

Sunday, **SEPTEMBER 21<sup>st</sup>** 2014

# MANIFEST

— 2014 —

# EVENT SCHEDULE

SEE A FULL DESCRIPTION OF ALL EVENTS AT:  
**manifestcolorado.com**



Get up-to-the minute **MANIFEST NEWS** on festival day and share your ManiFest experience!  
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## KRCC STAGE Memorial Park • 502 Manitou Avenue

Sunrise Yoga .....	6am to 7am
Meditation on Peace .....	7:15am to 7:55am
Pranava Yoga Singing Bowls .....	8am to 9:25am
Opening Ceremony .....	9:30am to 9:55am
Gathering of Spirits with Colorado Springs Indian Center .....	10am to 10:55am
Aqua Luz Healing Waters/Yogic Spiral .....	11am to 11:55am
Mo' Mungus .....	Noon to 1:30pm
Mike Clark and the Sugar Sounds .....	2pm to 3:30pm
The Reminders .....	4pm to 5:25pm
Springs Salsa Dance Studio .....	5:30pm to 6pm
Euforquestra .....	6pm to 7:30pm
Moonlight Yoga Playoga .....	8pm to 9pm

### ALSO AT THIS LOCATION:

Merchandise Tent and Information Booth..... ALL DAY

## LIBRARY LAWN STAGE • 701 Manitou Avenue

Tai Chi with Michael Paler .....	10:30am to 11:15am
The Changing Colors .....	11:30am to 12:30pm
★ Kids Music Jam .....	12:30pm to 1pm
Bryant Jones .....	1pm to 2pm
Poetry by Janice Gould .....	2:15pm to 3pm
Xanthe Alexis .....	3:15pm to 4:15pm
★ Kids Music Jam .....	4:15pm to 4:45pm
Edith Makes a Paper Chain .....	4:45pm to 5:45pm

### ALSO AT THIS LOCATION:

★ Kids Collaborative Maze ..... 10am to 3pm |

## KCMJ CO. CULTURE STAGE • 1016 Manitou Avenue

Tenderfoot Bluegrass .....	10am to 11am
Gathering of Spirits with Colorado Springs Indian Center .....	11:30am to 12:30pm
Colorado Floyd .....	1pm to 2:30pm
Flamenco Denver .....	3pm to 4pm
J. Miller Band .....	4:30pm to 5:30pm
Stage Jam .....	5:30pm to 6pm

### ALSO AT THIS LOCATION:

★ Kids Adventure Playground ..... 10am to 3pm |

★ Clay Fest ..... 10am to 4pm |

## ROVING STREET PERFORMERS • Manitou Springs

Barrel House String Band.....	Noon to 6pm
Tejon Street Corner Thieves.....	Noon to 6pm
Belly Dancers .....	Noon to 6pm
3rd Friday ART Walk Weekend at ManiFest.....	Noon to 5pm
Commonwheel Artists at Manitou Town Clock .....	11am to 3pm

## VENUE 515 Manitou Arts Center • 515 Manitou Avenue

Fitness Assessments.....	10am to 11:30am, 1pm to 2:30pm
Sprngabout Tours and Water Tastings .....	11am and 2pm

## MANITOU BINDU YOGA • 513 Manitou Avenue

Iyengar Yoga Workshop.....	10:30am to Noon
Active Aging Yoga with Teryl .....	Noon to 1pm
Cambio Yoga Class w/ Spiritwell band.....	1:45pm to 3pm
Sun Mountain Sangha Meditation .....	4pm to 5:30pm

## MANITOU YOGA HIKES • Starting at 513 Manitou Ave.

MELT at Manitou Bindu, Hike to library .....	10am to 10:25am
Yoga at Library, Hike to Intemann Trail .....	10:50am to 11:20am
Meet at Intemann Trail, Hike to Red Mountain .....	11:30am to Noon
Yoga at Red Mountain.....	Noon to 1pm

## NYE YOGA • 121 Ruxton Avenue

Dance Flow with Lily.....	8am to 9am
Kundalini / Vinyasa .....	10am to 11:30am
TRX .....	Noon to 1:30pm
Kundalini .....	2pm to 3:30pm
TRX.....	4pm to 5:30pm
Candlelight Yoga .....	6pm to 7pm

## SEVEN MINUTE SPRINGS • 425 Washington Avenue

★ Calming Kids Yoga with Yogafied .....	10am to 10:45am
★ Bubble Play Area.....	Noon to 6pm
★ One-Man-Band Bob Tudor .....	Noon to 6pm
Tesla Toaster Interactive Exhibit .....	Noon to 6pm
★ MAT! Bubble Circus .....	2pm to 2:45pm
★ MAT! Bubble Circus .....	4pm to 4:45pm

## SCHRYVER PARK Manitou Pool • 202 Manitou Avenue

Meet Olympic Athletes at the Olympic Booth .....	9am to Noon
★ Splash and Dash Mini Triathlon (14 and under) SWIMSUITS REQUIRED .....	10am to 11:30am
Weightlifting/Cross Fit Demo and Trials.....	9am, 10am, 11am
Yoga for Athletes .....	9am, 10am, 11am, 2pm
Manitou Swimming Demo and Trials.....	9am, 11am
Fencing Demo and Trials .....	9am, 10am, 11am
★ Finding Manitou Scavenger Hunt.....	11am to 2pm
Justin Armour ManiFit Challenge.....	1pm to 4pm
3 Mile Classic Manitou Run.....	3pm
5 Mile Classic Manitou Run.....	3pm
Bicycle Safety Check.....	2pm to 3pm
Road Cycling & Mountain Bike Rides RIDERS: BRING YOUR BIKE AND HELMET.....	3pm to 4pm

## MANSIONS PARK Behind City Hall • Manitou Springs

As Your Garden Grows.....	8am to 9am
★ Kids Know the Darnedest Things .....	10am to 11am
★ The Story of Stone Soup .....	Noon to 1pm
Iron Chef Challenge .....	2pm to 3pm
★ Kritter Caravan .....	4pm to 5pm
★ Stone Soup Sharing of Soup .....	6pm to 7pm

### ALSO AT THIS LOCATION:

Art on the Avenue Tours ..... 11am and 1pm |

EVENTS FOR KIDS ARE MARKED WITH ★

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