

Yoga, music, food come together at Wanderlust Festival

The Wanderlust Festival, a one-of-a-kind yoga and music festival, returns for a fourth year to Squaw Valley July 26-29.

The yogis teaching and speaking at this year's North Lake Tahoe festival include Baron Baptiste, Shiva Rea, Jonny Kest, Baxter Bell, Adam Rinder and Seane Corn.

The music lineup includes the reggae sounds of Ziggy Marley, Beats Antique who got their start in the San Francisco underground performance art scene and MC Yogi with their dose of hip hop, reggae, dancehall and dub sounds. Also playing at Squaw Valley is Shpingle Presents the Masquerade, a new world of traditional sounds, acoustic guitars, Moroccan drums, Turkish operatic singing, cello, double bass, backing vocals and silver flute blended together with computer wizardry.

The Wanderlust Festival will also host a high-end dining experience at Squaw Valley's High Camp July 26 and July 27, 7:30pm. This food journey is comprised of the freshest ingredients and flavors from area growers, including the Carson Valley and nearby Grass Valley.

The onsite Wanderlust Healing Sanctuary at Squaw Valley offers healing services from some of the most talented healers across the country, with each of the trained practitioners devoted to supporting festivalgoer's unique journey and experience.

Kids get in the mix too with the Wanderkind Kids Program, geared for ages 4-10 years, that includes yoga, live music, hooping, as well as arts and crafts.

For more information about the Wanderlust Festival in Squaw Valley, a complete lineup of events, photos and videos, as well as to register, go online.