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YogaFest_{NC}

Ebook

SPONSORS

EXHIBITORS

TEACHERS

2018



Welcome to the YogaFest NC 2018 Digital Book

First, we thank you for participating - as an attending yogi, sponsor, exhibitor, teacher or volunteer. With recent attendance averaging over 500 attendees, this is the largest yoga event in the Triangle region of North Carolina and would not be possible without you.

This is our 7th annual event bringing our community closer together. People from all walks of life, different yoga studios and clubs, variety yoga styles, and corners of North Carolina sharing the benefits of yoga and wellness practices.

YogaFest NC is the main fundraiser of the Raleigh-based nonprofit organization You Call This Yoga, who provides free yoga classes to the underserved, the physical challenged, veterans, at-risk youth, those with cancer, and seniors. The dedicated teachers of You Call This Yoga are reaching out to help out those who, for various reasons, cannot attend conventional yoga classes. Your participation at this event along with your donations, allows this organization to provide to the community with has been so helpful to us... improved physical, mental and spiritual well-being through yoga.

In 2017, we had over 4,000 contacts with people experiencing yoga by sharing the benefits and practices of yoga in person and via media. This year, we look to offer 19 free community programs, contracting at least 10 teachers to provide these classes and, beginning in May, will offer free pop up yoga throughout the Triangle in partnership with our sponsors.

In coming together, we learn, grow and create a better environment for us all. This is your tribe, we are your people.

Namaste.

Howie Shareff and Roxane Banville
Co-Chairs, YogaFest NC 2018



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EMAIL US TODAY WITH THE SUBJECT LINE: NC YOGA FEST!



Barbara N. Vosk, Ph.D., RYT-500

I hope you had a wonderful time at YogaFest NC, 2018! It has been a pleasure to be a sponsor, teacher and participant at this event for the last six years. I am also honored to serve on You Call This Yoga's Board of Directors.

Weekly yoga classes: Restorative yoga on Sundays at 4:00 at **Bliss Body Yoga** studio, located on Lake Boone Trail in Raleigh. Visit <http://blissbody-yoga.com/> to view the schedule and sign up or just drop in.

Workshops and special classes: Yoga For Anxiety Relief in partnership with Jen Davis, E-RYT 500. This series of workshops includes group discussion, gentle and restorative yoga and meditation practices to help you manage anxiety. A 3-hour workshop will be offered at Bliss Body Yoga on June 9th, 2018. Our next four week series begins in September at [blue lotus yoga](#) in Raleigh.

Training: Combining my passion for helping individuals recover from trauma with my yoga teacher training has led me to develop several workshops in this area of study. If you are a yoga teacher or a mental health professional interested in learning more about trauma-sensitive yoga, contact me at bvoskphd@gmail.com.

Psychotherapy: As a psychologist with over 30 years of experience in providing help for individuals and couples, I utilize a variety of approaches to help clients learn ways to manage their difficulties and experience growth and change. Yoga is included for those who are interested in an active mind-body approach. To learn more about my practice, visit www.barbaravosk.com.



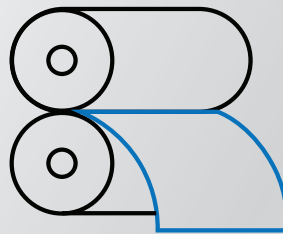
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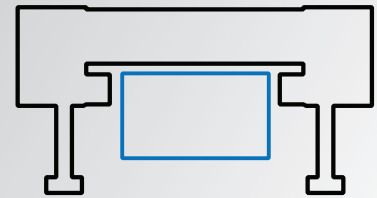
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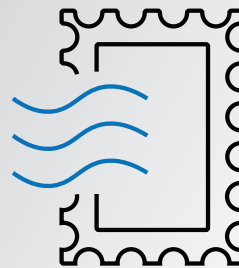
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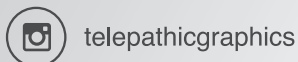
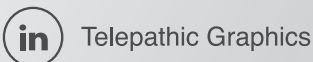
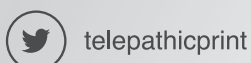
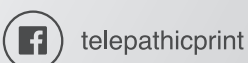
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ABOUT

Located in Garner, Zin Yoga Studio and Wine Lounge is down to earth, yet refined. At its core is the reach toward balance. The studio offers level 2/3 heated flows to restorative yoga. Inside the studio is the wine lounge, offering boutique wine to coconut water. However, it's most prevalent yin and yang is care for self and care for one another. Zin offers the Garner Community an array of group (and private) yoga classes from authentic teachers, in a welcoming space right through the double doors of the lounge.



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CLASSES

Zin offers a diverse selection of class styles.

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Marcy received doctoral training in Religious Studies at University of California, Santa Barbara and in India and has taught at UC Riverside, Davidson College, UNC Charlotte, and the Center for Peace and Social Justice at Queens University of Charlotte. As founder & director of Sanskrit Revolution, she teaches Sanskrit, yogic speech, history, and philosophy at studios and festivals nationally.

Drawing upon her academic background and yoga practice, Marcy creates classes that illuminate the language and culture of yoga, deepen people's knowledge, and inspire personal growth.

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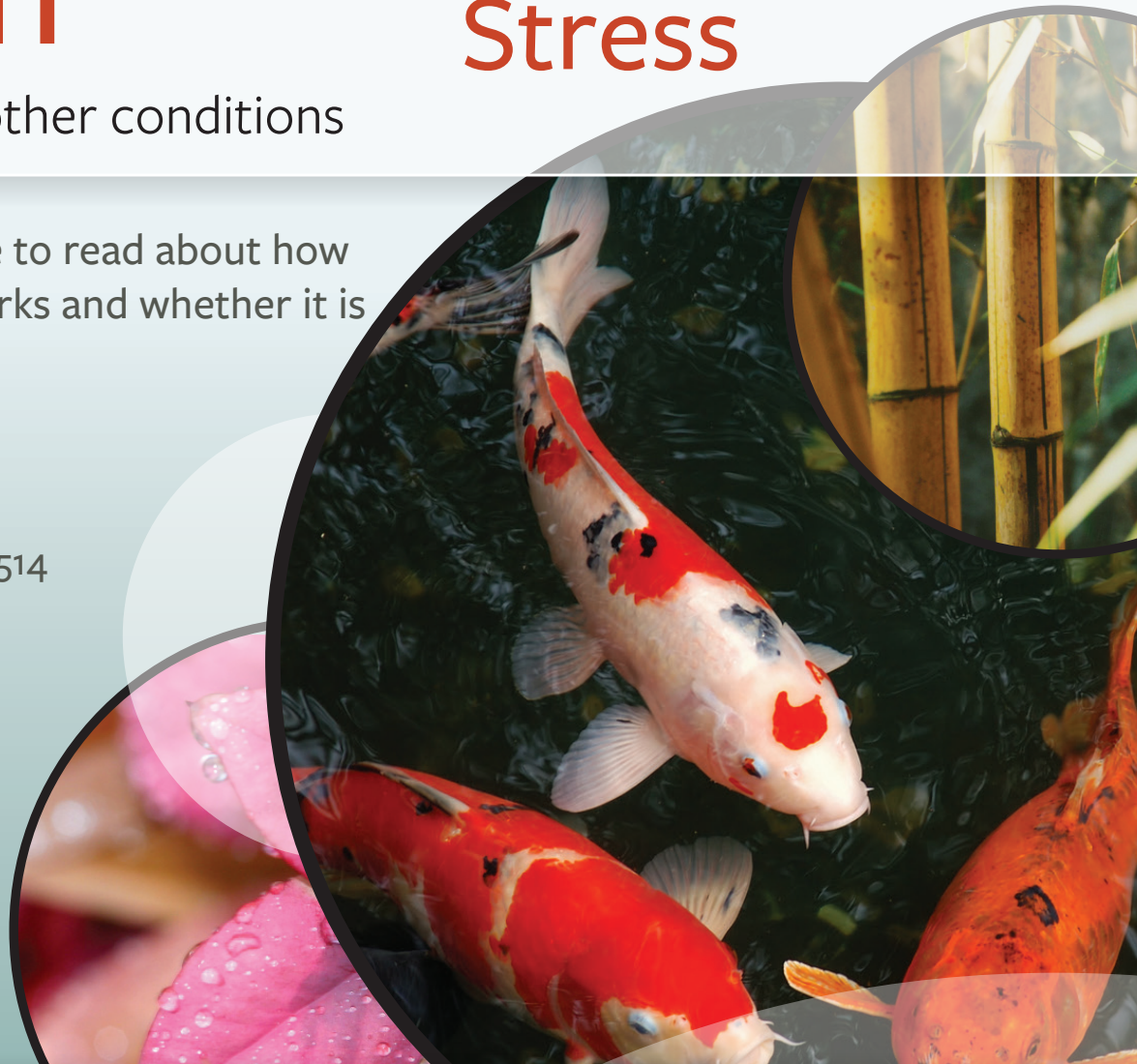
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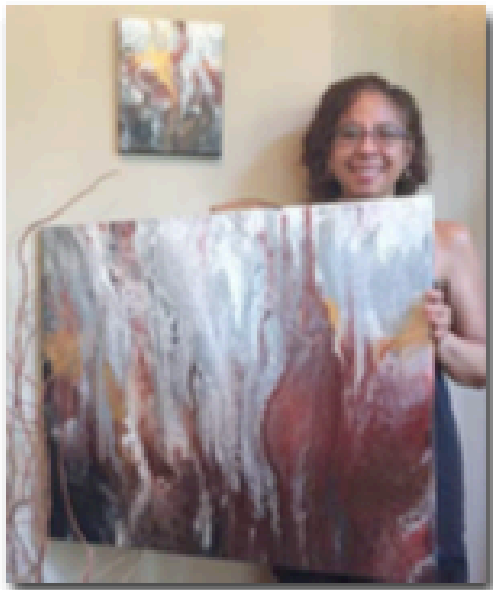


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Deborah Younglao

Dynamic Abstracts

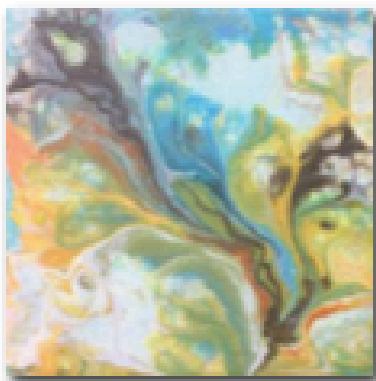
Deborah is a self-taught artist who uses fluid acrylics to create unique abstract paintings, where the story is all about shape, color and flowing movement. Her background is a diverse one: in addition to her native Caribbean island of Trinidad, Deborah has lived in Barbados, Ireland, Canada and 4 states in the US, including her current home of Cary, North Carolina.



"I love that pouring paints is such an interactive process - it's a dance between the artist and the liquid colors as I tilt the canvas and make the colors spread. I'm excited by the developing spontaneous organic textures and shapes that take on a life of their own. Fingers, a palette knife, and air blown onto the wet paint help me nudge the painting in the direction I want it to go, but I have to be open to letting the painting speak for itself.

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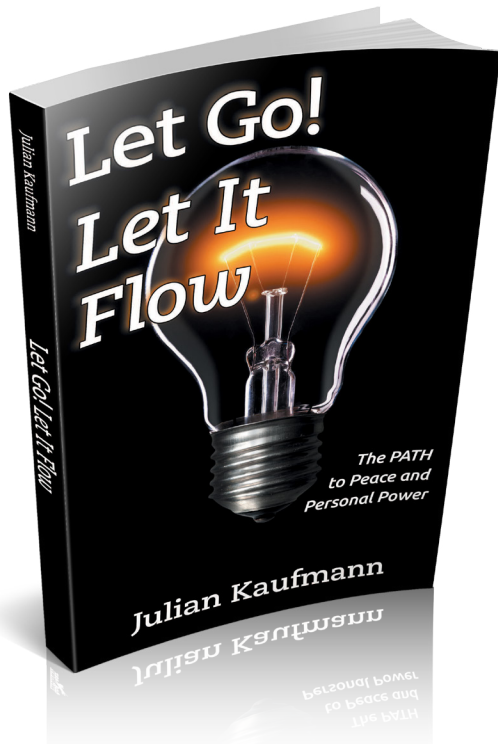


Jessica Flegel is a certified, holistic health coach who, after going through her own personal journey of health, quit her corporate job to pursue health coaching full time to help others achieve results like hers. She is passionate about educating and guiding clients based on their unique needs and goals. She does not offer a one size fits all program and that is what makes her unique.. This is not a job for Jessica, this is her purpose and passion and she grateful to be able to be a catalyst for clients to change their lives and health for the better.

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HOW TO TAP INTO YOUR PERSONAL POWER



Let Go, release and be at peace! Would you like to have a simple framework based on scientific principles to help you get more done in your life, with less effort and less waste? In *Let Go, Let It Flow – a PATH To Peace and Personal Power*, electrical energy expert Julian Kaufmann shares his groundbreaking discovery on how to more fully tap into your personal power and do more with less. After experiencing his own spiritual transformation and discovering the parallels between science and spiritual teachings, Julian presents 4-flowgates that regulate the amount of Flow one experiences in their life. *Let Go Let It Flow* turns us on to the convenient truth that we have the power. The trick is how well we use this energy and Julian presents a PATH to optimize the most precious resource there is – your life.

Julian Kaufmann is an energy expert, entrepreneur, and author. Julian helps people get more out of life by applying science and universal spiritual truths to get more done by using less energy.

Julian is here to help turn you on, more brightly, and help you share your light with the world. Join the next energy revolution by becoming a Prime Mover, Julian's community of people wanting to do more with less.



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Greetings YogaFest attendees!

It is with great pleasure that we return this year and look forward to seeing you all again!

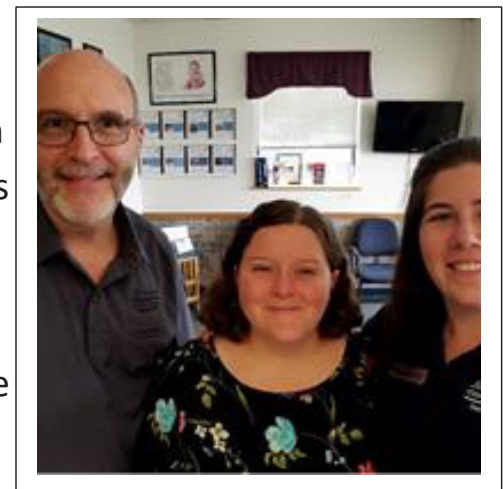
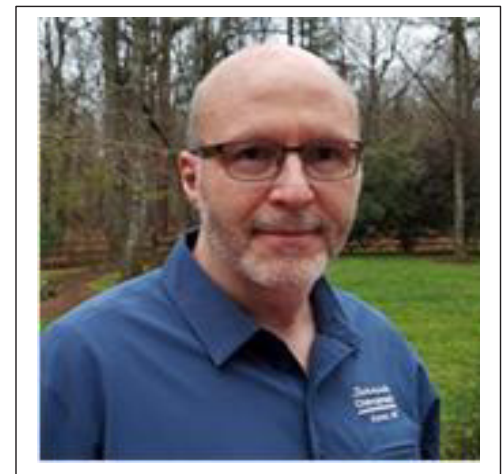
Dr. Schneider will be giving a brief presentation on Stress Management on Saturday, at 9:45 AM.

We will also be providing attendees with the opportunity for some “one-on-one” time with the doctor to discuss:

1. Enhancing your spinal and neurological health
2. How we would address a lingering injury or spinal related issue you may be dealing with.

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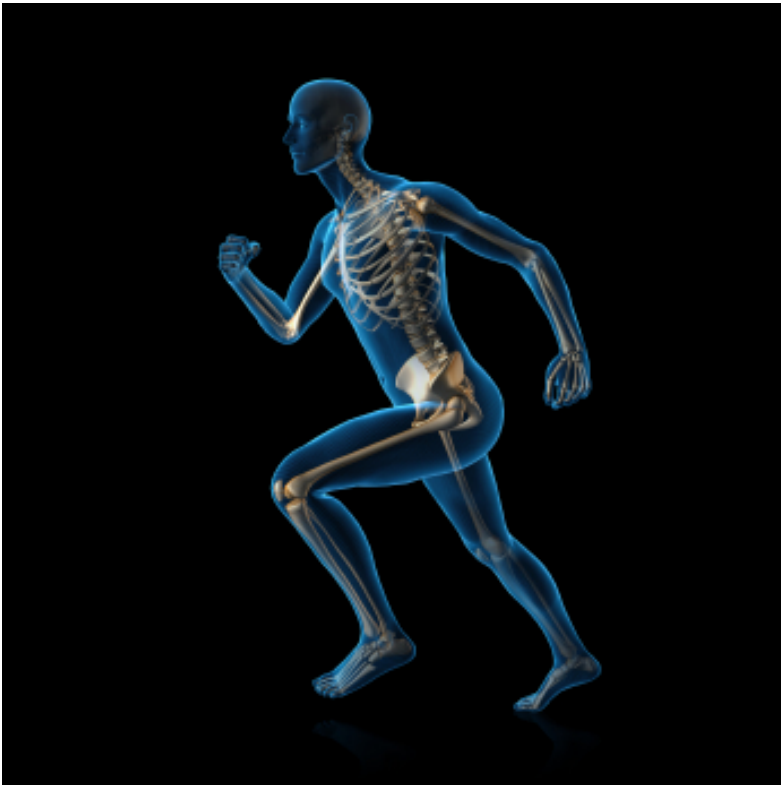
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HEADBANDS of hope



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Founded by college student, Jess Ekstrom. Jess interned at a wish-granting organization and found girls loved to wear headbands after losing their hair to chemotherapy. During her junior year on April 25, 2012, Headbands of Hope was born.





I began to make mala beads after completing Yoga Teacher Training. A standard mala bead necklace contains 108 beads. It is traditionally used during meditation, as a tool to facilitate focus and/or to count mantras. Our mala bead necklaces are hand-knotted and made with semi-precious stones and/or wood beads. In recent years, mala beads have also become trendy and are worn by many simply because they are beautiful.

When I wore my beads, people would often ask me about the stones and express interest. I made several for friends and soon, I was making for friends of friends of friends! As a stay-at-home mother of three, my husband was very supportive of my newfound passion and one day he said, "maybe you can turn this into a business..." And that's how The Mala Garden was born.

The Mala Garden has now grown beyond the standard mala to include custom-made designs, bracelets, and even popular "Do It Yourself" workshops! You can find The Mala Garden products in select yoga studios and at various events and festivals.

-Anna Cowan



Alisha Nissenfeld

Alisha Nissenfeld began exploring yoga 18 years ago, and in 2001 she became a certified teacher through Sonic Yoga in NYC. During that time, Alisha also completed a Masters in Social Work, and has worked with individuals in treatment facilities utilizing Talk and Behavioral Therapy (primarily yoga) as a form of empowerment/motivational therapy, relapse prevention, and detox. In May 2014, Alisha and her family moved to North Carolina and continues to grow her brand, Strong Roots Yoga: Yoga and Farm to Table living for Families of The Triangle.

Alisha is available for private sessions, small group sessions, Thai Yoga, workshops, and Gong Bath Meditations. Alisha currently teaches weekly classes and workshops at Republic of Yoga and Evolve Movement.

For more information, please email Alisha alishanissenfeld@gmail.com or visit www.alishanissenfeldyoga.com.



Amanda May

Amanda May has been teaching kundalini yoga since 2008. Something of a traveling yogi, her classes are imbued with energy and inspiration, bringing a deep sense of peace and healing to participants. She is passionate about helping people connect to their inner vitality.

For more information visit www.AmandaMayWellness.com.



Andrea Dyer

Andrea Dyer, ERYT 500, is the owner/sr. teacher at mind | body | fitness yoga in Greensboro and at international yoga retreats. Her teachings range from ashtanga to yin yoga and meditation. With over 13K hrs of teaching yoga, Andrea is experienced in helping students find their own inner path.

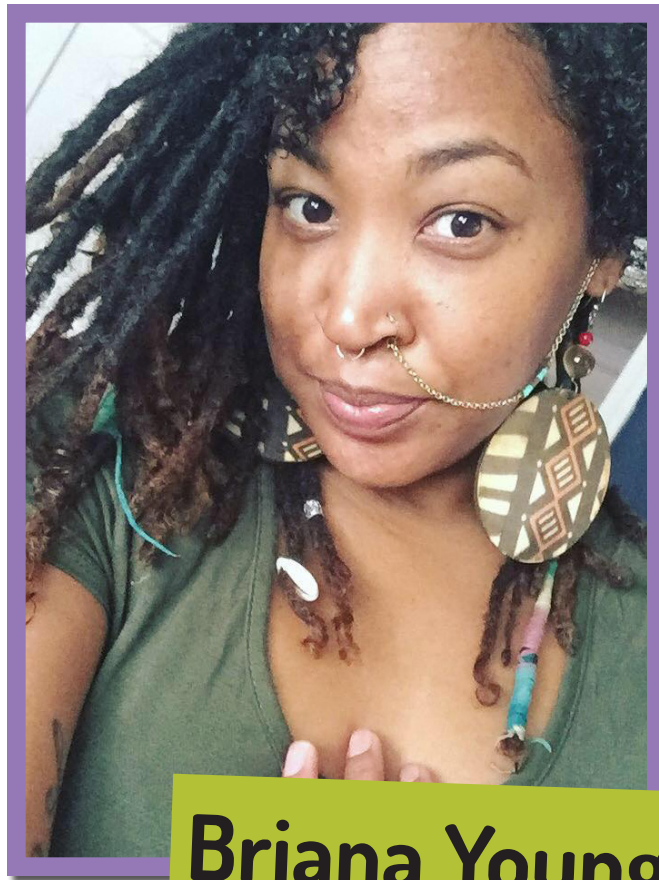
For more information visit www.mindbodyfitnessyoga.com.



Barbara Vosk

Barbara Vosk completed her 500 hour advanced training at Blue Lotus Yoga Studio. A licensed psychologist with over 30 years of experience, Barbara views yoga as a powerful tool to facilitate physical and emotional health. She offers Yoga for Anxiety Relief workshops and training in Trauma-Sensitive Yoga. She currently teaches restorative yoga at Bliss Body Yoga Studio.

For more information, visit www.barbaravosk.com.



Briana Young-Roane

Briana Young-Roane is a colorful character. Inglewood, CA, born and now an east coast girl she has flavor that mixes both coasts to give you a worldly and fun flare. She started as a modern dancer and, after an injury, was introduced to yoga for recovery. After healing, she decided that yoga was her path.

For more information, visit www.brianasyoga.com.



Carol Krucoff

Carol Krucoff is a yoga therapist at Duke Integrative Medicine, co-director of Yoga for Seniors and co-author of the book “Relax into Yoga for Seniors.” Her books include “Yoga Sparks: 108 Easy Practices for Stress Relief in a Minute or Less,” and “Healing Yoga for Neck and Shoulder Pain.”

For more information, visit www.discoveryyogapt.com.



Carolyn Byrd

At 15, **Carolyn's** mother introduced her to yoga to help manage the stress of teenage years. Over time yoga became a mainstay and a way of life, offering solace in a fast paced life. In 2007 she completed her training at the Integral Yoga Teacher Training program, and in 2015 she completed the Thousand Petals Yoga Teacher Training. A self-proclaimed 'yoga-junkie' she continues to deepen her knowledge and practice of yoga by taking classes and workshops with a diverse group of instructors in a variety of styles. She loves working with beginners, sharing with them all the benefits yoga has to offer, mind, body and spirit.

Carolyn has a background in Developmental Psychobiology and works as a massage and bodywork therapist, health coach, and is a certified personal trainer. Carolyn is a Raleigh native, and is married to her best friend. Together they have a sweet daughter and four cats.

For more information, visit www.caryintegrativehealth.com.



Carson Efrid

Carson Efrid, MFA, E-RYT 500, RPYT, YACEP, is a student and teacher of Prana Vinyasa Flow yoga created by Shiva Rea. She has been leading Prana Vinyasa Teacher Trainings from NC to CA since 2012, and assisting Shiva internationally since 2009.

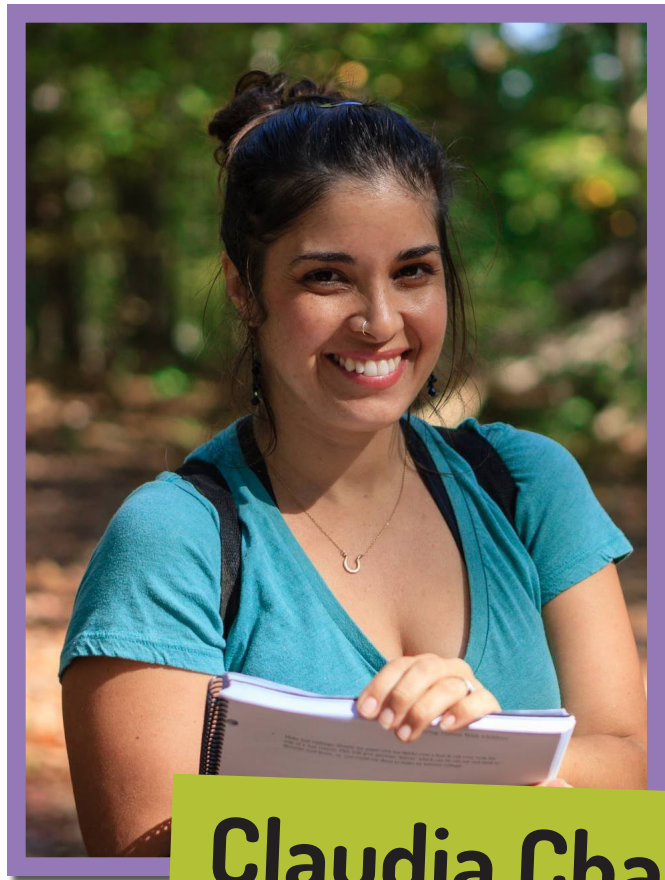
Learn more about Carson's journey at www.SahajaSpirit.com.



Cheryl Brown

A hatha yoga teacher and integrative yoga therapist, **Cheryl** specializes in working with cancer patients and seniors who loves teaching the subtle practices of yoga including pranayama, mudra, yoga nidra & chanting.

For more information, visit www.yogacheryl.com.



Claudia Chambers

Claudia Chambers has 9 years experience of guiding students suffering from a number of ailments and injuries including Alzheimer's, Parkinson's, fibromyalgia, high blood pressure, herniated or bulging discs, asthma, arthritis, depression, cancer, anxiety, stress and other dis-eases of the mind and body.

For more information, visit www.raleighncyoga.com.



Donna Plock

Owner of Breakthrough Yoga & Bodywork in Cary, **Donna Plock** has been teaching yoga since 1998. She did her teacher training with Esther Myers 1995 - 2000; studied with Eric Schiffman, Diane Long, Joy Doherty, at Kripalu and is greatly influenced by Vanda Scaravelli. She is a licensed bodywork therapist.

For more information, visit www.breakthrough.massagetherapy.com.

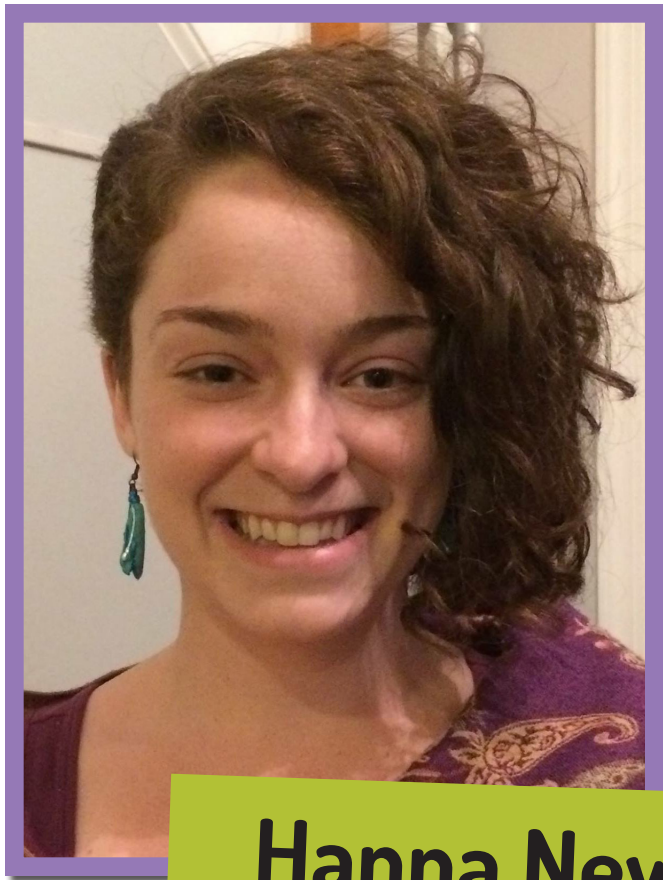


Greg Whitt

Greg Whitt is an award-winning facilitator and arts-educator teaching applied philosophy through music in corporations, congregations, communities, and classrooms. He holds a graduate certificate from the Maryland University of Integrative Health.

For more information, visit www.drumforchange.com.





Hanna Newman

Hanna Newman grew up in Raleigh, and has been practicing Bikram Yoga since she was in high school. She really began to understand the benefits watching her Dad use Bikram Yoga to heal from a bad motorcycle accident. Hanna currently uses Bikram Yoga to help with her chronic anxiety and depression.

For more information, visit www.bikramdurham.com.



Heather Hutson

Every Tuesday **Heather** volunteers at the Durham Center for Senior Life, where she assists the gentle yoga class. She's constantly in awe at the seniors' grace and hopes they learn as much from her, as she does from them. Heather is working towards a 300/500-hour certificate at Carolina Yoga Company.

For more information, visit www.linkedin.com/in/heatherhutson.



Julie Realon

Julie Realon has been joyfully teaching yoga in Raleigh since 2005 and in 2017 received her RYT500 from Blue Lotus. She has taught a wide variety of classes, including kids, restorative, yin, prenatal, gentle, vinyasa and beginning yoga, and more recently, yoga for osteoporosis.

For more information, visit
www.bluelotusnc.com/team-member/julie-realon.



Kara Crooks

Kara's journey with yoga started 15 yrs ago when she was pregnant with her first child and has evolved and changed much like herself over the years. She has taught over 1,000 hours of yoga, is currently completing her 500YTT and owns a studio in Garner.

For more information, visit www.zinyogawine.com.



Karin Singleton

Karin Singleton had her own business as a personal trainer since 1995. While she works with people of all ages and abilities, she has specialized in working with people who have special medical concerns and/or need post-rehabilitative guidance in their exercise programming.

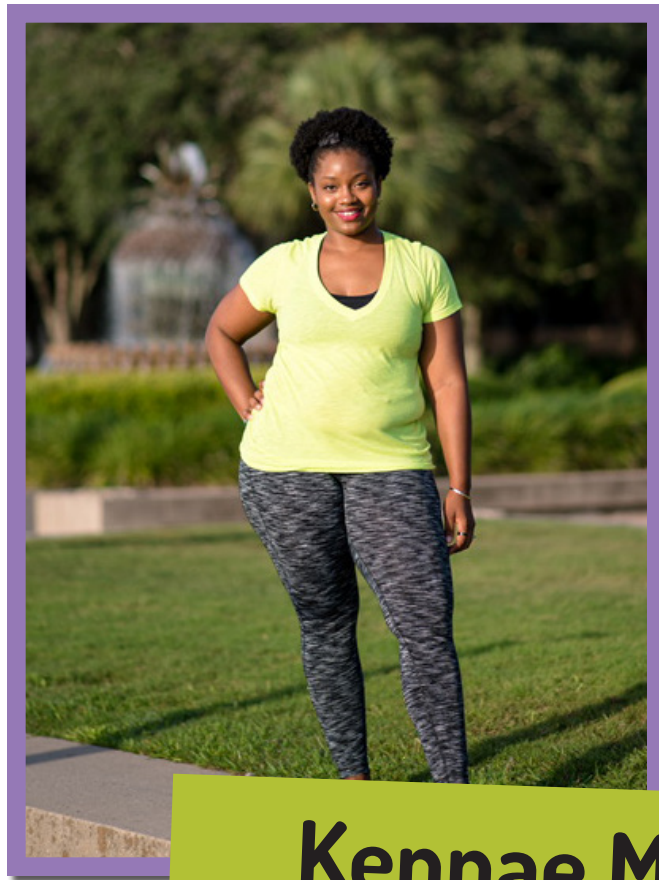
For more information, visit www.karinsingleton.com.



Katie Johnson

Katie Johnson, E-RYT, lives and teaches in Pittsboro, NC, and is student of Shiva Rea's Prana Vinyasa Yoga. Certified in 2010, Katie serves on faculty of the Prana Vinyasa Affiliate Training program in NC and interns globally with Samudra School of Living Yoga.

For more information, visit www.wildflowersoulyoga.com.



Kennae Miller

Kennae Miller is a RYT-200 and alumni of Hawaii Yoga Institute and enjoys sharing her yoga journey and using it to hold space and encourage others along their journey. Yoga has allowed her to learn and experience all yoga as to offer, through gentle, restorative, and yoga nidra practices.

For more information, visit www.transformationyogasc.com.



Kris Moon

Kris Moon is a yoga and mindfulness guide. She lives in Marshall, NC, about 20 miles north of Asheville on a beautiful mountain farmstead, where she and her husband are creating a Mindful Camping Retreat Space. Kris has been exploring the philosophy and practice of yoga for almost a decade, and continues to uncover the layers of learning from her many, and constant teachers. Kris is committed to making yoga and meditation accessible to all, especially those who have experienced trauma. As a volunteer teacher and Programs Coordinator for Light a Path, a non-profit bringing yoga and other evidence-based wellness tools to underserved populations in Western North Carolina, Kris teaches Trauma-Sensitive Yoga to at-risk youth.

Kris writes about healing trauma, grief, loss and learning and shares resources to help us along our unique and interconnected paths at

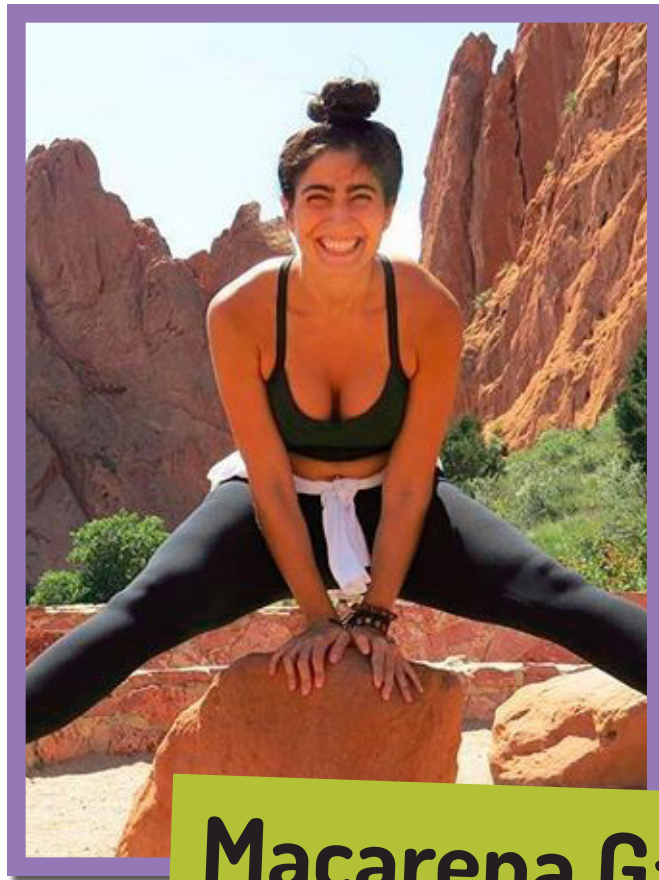
www.practicewithkris.com.



Loretta Jo Schlatzer

Loretta Jo, E-RYT500, owner of the Yoga-Mojo Studio is dedicated to teaching and connecting through yoga and helping students and teachers use the practice of yoga as a means for personal and professional transformation. She is happily obsessed with exploring and sharing yoga.

For more information, visit www.yoga-mojo.com.



Macarena Gallardo

Macky started practicing yoga many years ago, starting with meditation and then the asana practice, deciding to make a change in her life by making yoga teaching her career path. “The things that inspire me to continue this journey is helping others and spreading the word that yoga is for everyone!”

For more information, visit www.hotasanastudio.com/durham.



Marcy Braverman Goldstein

Marcy Braverman Goldstein Ph.D. has taught Sanskrit & the philosophies of yoga since 1995. She draws from doctoral training at UC Santa Barbara and in India, and her yoga practice to design university courses. As Creator of Sanskrit Revolution (2012) she teaches at studios and festivals nationally.

For more information, visit www.sanskritrevolution.com.



Marilyn Griman

Marilyn Griman, RYT 200, teaches gentle and yin yoga at Yoga Garden in downtown Apex; yin and all level yoga at Bond Park in Cary; warm yin at Firefly Hot and Flow Yoga in Cary; and vinyasa flow at 12 Oaks in Holly Springs.

For more information, visit www.namasteyogini.com.



Melissa Valentine

Melissa W. Valentine is a professional yoga therapist, physical therapist, and yoga teacher with over 25 years of training and clinical experience. She owns Discover Yoga & Physical Therapy in Cary, NC where she teaches group classes, therapeutic workshops and private PT & yoga sessions.

For more information, visit www.discoveryogapt.com.



Nancy Gilbert

Nancy Gilbert is a passionate, knowledgeable and committed yoga teacher. She shares her love of yoga through her weekly classes, workshops and the Yogs Schools. Her intention is to provide growth in a nurturing non-competitive environment.

For more information, visit www.tittibhayoga.com.



Rachel Manetti

Rachel Manetti (E-RYT200, YACEP, & IAYT Year 2 Student) is a yoga therapist and yoga teacher who specializes in biomechanics and body education. Rachel owns Pure Resilience Yoga, L.L.C. through which she works privately with people in chronic and acute pain.

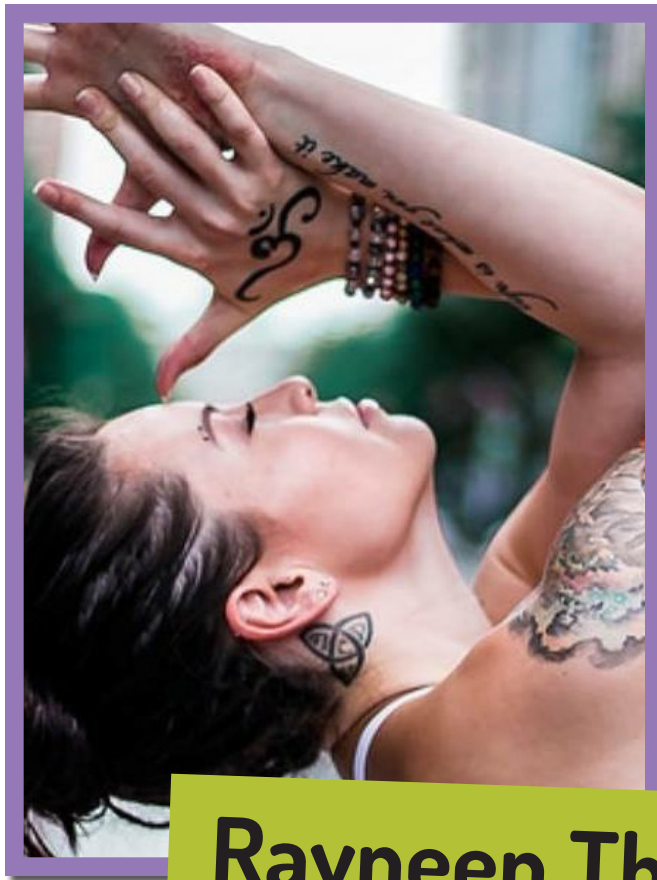
For more information, visit www.pureresilienceyoga.com.



Rani Margolin

A clinical psychologist with decades of study of yoga philosophy, kirtan, and meditation in the US and India, **Rani** completed 500-hours of yoga teacher training with the Anusara Institute of the Triangle and the Rasa School of Yoga. Rani offers integrative classes and workshops at Blue Lotus.

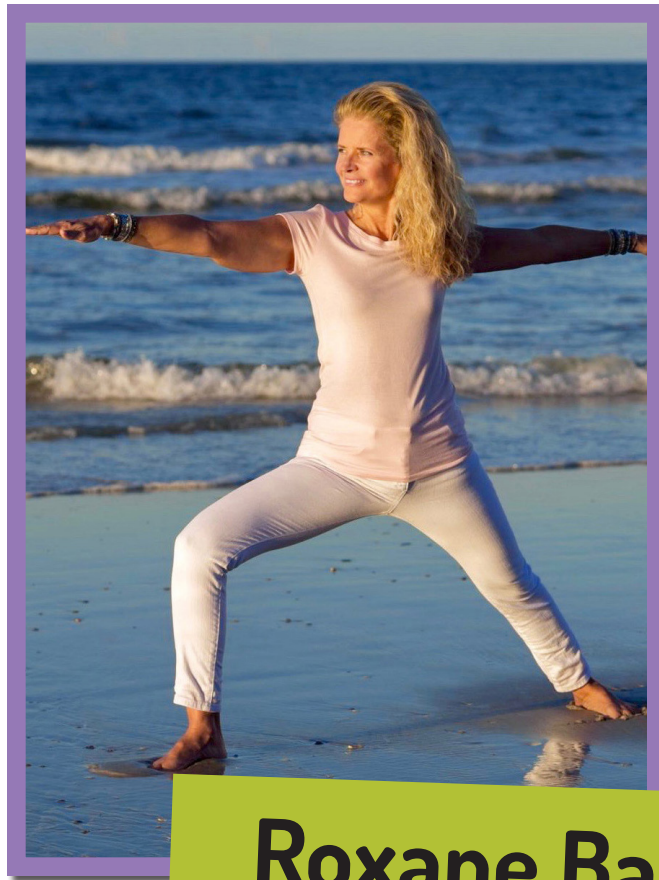
For more information, visit www.ranimargo.wordpress.com.



Rayneen Thebeau

Rayneen Thebeau is a certified yoga teacher, personal trainer, and health coach. It is her belief that a healthy and happy life starts with self care; making self a priority and working to cultivate a strong body, a steady mind, and a nurtured spirit.

For more information, visit www.raytbo.com.



Roxane Banville

Roxane, owner of Bright Tree Yoga, is trained and certified in various forms of yoga including 300 hrs with Modo Yoga International, 500 hrs with Bija Hot Yoga as well as certifications in Restorative Yoga, Hot Flow Yoga and, more recently, Advanced Yoga and Yin Yoga. She also completed diverse yoga teacher workshops with renowned yogis such as Judith Lasater and Dr. Ray Long. “Can you tell I love learning?” Roxane draws upon this broad yoga knowledge to better help each of her students.

For more information, visit www.BrightTreeYoga.com.



Sandra Delgado

Sandy has an interest in the integration of science & spirituality. In her teaching, she encourages the understanding and acceptance of life, finding the teacher within and acknowledging that peace is sustainable. She is founder of Savvy Soul Yoga & Mindfulness School.

For more information, visit www.savvysoul.org.



Sandra Malm

Sandra Malm, E-RYT 500, teaches energetic classes to awaken the spirit and refine the mind. Her root teachers included Baron Baptiste, Shiva Rea, and Anand Mehrotra of the Sattva Yoga Academy in Rishikesh, India. Her company, Awake Corporate Yoga, seeks to wake people up to their highest potential.

For more information, visit www.awakecorporateyoga.com.



Sarah Wechsberg

Sarah Wechsberg teaches an alignment based yoga practice from Rasa yoga and anusara yoga and is trained in a gentle yoga with a BMC approach. In every class, she uses breath and a meaningful theme/intention to carry her class through each pose. “The practice will leave you feeling grounded and connected to your true self.”

For more information, visit www.evovemovement.com/sarah-wechsberg.



Sunny Davis

Sunny Davis is a certified yoga therapist (IAYT) and ERYT with over 30 years of experience. She blends alignment based therapeutic yoga with therapeutic Pilates and functional fitness to help her students explore healthy movement patterns.

For more information, visit www.sunnydavisyoga.com.



Susan Kilmon

Susan Kilmon is a 500 Hour Certified Kripalu Yoga Teacher registered with Yoga Alliance since 1997. She is a member of KYAA, the Kripalu Yoga Ayurvedic Association. Susan is currently teaching at Sertoma Arts Center with Raleigh Parks and Recreation and with Bliss Body Yoga Studio in Raleigh, NC.

For more information, visit www.etsy.com/shop/SusansGardenCards.



Tiffany Pridgen

Tiffany Pridgen has accumulated over 600 hours of formal trainings ranging from power yoga, vinyasa flow, barre, and prenatal yoga. Her teaching style incorporates elements from other modalities such as barre and pilates to create a well-balanced and functional yoga practice that restores mind, body and spirit.

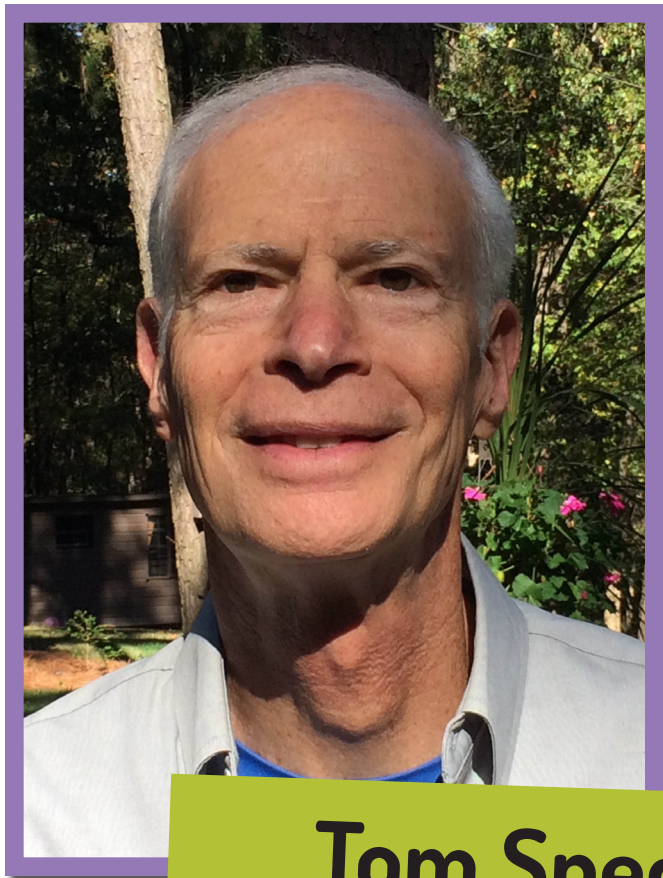
For more information, visit www.glowyoganc.com.



Tim Keim

Tim Keim began yoga practice in 1994 to address chronic back pain. Yoga quickly vanquished the back pain and Tim has been experiencing the wonders of yoga ever since. Tim is also an IAYT Certified Yoga therapist using yoga to directly address many types of disease conditions including osteoporosis.

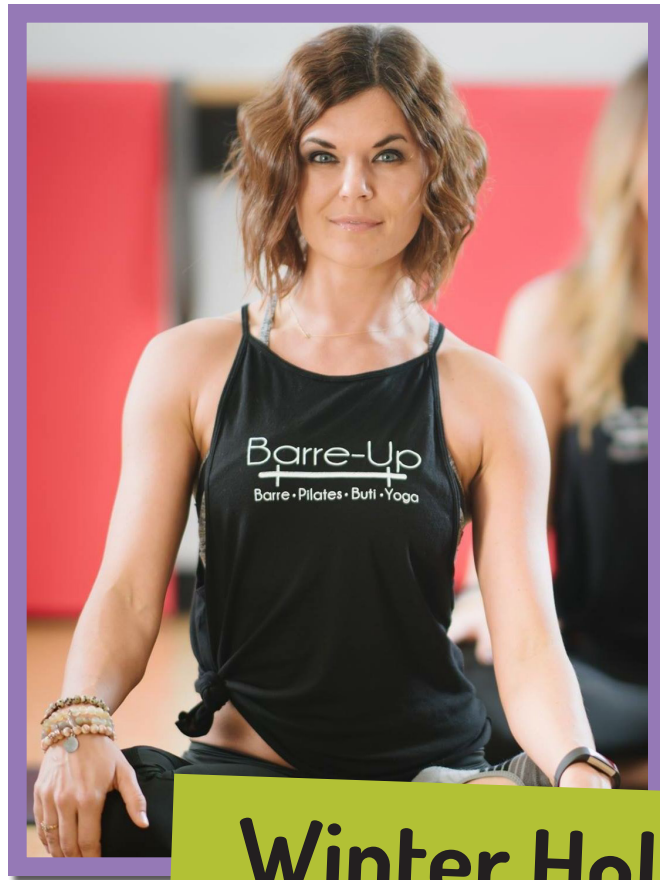
For more information, visit www.timkeim.wordpress.com.



Tom Spector

Tom Spector began meditating while in graduate school at Yale University in 1968 and started teaching in 1976, after a magical meeting with Elizabeth Kubler-Ross at a Ram Dass meditation retreat. Tom has a special gift for helping people discover the root of their suffering and their path to heal.

For more information, visit www.hathahouse.com.



Winter Holbrook

Winter Holbrook is an owner of Barre-Up Studio and has been teaching since early 2014. She is a 200hr RYT certified in buti, vinyasa, hot-core/ sculpt and barre. She loves helping to make that mind-body connection and watching people transform. She was also named by Classpass as Raleigh's "Most Moving Instructor of 2016!"

For more information, visit www.barre-up.com.



Zach McKinney

Zach McKinney has been teaching since 2011 after completing an Anusara teacher training. His classes are designed to show students how capable they are in changing their bodies and lives through the practice of Yoga. Zach brings lightness and joy to his classes, highlighting the beauty that is in all of us.

For more information, visit www.facebook.com/zmyogaandmassage.