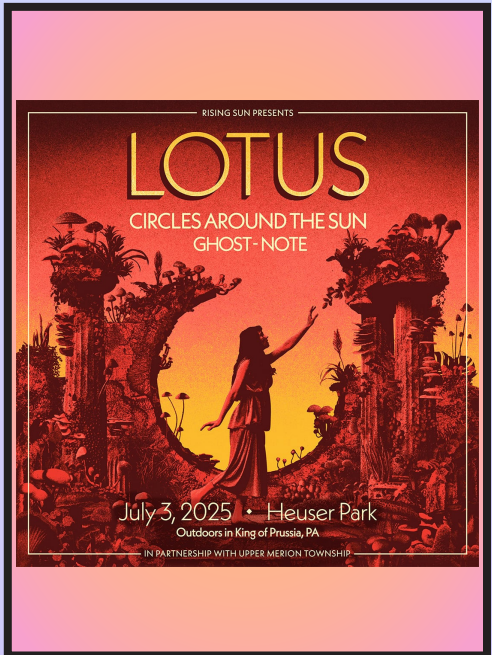
PAINTING YOUR PATH: GUIDED MANDALA PAINTING

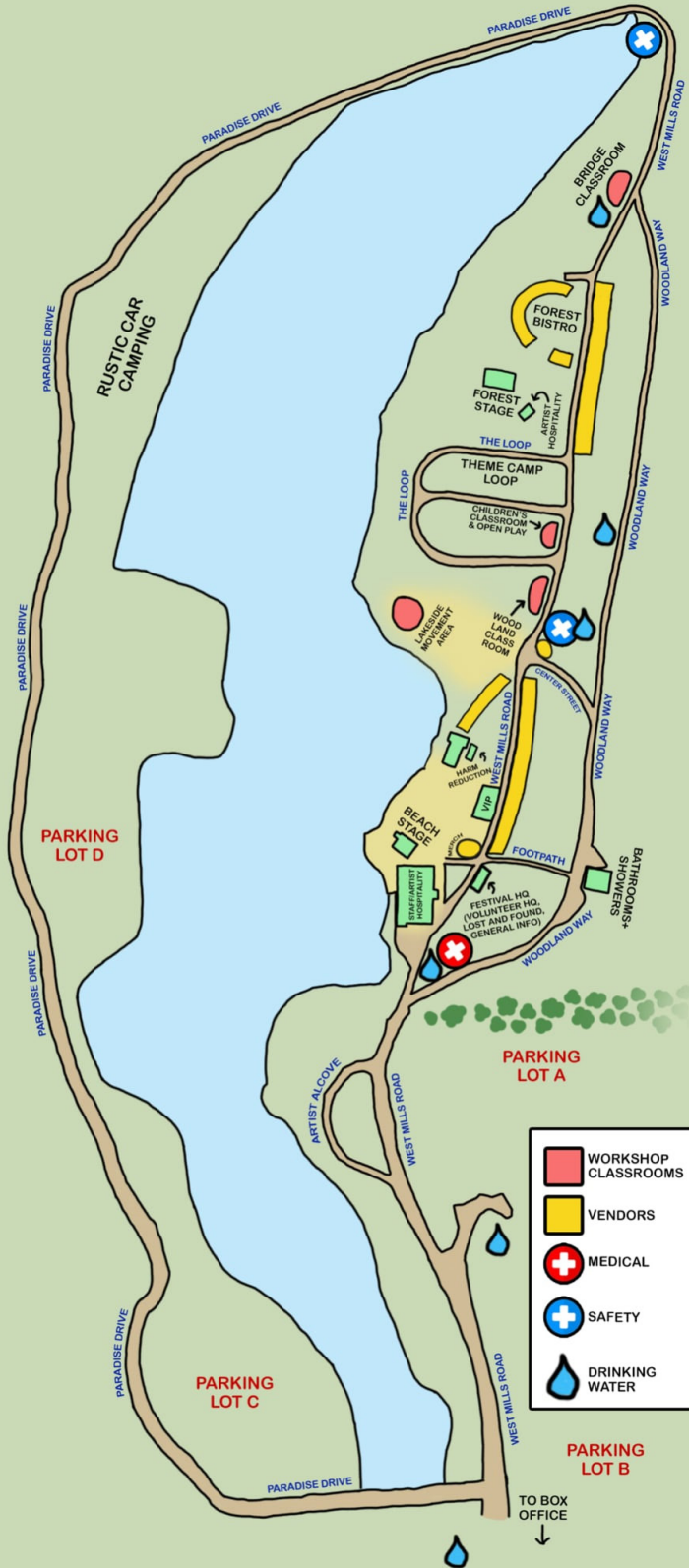
with *Rebecca Baptiste*, 8:30 am

With supportive guidance and mindful exploration, we'll tap into the calming, centering power of mandalas. Whether you're a beginner or experienced artist, you'll be supported in expressing yourself and discovering a deeper sense of balance and inner peace through the art of mandala creation.



CHECK OUT THESE UPCOMING EVENTS!





- WORKSHOP CLASSROOMS
- VENDORS
- + MEDICAL
- + SAFETY
- DRINKING WATER

TO BOX OFFICE
↓