



CHECK IN & EXPO HALL OPENS AT 7:30 AM												
ROOM	1C	1D	3	4	5	6	7A	7B	8A	8B	9	10
	Active Mat	Active Mat Unique	Unique	Moderate Mat	Unique	Gentle Mat	Meditation	Restorative	Contin. Ed.	Contin. Ed.	Chair	Mini-Seminar
8:00												
8:30												
9:00	Bikram Yoga Series Hanna Newman (8:30-9:45 am)	G.Y.M. Goddess Flow Briana Young-Roane (8:30-9:45 am)	Kundalini Yoga and Sound Healing Amanda May (8:30-9:45 am)	The Dynamic Dozen Tim Keim (8:45-10 am)	Embrace the Space with Therapeutic Yoga Rachel Manetti (8:45-10 am)	Sinking into Stillness with Yin Yoga Nancy Gilbert (8:30-9:45 am)	Chant, Flow, Meditate Rani Margolin (8:45-10 am)	Recoup & Restore: Active Recovery Yoga Tiffany Pridden (9:00-10:15 am)	Moving from the Inside - Out Melissa Valentine (9-10:15 am; 10:45-12 pm)	Poetics of Flow: Teaching from the Heart Carson Efrid (8:45-10 am; 10:30-11:45 am)	Sattva Yoga Journey Sandra Malm (9-10:15 am)	Sugar, a Modern Day Epidemic Stress Management: the Missing Link The Art of Longevity and the Secrets of the Body
9:30												
10:00												
10:30	Divine River: Chakra Prana Vinyasa Katie Johnson (10:15-11:30 am)	Fiesta Flow with Macarena Macarena Gallardo (10:15-11:30 am)	Yoga for Osteoporosis Julie Realon (10:15-11:30 am)	Depth is in the Details Roxane Banville (10:30-11:45 am)	Yin for Deep Relaxation and Healing Marilyn Griman (10:30-11:45 am)	Gravity, Breath & the Present Moment Donna Plock (10:15-11:30 am)	Cultivating A Home Practice Rayneen Thebeau (10:30-11:45 am)	Rest and De-stress Barbara Vosk (10:45-12 pm)			Create an Adaptive Chair Yoga Practice Susan Kilmon (10:45-12 pm)	When Your Yoga is Not Enough: How the Brain Meets Your Practice For the Love of Lavender The Science of Yoga: West meets East
11:00												
11:30												
12:00	LUNCHEON											
12:30	LUNCHEON											
1:00												
1:30	Finding Flexibility through Strength Zach McKinney (1:15-2:30pm)	Buti Yoga Winter Holbrook (1:15-2:30 pm)	Rollers and Balls to Improve Yoga Karin Singleton (1:15-2:30pm)	Vinyasa Yoga Practice Alisha Nissenfeld (1:00-2:15 pm)	Pelvis Stabilization Sunny Davis (1:00-2:15 pm)	Gentle Alignment Sarah Wechsberg (1:15-2:30 pm)	Meditation and Healing Tom Spector (1:00-2:15 pm)	Relax and Breathe Kenna Miller (1:30-2:45 pm)	Safe and Effective Yoga for Seniors Carol Krucoff (1:00-2:15 pm; 2:45-4:00 pm)	Sanskrit & The Art of Yogic Speech Marcy Braverman Goldstein (1:30-2:45 pm; 3:15-4:30 pm)	Chair Yoga for All Ages Heather Hutson (1:30-2:45 pm)	Replenish and Restore Naturally The Path to Easeful Living Acupuncture For Neck and Back Pain Essential Oils... for Yoga and Everyday Posture, Pain & Performance The Science of Surrender - Letting Go for More Flow
2:00												
2:30												
3:00	Shiva & Shakti: Balance on the Mat Loretta Jo Schlatter (3:00-4:15 pm)	Yoga Foundations Carolyn Byrd (3:00-4:15 pm)	Beat the Change Greg Whitt (3:00-4:15pm)	Seeing Within Yoga Claudia Chambers (2:45-4:00 pm)	Release the Issues from the Tissues Kris Moon (2:45-4:00 pm)	Gentle Flow Kara Crooks (3:00-4:15 pm)	Introduction to Yoga Nidra Cheryl Brown (2:45-4:00 pm)	Finding Silence and Inner Peace Andrea Dyer (3:15-4:30 pm)			Mindful Living & Meditation Sandra Delgado (3:15-4:30 pm)	
3:30												
4:00												
4:30	GONG BATH											
5:00	GONG BATH											

\*Note: life happens, therefore, agenda is subject to change.

## SESSION DESCRIPTIONS

### - ACTIVE MAT -

**Bikram Yoga Series:** Bikram Yoga is a set series of 26 postures and 2 breathing exercises. This practice uses spinal movement to access the nervous system and promote overall health. We will go through the series, focusing on exploring our range of motion while maintaining posture alignment. Some of the poses may be familiar, while others will likely be new to you. Verbal instruction and

visual demonstration will be provided by the instructor. No props necessary.

**Buti Yoga:** Buti is a power yoga stemming from Kundalini principles, that uses the Spiral Structure Technique® to sculpt and tone the deep abdominal muscles that stabilize and strengthen the body. It's an empowering blend of plyometrics, core-work, primal dance and yoga.

**Divine River:** Chakra Prana Vinyasa: Chakra vinyasa links the energy of our bodies, from the root to the crown, liberating the flow of prana. Meditation and asana bring awakening to each energy center along the spine (Divine River) as well as connection with the elements, seed mantras, and feeling states of the chakra system.

**Fiesta Flow with Macarena:** Join Macarena for an exciting and fun vinyasa flow! In this class we will join the breath with our body movement as we move through a super fun class with a playlist filled with music from all over the world! Expect to leave feeling warmer and more connected to yourself. Everyone is welcomed!

**Finding Flexibility through Strength:** This class is designed to teach students how to move deeper into poses, not from a place of letting go and settling, but from the strength of our muscles. We will learn to use our muscles to shift our bones, creating an aligned and supported framework from which we can work.

**G.Y.M. Goddess Flow:** Channel your feminine energy within and bringing into a smooth sensual flow. A sequence that really embraces the practice by diving deeper into asanas meant to heighten openness. This class will feature a sensual flow, longer holds, many backbends heart openers, and lots of floor asanas.

**Shiva & Shakti - Balance on the Mat:** Join Loretta Jo for a vinyasa flow and the story of Shiva & Shakti ~ Connected with breath, this practice follows the Yoga-Mojo method, beginning with seated meditation, an awakening sequence, the building of a vinyasa flow, time for stretch & a sweet savasana with yoga mythology.

#### - CHAIR -

**Chair Yoga for All Ages:** Gentle, yet strengthening chair yoga class for all ages.

**Create an Adaptive Chair Yoga Practice:** This adaptive chair yoga session will help each person create their own individual chair yoga practice. You will have the opportunity to choose the yoga pose that best fits your own needs. Variations of yoga poses will be demonstrated with support of the chair, breathing techniques and meditation.

**Mindful Living & Meditation:** In this session you will be led through some basic tips on inviting a simple meditation practice to your day. Awareness and love (metta) are essential and beautiful aspects of any spiritual life.

**Sattva Yoga Journey:** Awaken the Warrior of Wisdom within: non-violent, non-competitive, and committed to personal and community evolution. Journey through strong postures, breath-work, and energetic practices as we explore the subtle aspects of yoga as passed down through generations of Himalayan seekers.

#### - GENTLE MAT -

**Gentle Alignment:** This is an invitation to delve more deeply into the many facets of yoga. The alignment-based posture system creates space for self-inquiry, exploration of breath, & greater understanding of biomechanical principles using cueing & tactile feedback.

**Gentle Flow:** This gentle flow is accessible to all levels. Modifications are taught and encouraged. Ideal for the beginning yoga student or regular yogi who wants to tone it down for the day.

**Gravity, Breath & the Present Moment:** An approach to Yoga practice that is slow, gentle and meditative. Directing our attention to the 3 things that are always with us, we find a harmony of being and a new ease and mastery within ourselves. Instruction includes simple posture, movement and breathing meditations, and guided imagery.

**Sinking into Stillness with Yin Yoga:** This practice is designed to help you with the connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). A passive practice, yin yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia.

#### - MEDITATION -

**Chant, Flow, Meditate:** Welcome the day with beautiful ancient mantra; wake your body with gentle asana; quiet your mind with guided meditation. This full-range practice introduces you to subtler aspects of yoga practice and is the perfect way to open this special day. All levels, with modifications available as needed.

**Cultivating A Home Practice:** Join Rayneen to explore how to take this ancient practice into the comfort of your home where you can deliver yourself exactly what you need on a daily basis. Discussion will surround the elements of what a home practice consists of and how to tailor your practice to suit your needs.

**Introduction to Yoga Nidra:** Yoga Nidra is a method of guided relaxation that positively impacts mood, enhances intuition & creativity, releases stress from the mind, and tension from the body. This extended practice begins with a gentle floor flow, a sankalpa setting meditation, sound practice a yoga nidra session.

**Meditation and Healing:** This is for everyone, even people who believe they could never meditate. Your busy mind will become calmer and you will begin to experience your Inner Being and to see things with clarity and insight. Tom will also present practical healing techniques for relief from worry, fear, pain, and stress.

#### - MODERATE MAT -

**Depth is in the Details:** Depth isn't necessarily about sinking deeper or arching back further. We'll explore accessory muscles, techniques and posture details to enhance the benefits you gain from your postures. We start with basics and go beyond, making this class as challenging for you as your breath will allow. Hatha with some flow.

**Seeing Within Yoga:** No mirrors. No music. You, your breath, and the world at your senses. Grasp a better understanding of your True Self in this practice that revolves around Pantajali's 8 limbs of Yoga and the understanding of your energy in space.

**The Dynamic Dozen:** The Dynamic Dozen is 12 accessible yoga poses for building bone density, strength and balance. The DD will strengthen all the muscle groups that provide balance and a confident walking carriage. We will sustain these poses to activate the bone building cells or osteoblasts.

**Vinyasa Flow Practice:** A moderate to strong paced vinyasa flow with an emphasis on strengthening the space behind the heart to relieve stress in the neck and shoulders, and to increase stabilization of the sacrum to protect the lumbar spine. Variations are offered to empower you to choose what is most appropriate for you. Expect to use breath, movement, intention, and visualization to embark upon a journey into self-realization and purification.

#### - RESTORATIVE -

**Finding Silence and Inner Peace:** A quiet, gentle yin yoga class that explores the finding peace through the concept of nakedness/vulnerability, emptiness, humility, compassion and perfect joy. These inclusive poses allow reflection on each of these concepts and provide a general energetic tune-up leading to deep peace.

### **Recoup & Restore - Active Recovery Yoga:**

This R&R yoga class focuses on restorative variations of yoga asanas in combination with dynamic stretches to soothe your muscles, increase flexibility and mobility to create balance in your body. This practice is an active recovery to supplement your lifestyle and other activities.

**Relax and Breathe:** Restorative yoga is a practice to deepen our relationship to stillness and silence, a necessary counterpoint to our busy active lives. Utilizing props (blankets, blocks, cushions, bolsters) to support the body in positions of ease without force or effort.

**Rest and De-stress:** Restorative yoga, a quieting, slow practice, can help reduce the stress response. In this class, you will experience stillness as a way to calm the body, soothe the nervous system, and ease the mind. The use of props to support your body will help invite the nervous system to shift from it's often over-stimulated, outwardly-focused state to one promoting inner focus and deep relaxation. Breathing practices and imagery will be used to enhance your experience.

### **- UNIQUE -**

**Beat the Change:** Ancient technology meets new age mindset though facilitated interactive rhythm events with a wellness focus. Work the happiness quotient by reducing stress, fostering inclusion, and encouraging creativity. Do it in community with HANDS ON DRUMS.

### **Embrace the Space with Therapeutic Yoga:**

If you are in pain or feeling stuck or stiff, this group class will serve you well. Through therapeutic techniques sampling from isolated joint movements, isometrics, and reflex integration, your brain will begin releasing patterns of bracing and will explore its innate wisdom of ease.

### **Kundalini Yoga and Sound Healing:**

Kundalini yoga incorporates posture, breath, and hand position for a uniquely healing and deeply transformative experience. This workshop is appropriate for all levels of practitioners, especially those who are interested in experiencing kundalini yoga along with deep healing of the gong.

**Pelvis Stabilization:** Many movements originate from the muscle attachments to the pelvis and they play an important role in balance and posture. When the pelvis is misaligned or unstable it can cause significant problems. We will explore which muscles provide stability and how to use them in asana.

### **Release the Issues from the Tissues:**

Together we'll release where we tend to tighten - the neck and shoulders, the head and heart. If you'd like to explore simple ways to let go of what blocks you from being who you truly are, this might be the offering for you. All are welcome to explore this mindfulness-based, trauma-sensitive session.

### **Rollers and Balls to Improve Yoga:**

Soft foam rollers and balls are the props in this class which combines a variety of connective tissue, self-treatment techniques such as MELT, "Relief Through Rolling" and self-myofascial release to bring the body into more optimal alignment and thus improving the experience of yoga.

### **Yin for Deep Relaxation and Healing:**

Strengthen your soft connective tissue, by practicing long holds in poses to improve range of motion, concentration and focus. Gain deep relaxation, while moving gently through poses. Essential oils and a small massage are part of this healing experience.

**Yoga Foundations:** For those who have never attended a yoga class, or those who want to revisit the basics. The class provides a peek to the foundations of yoga, including: a brief introduction to yogic philosophy, basic poses and their English and Sanskrit names, meditation, breathing exercises, and relaxation. Throughout the session focus will be on safe bodily alignment, and modifications and variations to assist the student into and out of each pose comfortably. This provides for a fun, relaxed environment, giving students the knowledge and confidence to move on to other classes.

**Yoga for Osteoporosis:** Have you received a diagnosis of osteoporosis or osteopenia? Are you a yoga teacher who wants to learn more about keeping your students with osteoporosis safe in class? After a brief overview of osteoporosis, you will learn how to safely modify your practice to promote healthy bones.

#### - CONTINUED EDUCATION -

**Moving from the Inside - Out:** If we all have the same parts, why is it that the quality of movement differs from one person to another? Learn to assess your own strengths and weaknesses as well as spot those in your students. Experience how working with the body leads to transformation in the mind.

**Poetics of Flow - Teaching from the Heart:** Enliven Saraswati Nadi, the energetic river that runs from your heart to your tongue. As a river guide of Flow it is essential that you teach from your heart to the hearts of your students. You will learn Prana Vinyasa methodologies for communicating the Flow from your creative intelligence.

**Safe and Effective Yoga for Seniors:** Seniors age 65 and older are the fastest growing sector of the population and are increasingly drawn to yoga. Yet many yoga teachers are unaware that some commonly-taught postures may pose risks to older adults.

Instructors need to understand age-related conditions and how to adapt the practice.

**Sanskrit & The Art of Yogic Speech:** Whether you are a new student or lead instructor, understanding the language of yoga will enhance your practice on and off the mat (and, if applicable, professionalize your teaching). Sound is powerful, and Sanskrit very clearly shows the philosophy/science behind this fact.

#### - MINI-SEMINARS -

8:45 a.m. **Sugar, a Modern Day Epidemic.** Learn how to cut back on sugar, curb cravings and take your power back. (Jessica Flegel, Health Coach)

9:15 a.m. **Stress Management: the Missing Link.** Dr. Schneider discusses the causes and impact of stress on our lives and the various approaches commonly used to deal with it. He will present a fresh insight into a valuable and often overlooked resource that increases our ability to deal with stress and maximizes the effectiveness of methods we may already be using, like yoga... to combat it. (Bruce Schneider or Schneider Chiropractic.)

9:45 a.m. **The Art of Longevity and the Secrets of the Body.** Explore the dynamics of all the aspects of the human experience. Relations to the emotional, mental, and physical parts will be explained, expanding upon the connections between each other and ourselves internally. Clinical pearls related to everyday life will include audience participation of what they are experiencing, and how I treat that ailment/condition. The journey of life is never one direction, and only when looking at the entire spectrum, can we see all the layers. (Jonathon Kramer of Origin Complete Medicine.)

10:15 a.m. **When Your Yoga is Not Enough: How the Brain Meets Your Practice.** In yoga class, so many people go from pain to pain free and from tension to relaxation. But what about those people who don't experience relief? Or pain increases? Or tension returns hours later? In this session, I'll explain why HOW you practice has a significant impact beyond your mat. How the brain and body cooperate is spectacular. And more ease is available for us all. (Rachel Manetti of Pure Resilience Yoga.)

10:45 a.m. **For the Love of Lavender.** Lavender is widely known for its calming effects in teas and aroma therapy, but did you know that you can grow it in your own backyard! Learn the basics on growing lavender and all of its many benefits. P.S. the bees love it! (Morgan Malone of Well Fed Garden.)

11:15 a.m. **The Science of Yoga: West meets East.** Find out why yoga has caught the attention of the mainstream medical community. We'll examine what's true in relation to health claims made of yoga, and how it's being integrated into modern day health practice. (Carolyn Byrd of Cary Interactive Health.)

1:15 p.m. **Replenish and Restore Naturally.** Learn about plant-based amino acids and how they absorb instantly and deliver functional energy faster than protein. Aminos are the foundation of a caffeine-free, low sugar, all natural nutrition enhancers to help you energize, replenish and recover (Mark Troutman of Amino VITAL.)

1:45 p.m. **The Path to Easeful Living.** Living a life of ease doesn't happen on accident! Change your orientation from one of stress to one of ease by learning why the habits we keep shape who we are and how we live. (Burchfield of Pure Life.)

2:15 p.m. **Acupuncture For Neck and Back Pain.** During this interactive talk, we will discuss how acupuncture and adjunctive techniques (electrostimulation, gua sha, cupping) can be used to treat acute and chronic neck and low back pain. For those who are curious about what an acupuncture treatment looks like, we will have two of our practitioners demonstrating the techniques throughout the lecture. (Bethany Hauch of Triangle Acupuncture.)

2:45 p.m. **Essential Oils, for Yoga and Everyday.** Essential oils have been in the limelight as a tool to enhance our everyday wellness. Join as we learn what essential oils are, how they are used and how they can enhance your wellness every day. (Deb Orol of do Terra)

3:15 p.m. **Posture, Pain & Performance.** Discuss conventional & holistic bodywork modalities and their benefits for your overall well being, healthy posture, pain management and enhanced performance. (Tomas Cernansky of Advanced Bodywork & Rehabilitation.)

3:45 p.m. **The Science of Surrender - Letting Go for More Flow.** Who doesn't want to have more energy and live their life with passion and purpose? But how do we do this? Learn how to have more energy and flow in your life through letting go. Resistance robs us of vital energy and we can take steps now to dial down this resistance. Learn more from spiritual science pioneer Julian Kaufmann and discover how his Theory of Conductivity can provide you with more power. (Julian Kaufmann.)

