



AMES, IOWA 2022

national yoga championship



75 Athletes

- **Competitor Classes****: \$20 Registration for all classes held at Ignite Yoga; subject to availability, <https://igniteyoga.com/schedules/>
- Open Classes held on site are Free! No registration is required. - Bring your mat, towel and water!

Friday Adult 50+ Semi-Finals

Emcee(s): Libby Walunas, Glenn Brown

8:30 - 10:00 Competitor Class (Ignite Yoga** – Glenn Brown)

11:00 – 4:30 Athlete Registration Open

11:00 – 12:00 Athlete Ambassador available at Registration**

11:00 - 12:30 SUN54 Intermediate Class (Online, [Register at no cost, here](#) - Joseph Encinia)

11:30 – 1:00 Open Class (Onsite – Holly Raymond)

1:00 Friday Opening and Announcements, Review of Code of Conduct

Judges: Cynthia Wehr, Head Judge; Ky Ha, Time Judge

1:15 50+ Men 11

Rosa, Michael^

Nie, Mike

Mizerak, Tim

Fitz, Matt

Dantzig, Michael

Clement, Victor

Capozzi, Arthur

Campbell, Wayne

Burkart, Anthony

Brailsford, Keith^

Anji, Ramesh

8 Advance

2:15-2:35 Break / Appeals

ALL 50+ MEN AND WOMEN ON STAGE FOR GROUP PHOTO

Judges: Cynthia Wehr, Head Judge; Ky Ha, Time Judge

2:35 **50+ Women 10**

Yingviriya, Thanaporn
Well, Dominique
Vanderhart, Jennifer
Trantham, Donna
Stallard, Donna
Shefa, Leesann^
Randa, Barbara
Pustow, Anong
Park, Helen
Nakayama, Nahoko^

3:25 - 3:40 Break

3:40 **50+ Women 9**

Martin, Joanne
Krieger, Karen
Jackson, Yoko
Gnerre, Sarah
Everlund, Susannah
Din, Clare
Citrynell, Kyle^
Baldwin, Darlene
Anderson, Margaret

10 Advance

4:25 – 4:50 Break / Appeals

4:50 **Finalists announced**

6:00 State Games Opening Ceremonies, Parade of Athletes

Saturday Women 18-49 Semi-Finals

Emcee(s): Jennifer Vanderhart, Emily Avery

6:30 - 8:00 Competitor Class (Ignite Yoga** – Spencer Larson)

7:30 – 9:00 Open Class (Onsite – Catherine Koo)

8:30 - 10:00 Competitor Class (Ignite Yoga** – Emily Avery)

8:30 – 10:00 Athlete Registration Open

12:00 – 1:30 Open Class (Onsite – Wayne Campbell)

10:30 Saturday Opening and Announcements, Review of Code of Conduct

Judges: Ky Ha, Head Judge; Cynthia Wehr, Time Judge

10:45 Women 18-49 14

Williams, Kylie
Verla, Jordan Lydia
Stone, Briana
Stadin, Maureen
Spano, Maria
Slevin, Shannon
Shuff, Jeanette
Schreier, Jessie
Rosenwald, Toni
Rooney, Molly
Rogers, Patricia
Raymond, Holly
Pinson, Jasmine
Papadopoulos, Efthemia

12:00 – 1:30 LUNCH BREAK

ALL MEN AND WOMEN 18-49 ON STAGE FOR GROUP PHOTO (1:30)

1:30 Women 18-49 12

Milian, Ana
Luce, Alison
LaGrand, Chloe
Koo, Catherine
Julian, Maggie
Hoogendam, Katy
Homes, Elizabeth
Hetrick, Marcia
Dorn, Jordan
Byrne, Mary
Burton, Stella
Brown, Ayanna

10 Advance

2:45 Break / Appeals

3:15 Demo – Emily Avery

3:30 Finalists announced

4:30 **Workshop, \$50 entry** – Athlete Ambassador, Suzanne Elliott and International Champion Holly Raymond;

Sunday Youth, Men 18-49 and Finals

Emcee(s): Kimberly Crady, Glenn Brown, Jennifer Vanderhart

6:30 - 8:00 Competitor Class (Ignite Yoga** – Ayanna Brown)

7:30 – 9:00 Open Class (Onsite – Emily Avery)

8:30 - 10:00 Competitor Class (Ignite Yoga** – Spencer Larson)

8:30 – 9:30 Athlete Registration Open

10:00 Sunday Opening and Announcements

Judges: Cynthia Wehr, Head Judge; Ky Ha, Time Judge

10:15 Youth Divisions 13

Boys 9-11:

Pandit, Rayirth
Nandogopal, Devan
Hariharan, Sri Akshay
Babu, Subramanean

Boys 12-14:

Ramesh, Suraj
Rachagani, Satvik
Luce, Liam

Boys 15-17:

Balakrishnan, Purannan

Girls 9-11:

Vanaparti, Aryana
Adduri, Mansi

Girls 12-14:

Poojari, Amisha
Kumar, Ananya

Girls 15-17:

Soukhoveev, Alexandra
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11:00 – 11:30 Break / Appeals

Judges: Ky Ha, Head Judge; Cynthia Wehr, Time Judge

11:30 Male 50+ Finalists 8 (40 min.)

12:15 – 12:35 Break / Appeals

12:30 – 1:30 LUNCH BREAK

12:00 Demos – (Youth)

Judges: Ky Ha, Head Judge; Cynthia Wehr, Time Judge

1:30 Female 50+ Finalists 10 (50 min.)

2:20 – 2:40 Break / Appeals

2:40 Men 18-49 Finalists 6 (30 min.)

Wilson, Jake
Lubbert, Michael
Johnson, Ian
Giuliano, Anthony
Dickinson, Selden
Chang, Quincy

3:10 – 3:30 Break / Appeals

3:30 Demos – Tim Mizerak, Jennifer Vanderhart

3:40 Women 18-49 Finalists 10 (50 min.)

4:30 - 4:50 Break / Appeals

4:50 Demos – Holly Raymond, Spencer Larson

5:00 Closing Ceremony and Awards

Awards provided by the Lilia and Thomas Forbang Trust