

Weekend Schedule

Friday

- 12 pm Sauna Sessions Start
Outdoor Food Vendors Open
- 1-2 pm *Somatic Structural Yoga Presentation*
- Amy Pierce-Hayden (Outdoor Tent)
- 2-3 pm *Sauna Builders Across Borders* - Keegan Kittock,
Jake Newport, Alex Blyashuk, Andrew Robertson (Inside Lake Room)
- 3-6 pm **Sauna Lover's Social Hour** (Inside Lobby)
- 3-3:15 pm *Sauna Techs Introduce Saunas*
- Kirk Jensen & Ben Hecker (Inside Lake Room)
- 3:15-4 pm *Generational Wisdom Thermal Bathing Traditions*
- Grant Whittle (Inside Lake Room)
- 4-4:45 pm *Sauna Quest* - Steve Leppälä (Outdoor Tent)
- 4-8 pm **Live Music in the Lobby** by Nate Weiler
- 5-5:45 pm *Sauna Protocols* - Annette Scott (Larsmont Sauna)
- 6-7 pm *Where the flavor of Whiskey Really Begins*
- Mike Swanson (Inside Lake Room)
- 8 pm **Saunas & Outdoor Food Vendors Close**

Saturday

- 7 am **Morning Swim Club & Wim Hof Breathing Exercise** - with Nick Fox (Larsmont Sauna)
- 8 am **Ledge Rock Grille Opens**
Yoga Session #1: Meet at Lodge
Sauna Sessions Starts
- 10-10:45 am *Doctors Who Sauna* - Dr. Engelsjerd, Dr. Kimball,
Dr. Dodson, Dr. Eisenschenk, Dr. Mason (Inside Lake Room)
- 10 am **Yoga Session #2: Meet at Lodge**
- 11 am **Outdoor Food Vendors Open**
- 11-11:45 am *U.K. Sauna Meets U.S. Sauna*
- Jake Newport (Inside Lake Room)
- 12-3 pm **Outside Live Music by Shore Thing**

1-1:45 pm *Sauna Authors Panel* - Glenn Auerbach, Garrett Connover, Harvey Martin, Jesse Commer (Inside Lake Room)

1-5 pm **Beer Tasting in Lawn**

2-2:45 pm *Sauna Magic* - Megan Kress (Outdoor Tent)

2:30-3:15 pm *Guided Sauna: Reviver Method* - Jen Veralle & Belen Fleming (Larsmont Sauna)

2:45-3:15 pm *Sauna Boom* - Josh Leddy (Outdoor Tent)

3-5 pm **Outside Live Music** by Tom Twig

3:30-4:15 pm *Health Benefits of Sauna* - Earric Lee & Ashley Mason (Inside Lake Room)

5-8 pm **Inside Lobby Live music** by Ted Feyder

8 pm **Saunas & Outdoor Food Vendors Close**

Sunday

- 8 am **Ledge Rock Grille Opens**
- 8 am-12 pm **Sauna Sessions**
- 9:30 am **Yoga with Amy Pearce-Hayden**



Venik Massage Treatments
Sign up at the front desk.

Sauna Days 2026: May 1-3

Early Bird Tickets

Score your 2026 passes this weekend and save \$25 with Promo Code: **SDAY26**



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