

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)
- 4-8 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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