

Friday Non-Combat Class Location & Time

Hour	Badger	Dragon	Griffon	Lion	Stag
8:00 AM	Basic Marshaling Althaia filia Lazari	The History and Romance of Favors Countess Aryana Silknfyre	Yoga for Fighters Beringar	Daily Stretching for Fighters Sir Martin le Harpur	The Tailored Fighter: Soft Kit Duke Ieuan Gower
9:00 AM			Building a Padded Gambeson Mistress Gulenay Khazari	Meditation and Visualization Techniques for Fighters Sir Martin le Harpur	
10:00 AM	Advanced Marshaling Althaia filia Lazari	Field Heraldry 101 Countess Aryana Silknfyre	Waterbearing from Consort to War Jantasia and Adel Marie Purrier	Silk Banners for Beginners Part 1 of 2 Baroness Ana de la Sara	Preventing Bullying and Harrasment in the SCA Baroness Lindis de Aquisgranno
11:00 AM		Thai Massage for Fighters (and friends) Beringar			
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM	In Case of Reign Countess Aryana Silknfyre	LUNCH	Introductions and Inspirations Cedric Wlfraven	LUNCH	
2:00 PM		Court as Theatre Baron Cormac Mor, OP	Overview of a How Viking Age People May Have Dressed Meistara Reginleif in hárfagra, OL	Silk Banners for Beginners Part 2 of 2 Baroness Ana de la Sara	
3:00 PM		Beginning Fingerloop Braiding Dame Idonia Sherwood			
4:00 PM					
5:00 PM					