

Wanderlust Festival brings yoga, music, food, wine together

The second annual Wanderlust Festival prepares to descend on Squaw Valley USA July 29 through Aug. 1.

One of the first events of its kind, Wanderlust brings together the biggest names in yoga with the hottest names in electronic and dance music for a weekend of mindful revelry. In addition to practicing yoga with instructors like Seane Corn, Baron Baptiste, and Shiva Rea, and catching live shows with artists like Moby, Bassnectar, or Pretty Lights, Wanderlust offers a multitude of experiences that surprise, challenge and entertain the mind, body and spirit.

What's new at Wanderlust:

* **Speakeasy Lecture Series:** This lecture series, presented by Evol Burritos, will cover topics ranging from environmentalism and spirituality to conscious consumerism and fair fashion. Discussions will be led by Kaitlin Quistgaard, editor-in-chief of Yoga Journal, and feature speakers Shiva Rea, Seane Corn, Moby, Adrian Grenier, Mariel Hemingway, and internet entrepreneur Chris Sacca, amongst others. Lectures are free for all yoga and music ticketholders, but attendance must be scheduled in advance using the Wanderlust class scheduler.

* **Wellness Village:** Constructed out of sustainable bamboo, the Wellness Village cabanas offer massage, bodywork, acupuncture and other healing arts from Friday through Sunday.

* **Wine Tastings:** Wanderlust will offer a series of wine tastings from July 29-31, hosted at Kali Kopley's Uncorked in the Kula Village. Held on the patio at Uncorked, these evenings will feature live music and tastings of Merlot and

Malbec from Wanderslust's official red wine, Red Rock Winery, alongside an impressive list of small biodynamic and organic wineries including Calera Wine Co., Ceago Vinegarden, Honig, Family Winery and Vineyards, Inman Family Wines, Yellow & Blue, Mendocino Farms, Saracina, and Ukiah Cellars. All of the wine events are free, but the Saturday event will be limited to the first 150 people to register.

* Food Co-op: A wide array of organic and sustainably-farmed foods will be offered at this year's festival. The centerpiece of these efforts will be the first ever food co-op at Wanderlust, which will consist of a number of quality organic vendors such as Amy's Kitchen, Ritual Coffee Roasters, Uncommon Kitchen, Evol Burritos, and Spiro's Giros, as well as a small farmers market featuring fresh fruit and veggies from local producers. The co-op will be clustered around the iVillage tent where you can lounge, check your email, post updates on the event and get special goodie bags. Wanderlust is also working with the local restaurants in the Village to create a "Wanderlust menu" featuring organic and local food options.

* Fire & Ice Dinner: Returning for a second year, the popular Fire & Ice Dinner at High Camp will offer a wide range of organic and local foods, plus a number of vegetarian and vegan items.

* Kids Program: The Wanderkind kids program features interactive activities for children including henna tattoos, hula-hooping, crafts, and of course, kids yoga. Presented by Om Kids Yoga in Truckee, the Wanderkind program takes place at Squaw Kids and allows parents to check out Wanderlust knowing their children are having a fun learning experience suited for them.

Tickets for the four-day event are still available at www.wanderlustfestival.com. Prices start at \$29.50 for a one-day music pass and \$90 for a one-day yoga and music pass.