



2023

10TH

ELEVATE AKRON YOGA FESTIVAL

.....
SATURDAY, DEC 2, 11AM-8PM

OUR LADY OF THE ELMS HIGH SCHOOL, AKRON, OH

.....
ELEVATEAKRON.COM



WELCOME

We'd like to take a moment to share our sincere thanks for your support of the Elevate Akron Community.

With the ongoing construction at Lock 3, this year provided many challenges in securing a workable venue for our annual festival. But with any challenge, comes growth. With a little creativity and hard work, coupled with a generous and beautiful space offering provided by Our Lady of the Elms, we are so proud to welcome you to Elevate Akron's 10th Yoga Festival. Elevate Akron is proof that amazing things happen when we unite around a common goal. Our mission remains the same: develop connection, resiliency and well-being in our communities by offering accessible yoga programming, education, and resources for all.

Thank you to our sponsors, vendors, volunteers and attendees. Without you, this simply would not be possible. We are so excited to grow with you, our vibrant community, and look forward to fostering deeper connections, resiliency and well-being throughout the Akron area and beyond. We hope you can take a moment to read through this program guide and become energized and inspired on ways to become involved.

With Love,

**The Core Volunteer Team - Elevate Akron
Kevin, Gillian, Wendy, Aly, Sam, Tori, James, Leah**

SCHEDULE

10:45-11:20am Doors Open!

11:20-11:30am Elevate Akron Welcome Message

11:30am-12:30pm Welcome Yoga led by Elizabeth Tipton - Gym

12:30-2:30pm Lunch, Social-mixer, Mini Classes in the Gym

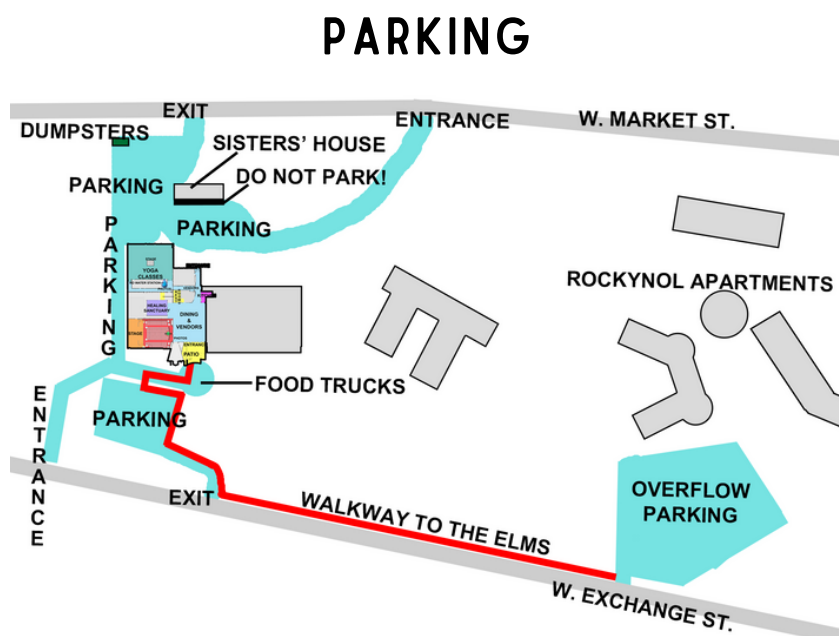
2:30-3:30pm Yoga is Everywhere led by Larry Terkel - Gym

3:30-5:30pm Dinner and Social-mixer (Evening Session Starts)

4:30-5:00pm Raffle Winners Announced

5:30-7:30pm Kevin Karas and the Elevate Orchestra Relax and Song Class (Seated) - Auditorium

8:00pm Doors Close



FOOD & VENDORS

DINING

SHAKER JUICE

DELION

SANDY BOTTOM BOWLS

EL PATRON

GIO'S PIZZA LAB



*VEGAN & VEGETARIAN OPTIONS AVAILABLE

SPONSOR & VENDOR TABLES

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ETHEREALM

FLEX YOGA WOOSTER/YOGA FARM FEST

FLOW FARMACY TEA

GBIRD KNOTS

ICRYO

PEAK FAMILY CHIROPRACTIC

ROOTED PELVIC WELLNESS

SAGUARA BY ALEXANDRA

SHAW JCC OF AKRON

SPIRITUAL LIFE SOCIETY/MAIN STREET YOGA
CENTERS

STRETCHLAB HUDSON/FAIRLAWN

STUDIO OXYGEN

SUMMA HEALTH

SUMMIT COUNTY CHILDREN SERVICES

THE MEDITATION STUDIO

THE KEVIN BECNEL STUDIO

THIRSTY LOTUS

WILLOW STUDIO

YOGASIX MACEDONIA

YOGISTONED

ELEVATE AKRON



ELEVATE AKRON MERCHANDISE



**2023 FESTIVAL T-SHIRT
\$30**

ALL PRE-ORDERS CAN BE
PICKED UP DURING THE FESTIVAL
AT THE ELEVATE AKRON
MERCHANDISE TABLE



**ELEVATE AKRON
HOODIE \$50**



(BOTTLE & MAT NOT INCLUDED)

**ELEVATE AKRON
BACKPACK \$50**

**PAST FESTIVAL SHIRTS - \$15
STICKERS \$1
HEALING ROOM TOKEN \$10**

ELEVATE AKRON YOGA FESTIVAL RAFFLE EXTRAVAGANZA!



GET READY FOR AN EXHILARATING CHANCE TO WIN FABULOUS BASKETS AT THE ELEVATE AKRON YOGA FESTIVAL RAFFLE! THE EXCITEMENT IS BUILDING, AND YOU WON'T WANT TO MISS OUT ON THIS INCREDIBLE OPPORTUNITY TO TAKE HOME PRIZES VALUED AT \$50 - \$100. HERE'S EVERYTHING YOU NEED TO KNOW:

RAFFLE DETAILS:

Purchase your raffle tickets at the Elevate Akron Merchandise Table. Participating vendor/sponsor tables will showcase the amazing baskets you could win!

BASKET VALUES:

Unwrap the joy with baskets filled with treasures valued at \$50-\$300!

MUST BE PRESENT TO WIN:

Feel the excitement as we announce winners live!
Winners will be revealed from 4:30 to 5:00 pm, so be sure to stay close!

WHERE TO BUY TICKETS:

Head to the Elevate Akron Merchandise Table to grab your tickets and elevate your chances of winning!

Raffle ticket options: 5-pack for \$10, 10-pack for \$20, and 20-pack for \$30.

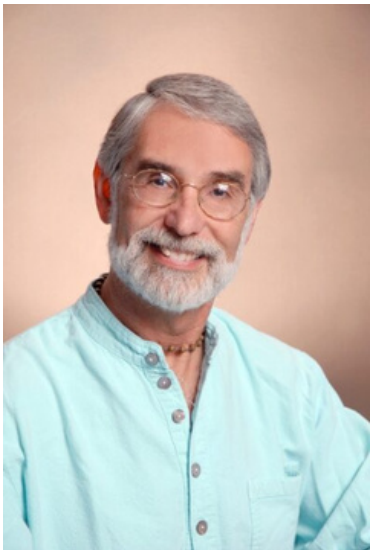
JOIN US FOR AN UNFORGETTABLE EXPERIENCE AT THE ELEVATE AKRON YOGA FESTIVAL, WHERE EVERY TICKET SUPPORTS THE FESTIVAL AND GIVES YOU A SHOT AT WALKING AWAY WITH INCREDIBLE PRIZES. DON'T MISS YOUR CHANCE TO BE A PART OF THE EXCITEMENT AND ELEVATE YOUR FESTIVAL EXPERIENCE TO NEW HEIGHTS!

TEACHER BIOS



ELIZABETH TIPTON

Elizabeth has been a dedicated yoga teacher for over six years. Learning is a deep passion for her and trainings light her up — she completed two 200hr trainings in 2017 + 2019 and her 300hr training in 2021, the same year earning her position as an E-RYT200 + RYT500 teacher and YACEP. She'll be an ERYT500 in the next few months! Throughout her teaching journey, Elizabeth found Katonah Yoga, awakening her passion for breathwork, assisting, Chinese medicine, and connecting individually with students. She received her Katonah Yoga certification after an additional 200 hours of training in 2020. Yoga is the first thing that allowed Elizabeth to feel awake and at home in her body, and she hopes to create + hold space for others to find the keys to unlock doors in their own practice. Outside of the yoga studio, Elizabeth is passionate about photography + capturing moments of true embodiment, practicing many different movement modalities, and exploring the beauty in the world around her.



LARRY TERKEL

Larry Terkel is a living example of the power and wisdom of a life-long yoga and meditation practice. Larry is a Yoga Alliance E-RYT500/YACEP. He is the founder and director of the Spiritual Life Society and Main Street Yoga Centers, one of the oldest holistic centers in America. SLS/MSYC has its home branch in Hudson, and they are soon to open a branch in Akron at the Highland Universal Gathering spot (HUG). Larry has been practicing yoga and meditation since 1969 and has taught thousands of students in over 50 years. He personally studied with some of the world's most famous teachers, including B.K.S. Iyengar (20 years), Swami Satchidananda, Baba Ram Das, Pir Vilayat Inayat Khan, and Swami Vishnu Devananda. A graduate of Cornell, Larry is currently Professor of Comparative Religion at Kent State University.



KEVIN KARAS

Kevin James Karas, MA, E-RYT-500 is an international yoga professional on a mission to develop greater awareness, connection and wellbeing in the hearts of all through sharing Yoga. He specializes in yoga nonprofit leadership as Board Governance Manager for Yoga Alliance, CEO and President of Elevate Akron, and board member of SLS Yoga Center. He facilitates Yoga Teacher Training (YTT) Programs as the lead trainer at The Shaw JCC of Akron and Yoga Squared Akron. He's consulted with several yoga studios to successfully develop/improve their YTT programs. His multi-lineage approach is inspired from 15 years of study in the Sivananda, Integral, Sampoorna, Ashtanga, Iyengar, and Mindfulness traditions as well as modern styles. His award winning 4-year graduate thesis explored the presence, communication techniques, pedagogy and contemplative practices of master yoga/meditation teachers and deeply influences his teaching methods today.

MEMBERSHIP



MAKING YOGA EDUCATION ACCESSIBLE

As part of our ongoing mission to make yoga and yoga education more accessible to the entire community, Elevate Akron is excited to launch an inclusive and multilayered membership program. The new program, accommodating all levels, roles and abilities, will work to provide unique class opportunities, informative workshops, premier festival discounts, access to online content, low-cost business visibility and so much more. Membership levels range from no-cost options for students...to affordable promotional options for studios and small businesses.

PRACTICE MEMBERSHIP

- Free
- Online profile
- 5% discount tickets to events and yoga workshops
- Access to our resource library (coming soon)

LEAD MEMBERSHIP

- \$10 a year
- 20% discount on events, yoga workshops and continuing education courses
- Added to our Yoga Teacher and Holistic Leader directory
- Access to our resource library (coming soon)
- Online profile
- Get to be a part of the Yoga Teacher Collective

YOGA STUDIO/LOCAL BUSINESS

- \$18 a year
- Access and add to our online resource library (coming soon)
- Advertise different styles of classes, workshops (coming soon)
- Online profile

JOIN TODAY @ [ELEVATEAKRON.COM/BECOME-A-MEMBER](https://www.elevateakron.com/become-a-member)

KEVIN KARAS & THE ELEVATE ORCHESTRA

Elevate your connection with yourself and the world around you by joining Kevin's Guided Meditation and Song Class featuring the unique and immersive sounds of the Elevate Orchestra.

So often in our daily routines, we experience life through our external lens. This session - through its use of gentle movement, breathing exercises, meditation and visualization - invites us to expand our awareness of self. Through this expanded awareness, we are able to build and generate a positive effect on the world around us. This class will be a seated experience, offering you the opportunity to walk away with the tools and techniques designed to help you feel lighter, full of life and expansive joy.

ELEVATE ORCHESTRA OFFERINGS

RELAX:

Bring mindful awareness into a state of deep sleep, rest and healing by participating in an Elevate Orchestra Relax Performance, featuring a live Guided Sound Journey. The unique restorative session will include a series of gentle movements, restorative postures, a guided relaxation practice lying on your back, progressive muscle relaxation pranayama and a full body scan. The practice is accompanied by a performance of live ambient musical soundscapes, facilitating further relaxation into a spacious, peaceful sonic world.

SONG:

Enliven your spirit and open your heart by participating in an Elevate Orchestra Song Performance. With a range of genres from diverse cultures, here's your opportunity to go with the flow through song and dance - allowing yourself to deeply and fully express yourself. Come as you are and leave feeling free, but also deeply connected.



YOGA:

Embodiment through yoga asana and breath awareness. Meditate. Feeling. Yoga Asana, Breathing Exercises (pranayama), for physical strength, flexibility, balance, mind-body breath awareness, All-levels, Connection with your body. Structure (Sthira) and Freedom (Sukham). Savasana.

DANCE:

Expand your soul in this free-form ecstatic dance journey, allowing yourself to let the music move your body and free your mind. Come stretch, dance, sing and meditate in this safe and open space - happily celebrating yourself through individual expression and organic movement.

INTERESTED IN HAVING THE ELEVATE ORCHESTRA PERFORM AT
YOUR NEXT EVENT OR STUDIO?

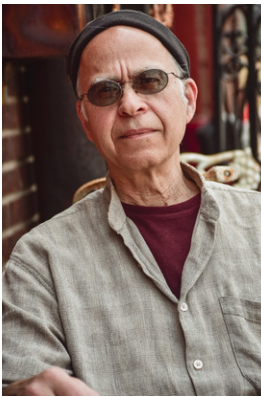
CONTACT KEVIN@ELEVATEAKRON.COM

ELEVATE ORCHESTRA BIOS



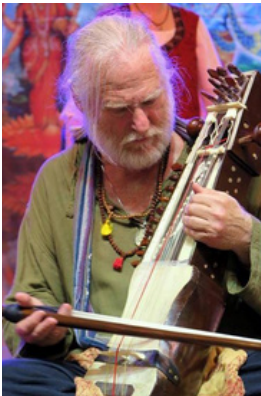
ZACH FRIEDHOF

Zach Friedhof is a Troubadour of Peace from Akron Ohio. His music is an uplifting blend of folk & soul immersed in love. 20 years ago after a nearly fatal appendix rupture, Zach began writing and performing music in Northeast Ohio, releasing his first CD and making his way onto stages across the country, sometimes with the likes of Neil Young, Richard Thompson, Gin Blossoms, Bo Diddley, Trevor Hall, Steve Poltz, and Brett Dennon. Since then he has performed across North America in diverse venues from living rooms and yoga classes to clubs to theatres, to festivals.



MARK NATHANSON

Mark Nathanson is a multi-instrumentalist having studied drums/percussion at The Cleveland Institute of Music, w/ Mike Clarke (Herbie Hancock), Percy Jones (Brand-X, Phil Collins), Bobby Wiener & Bob Moses at The Drummers Collective in NYC. Graduate from Berklee College of Music studying w/ Skip Hadden (Weather Report) & Ian Froman. He has accompanied dance performances, classes & workshops at Harvard, Boston Conservatory, w/ Paul Taylor & Mark Morris Dance Company, Gabriel Roth's 5-Rhythms and played w/ Boston Improv Comedy Troupe for many years.



SAMUEL SALSURY

Samuel Salsbury is well-known in the American kirtan scene. Performing on violin and Indian sarangi, his musical adaptability, sacred intention, and soaring, soulful solos have earned the respect of some of the world's finest musicians and inspired a dedicated fan base. Samuel received classical training at the Cleveland Institute of Music and, over the past decade, made annual trips to study classical Indian music on sarangi with master, Pandit Santosh Mishra. His spiritual journey dates to early childhood and has taken him to such countries as Cyprus, Egypt, Israel, Japan and, of course, India.



KEVIN KARAS

Kevin serves as Executive Director of Elevate Akron, a yoga nonprofit in Akron, Ohio that has partnered with over 200 local businesses, nonprofits and artists to bring Yoga to 16,500+ people through their community programming such as the annual Elevate Akron Yoga Festival. His lineage is inspired from Sivananda, Integral, Sampoorna, Ashtanga, Iyengar, Restorative, and Mindfulness roots. Further, his graduate studies included conducting a 4-year research project on the contemplative practices and teaching methods of master yoga and meditation teachers.

ELEVATE ORCHESTRA

FEAT. KEVIN JAMES KARAS, ZACH FRIEDHOF,
MATTHEW DERUBERTIS, SAMUEL SALSURY, MUSEUS
JIM, KELLERMAN, MARK NATHANSON, LANA SUGARMAN



DOWNLOAD ELEVATE ORCHESTRA'S DEBUT ALBUM

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ELEVATE AKRON TEACHER COLLECTIVE



ELEVATE AKRON

**TEACHER
COLLECTIVE**

TEACH

Nourish your yoga teaching experience and become more skilled in your practice. The Elevate Akron Teacher Collective brings forward multiple ways to broaden your reach and awareness, including opportunities to teach community and workplace wellness classes, yoga workshops, meditation techniques, and video content creation for our online yoga community.

EXPAND

Help shape the future of yoga in our community. Your experience offers a place to grow your network and connect with a vibrant collective of yoga teachers and practitioners — all in an effort to inform, share, educate and grow.

CONNECT

Now's the time to go deeper and get more connected to the people that share your love of yoga. Become a small group mentor or mentee to receive support, personal development, and lifelong connections to enhance your yoga journey.

[JOIN THE COLLECTIVE](#)



YOGA PROGRAMS, EDUCATION & RESOURCES FOR ALL

At Elevate Akron, we believe that yoga and wellness have a profound impact on individuals and communities. That's why we strive to make these practices more accessible. From our premier yoga festival to online resources and workplace wellness programming, our goal is to help foster deeper connections, resiliency and well-being throughout the Akron area and beyond.



MISSION

Elevate Akron develops connection, resiliency, and wellbeing in our communities by offering accessible yoga programming, education, and resources for all.

VISION

Our vision is to elevate our communities by hosting premier yoga festivals and events, making yoga education and programming more accessible, and improving workplace wellness through yoga and mindfulness programming.

PREMIER YOGA FESTIVAL AND EVENTS

Elevate Akron hosts premier yoga festivals as well as small neighborhood programs that engage, connect, and celebrate our local community members, artists, businesses, and nonprofits in the greater Akron area.

MAKING YOGA EDUCATION AND PROGRAMS MORE ACCESSIBLE

Elevate Akron supports local yoga organizations, professionals, and students by developing better networking opportunities and by offering high quality yoga programs, training, and resources that make yoga more accessible regardless of experience level, ability, or identification with various socio-demographic classifications.

CORE TEAM



KEVIN KARAS

Chief Executive Officer
& President
E-RYT-500



GILLIAN DESONIER-LEWIS

Director of Development
& Community Engagement
RYT-200



WENDY ROSS

Director of Marketing
& Technology
RYT-200 & Aerial Yoga



TORI ROBINSON

Director of Yoga
Education Programs
RYT-200



SAM GREY

Director of Digital Media
& Community Management
RYT-200 & Personal Trainer



ALYSSA PAPPAS

Director of Operations
Administration & Finance
RYT-200



JAMES

Director of
Event Logistics
RYT-200



LEAH NEMETH

Communication & Marketing
Coordinator
RYT-200

ELEVATE AKRON BOARD MEMBERS



MATT LERNER



LYNN SATOW



ALEXIS CARRIS



KEVIN KARAS



BRIAN REICH



JESSICA CARPENTER

THE FOUNDERS OF ELEVATE



TRACY RHINEHART
CO-FOUNDER



ALEXIS CARRIS
CO-FOUNDER

VOLUNTEER

JOIN US IN MAKING YOGA & WELLNESS MORE ACCESSIBLE

As an all-volunteer nonprofit, Elevate Akron relies on the dedication of volunteers to help our organization make a difference in the Akron community and beyond. If you're passionate about yoga and wellness and looking for opportunities to give back, we'd love to hear from you. With a variety of volunteer roles available, you're sure to find one that suits your strengths and interests while working with your schedule.



CORE VOLUNTEERS

Core volunteers serve over 150 hours throughout the year and are the main members of the organization that ensure the execution of the nonprofit.

Volunteers on these teams develop meaningful relationships with other leaders in the organization.

COMMUNITY VOLUNTEERS

Community volunteers contribute up to 50 hours a year, with a concentration in the months leading up to and following our annual yoga festival in July. These volunteers can support any core volunteer teams and take on a lead event-day volunteer role at the annual festival.

EVENT WEEK VOLUNTEERS

Event week volunteers support Elevate Akron by attending a training session prior to the event and volunteering about 3.5+ hours during the week of the annual festival. These event week volunteers work under the direction of core and community volunteers.

[BECOME A VOLUNTEER](#)

WORKPLACE WELLNESS

SUPPORT THE PEOPLE WHO MATTER THE MOST — YOUR EMPLOYEES

The Elevate Akron Workplace Wellness Program provides local businesses with innovative methods to enhance workplace culture, healing and health.

The program, which can be offered during or after the work day, allows your team to gather alongside a trained Yoga instructor to engage in mindful activities aimed at relieving stress and creating a more mindful and healthy lifestyle.

Our director of Yoga Education and Programming, Tori, is eager to work with you to develop a unique program that compliments your organization's unique goals, timeline and initiatives. Whether that is just one class or multiple sessions throughout the year, we can create and deliver a curriculum that is engaging and impactful. Program sessions are 30-90 minutes in length and can be completed in-person or online.

Interested in exploring Workplace Wellness? Complete the form at elevateakron.com/workplace-wellness/ and we will be in touch!

TRAINING TOPICS

YOGA

- Chair Yoga
- Beginner's Yoga
- Vinyasa Yoga
- Restorative Yoga
- Yin Yoga
- Breathing Techniques
- Concentration Activities
- Meditation
- Yogic Lifestyle Practices

MINDFULNESS

- Breathing Technique
- Guided Body Scan
- Self-Awareness
- Seated Meditation
- Mindful Activities
- Loving-Kindness
- Guided Visualization
- Contemplation
- Mindful Communication & Listening

STRESS RELIEF

- Lifestyle Tips
- Healthy Diet
- Exercise
- Breathing Techniques
- Sleep
- Relaxation
- Positive Thinking
- Healthy Relationships
- Communication Practices

TAKING A BREAK FROM THE HOLIDAY HUSTLE SHUFFLE,
SEIZE THIS MOMENT TO DELVE INTO THE
TRANSFORMATIVE PRACTICE OF YOGA
— an odyssey that alleviates suffering, heightens
self awareness, and imparts profound clarity to our
journey together in life.

love

COMMUNITY HARMONY

Embrace the inherent human connection as we unite for the greater good. Delving into the courageous realm of vulnerability, we forge genuine bonds with our neighbors, cultivating relationships that nourish the very essence of our shared humanity.

SERENITY IN MOTION

Embrace gentle movement, a path to physical stability and ease. These two qualities lay the way for accessing deeper dimensions of being.

HARMONIOUS VOICES

Let music be the catalyst for body movement, emotional shifts, and mental focus. When we courageously lend our voices with purposeful intent, we harmonize in a symphony of inspiration that resonates through mind, body, and spirit.





BLISSFUL UNWIND

Embark on a guided body scan, traversing consciousness to achieve a profound state of surrender and centeredness. Through relaxation, find renewal, and anchor yourself in the present moment.



EMPOWERED ACTION

Emerging from a supportive community, physically grounded and emotionally balanced, energized and focused, relaxed and centered, and self-realized, take intentional action. Extend this way of being beyond the event, shaping not only your own days but touching the lives of those within your community and rippling out to the world.



INNER VISION QUEST

Plunge into the depths of self-discovery through a visualization meditation. Heightened awareness becomes a compass, guiding us to profound insights within, and steering our prayers toward the actualization of purpose in life.



BREATH MASTERY

Unleash the transformative potential of breath—a powerful force that restores equilibrium to our emotional landscape and propels us to new heights of consciousness, where boundless energy awaits.

=breath=

THANK YOU TO ALL OF OUR SPONSORS AND VENDORS

PRESENTING SPONSORS

Kevin Karas



SUPPORTING AND ELEVATING SPONSORS



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