



Code	Title	Presentor	Requirements
TH1HAT	Therapeutic Yoga for Hips, Hamstrings, Butt and Backs	Susi Hately	2 blocks, bolster and strap
TH1KAM	Preventing and Healing Injuries Through Yoga	Leslie Kaminoff	2 blocks, bolster and strap
TH1LEE	Opening the Gates	Cyndi Lee	props you use regularly, note pad, pen
TH1MAS	Restorative Yoga—Nourishing Bone, Blood and Breath	Djuna Mascall Theresa Murphy	blocks, blankets, and a strap
TH1MCG	Inner Strength, Open Heart	Kelly McGonigal	pen and paper, mat, strap, block, cushion
TH1MCK	Myofascial Lines of Movement	Margot McKinnon	15 Meditation Sitting Cushions
TH1MIL	Core Integration: A Total Abdominal Awakening	Jill Miller	pen and paper, mat, strap, block
TH1RCY	The Art of Sequencing for Specific Poses	Rodney and Colleen Yee	pen and paper, mat, strap, block
TH1STO	Yoga From the Ground Up: Bandhas, Pranayama, Drsti	Michael Stone	pen and paper, mat, strap, block, cushion
TH1VIL	Thai Yoga Massage	Deanna Villa	blankets, pillow
TH1VIS	Yoga through the Tattwas (5 elements)	Yogi Vishvketu	pen and paper, mat, strap, block, cushion
THABUS	Creating Your Community	Lisa Shackelton	pen, paper
THBBUS	Ethical Operations	Lisa Shackelton	pen, paper
THCBUS	Marketing for Abundance	Lisa Shackelton	pen, paper
TH2GOW	Surya Namaskar & the Sacred Significance of 108	Yasmin Gow	props you use regularly, note pad, pen
TH2KAU	Our 8 Sacred Symbols	Devinder Kaur	sitting cushion, note paper, pen
TH2LAH	Yin Yoga	Mark Laham	bolsters, blankets, blocks, straps
TH2MAS	Growing a Lotus	Djuna Mascall Theresa Murphy	blocks, blankets, and a strap
TH2MIC	Teaching Prenatal Vinyasa flow Yoga	Michelle Cormack	pen and paper, mat, strap, block
TH2PRA	Hatha Intensive – The Difficult Made Easy	Prahlada	pen and paper, mat, strap, block

TH2SAX	CranioSacral Techniques for Yoga Teachers	Nadine Saxton	blankets and cushion, paper and pen
TH2SDK	Mantra Meditation: Accessing the God/Goddess Within	Sat Dharam Kaur	cushion
TH2SOB	Yoga for Anxiety	Tama Soble	pen and paper, mat, strap, block, cushion
TH2VOS	Introducing Breath Awareness, Deconstructing Pranayama - a Workshop for Teachers and Students	Monica Voss	cushion, paper, pen
FR1COR	The Body and Beyond	Seane Corn	paper and pen
FR1CRA	A smart, thoroughly satisfying practice	Jason Crandell	paper and pen
FR1DEV	The Chakras in Healing	Nischala Joy Devi	cushion, paper, pen
FR1FOR	Yoga for Emotional Balance: Simple Practices to Help Heal Anxiety and Depression	Bo Forbes	You will benefit more from this class if you bring a bolster or two to three blankets, a strap, and an eye pillow. Asana, pranayama, restorative yoga, lecture.
FR1GAR	Teacher's Exploratorium: be inspired, evolve your teaching to the next level	Maria Garre	cushion, paper, pen
FR1HAT	Therapeutic Yoga: Shoulders and Hips	Susi Hatley	strap with a buckle, bolster, blanket, block.
FR1KAM	The Spine - Nature's Masterpiece of Sthira and Sukha	Leslie Kaminoff	pen and paper, mat, strap, block, cushion
FR1LEE	Yoga Body, Buddha Mind	Cyndi Lee	pen and paper, mat, strap, block, cushion
FR1MCG	Yoga for Back Pain Relief	Kelly McGonigal	bolster, blanket
FR1NAR	The Core Strength Transformer and The Trinity: Aligning the Pelvic Core	Sadie Nardini	pen and paper, mat, strap, block, cushion
FR1NOR	Anusara Yoga: Creating a Radiant Heart, Sharp Mind, and Vibrant Body	Todd Norian and Ann Greene	pen and paper, mat, strap, block
FR1RCY	Merging Masculine and Feminine Energy	Rodney and Colleen Yee	pen and paper, mat, strap, block
FRABUS	Creative Competition	Lisa Shackelton	pen, paper
FRBBUS	Branding and Beyond (studio owners)	Lisa Shackelton	pen, paper
FRCBUS	Buddha Banking	Lisa Shackelton	pen, paper
FR2CRA	Movement and Meditation in Vinyasa Yoga	Jason Crandell	pen and paper, mat, strap, block

FR2FEL	Hip Flexors Intensive: Yoga for Runners - Quads and Psoas	Christine Felstead	strap
FR2GOW	Yoga Adjustments	Yasmin Gow	blocks
FR2KAU	Find Your Balance with Kundalini Yoga	Devinder Kaur	pen and paper, mat, strap, block, cushion
FR2KOW	8 Limbs, 2 Hearts: Intro to Acro Yoga	Sebastian Kowalik and Kaelyn Wong	mats
FR2MAR	This is your brain....on Yoga	Blake Martin	cushion, paper, pen
FR2MAS	Side-Ways	Djuna Mascall and Theresa Murphy	blocks, blankets, and a strap
FR2MCK	Pregnancy for Yoga and Pilates	Margot McKinnon	pen, paper, cushion
FR2MIL	Breathe In, Bliss Out: Yoga Nidra -The Physiology of Relaxation	Jill Miller	Yoga Mat, Yoga Block, Yoga Strap, Yoga Tune Up® Therapy Balls (provided)
FR2SOB	Working with the Neurological Patterns of the Spine	Tama Soble	pen and paper, mat, strap, block, cushion
FR2STO	Freeing the Body, Freeing the Mind: Exploring Yoga and Buddhism	Michael Stone	cushion
FR2VOS	Approaching Inversions with Confidence	Monica Voss	mat
FR2GAR	TRANCE DANCE	Maria Garre	water
SA1COR	Shakti Flow	Seane Corn	mat
SA1CRA	Finding ease at your edge: lotus, splits, arm-balances and backbends	Jason Crandell	mat
SA1GAR	Namaskar: Variations in Sun Salutations	Maria Garre	mat
SA1GOW	Effortless Deep Tension Release	Yasmin Gow	2 blocks, blankets and bolster
SA1HAT	The Sacroiliac Joints	Susi Hately	2 blocks, 1 strap, 1 bolster
SA1KAM	The Warrior Series	Leslie Kaminoff	mat
SA1MAR	How Stretching Works	Blake Martin	cushion
SA1MCK	Mighty and Mysterious Psoas	Margot McKinnon	pen and paper, mat, strap, block, cushion
SA1NAR	Bandha Power	Sadie Nardini	mat
SA1NOR	Pincha Mayurasana Pose: Forearm Balance Clinic	Todd Norian and Ann Greene	one handout per person
SA1VIS	Prana Shuddhi: Revitalize your subtle energy	Yogi Vishvketu	cushion
SA2DEV	Breath and Imagery as Healers	Nischala Joy Devi	cushion, blanket
SA2FOR	Where Neuroscience Meets Yoga: Change Your Body, Change Your Mind	Bo Forbes	bolsters, blankets, blocks, straps

SA2HAT	The Knees	Susi Hately	2 blocks, 1 strap, blanket.
SA2KAM	Limbs of Locomotion and Evolution	Leslie Kaminoff	pen and paper, mat, strap, block
SA2LEE	Secrets of the Vinyasa Revealed	Cyndi Lee	block and strap
SA2MAS	Revolve Evolve!	Djuna Mascall Theresa Murphy	blocks, blankets, and a strap
SA2MCK	Scoliosis and Handedness	Margot McKinnon	cushion
SA2MIL	Shoulder Shape Up	Jill Miller	block, strap
SA2NAR	Deeper Core Power: Access Your Myofascial Meridians	Sadie Nardini	pen and paper, mat, strap, block
SA2RCY	Understanding the Sacrum	Rodney and Colleen Yee	block and strap
SA2RIZ	Chaturanga Redux	Natasha Rizopoulos	mat, blocks
SA2STO	Yoga For A World Out Of Balance	Michael Stone	cushion
SA2VIL	Hands on Thai Yoga Massage Touch Techniques Standing and Inverted asana series.	Deanna Villa	yoga mats, pillows, blankets
SA3COR	Chakra Flow	Seane Corn	pen and paper, mat, strap, block
SA3CRA	Sequencing for Backbends and Forward Bends	Jason Crandell	pen and paper, mat, strap, block
SA3DEV	The Secret Power of Yoga, a woman's guide to the heart and spirit of the Yoga Sutras	Nischala Joy Devi	pen and paper, mat, strap, block, cushion
SA3FOR	Mind-Body Flow: Crafting a Therapeutic Vinyasa Practice	Bo Forbes	blanket, a strap, an eye pillow, and two blocks
SA3GAR	Surfing the Waves of Prana through Arm Balances and Hip Openers	Maria Garre	pen and paper, mat, strap, block
SA3KAU	Detox and Destress with Kundalini Yoga	Devinder Kaur	pen and paper, mat, strap, block, cushion
SA3LEE	Unlocking The Lower Body	Cyndi Lee	pen and paper, mat, strap, block
SA3MAR	From Mind to Molecule to Muscle to Malasana	Blake Martin	pen and paper, mat, strap, block, cushion
SA3MCG	Befriending the Body	Kelly McGonigal	pen and paper, mat, strap, block, cushion
SA3NAR	Be a Yoga Ninja	Sadie Nardini	pen and paper, mat, strap, block
SA3NOR	Grow Your Lotus Pose: Padmasana	Todd Norian and Ann Greene	pen and paper, mat, strap, block
SA3RCY	Forward Bends without Stretching	Rodney and Colleen Yee	pen and paper, mat, strap, block
SA3RIZ	The Cosmic Dancer	Natasha Rizopoulos	pen and paper, mat, strap, block

SA4COR	Off the Mat, Into the World®: Yoga, Purpose and Action	Seane Corn	pen and paper, mat, strap, block
SA4CRA	The Healing Breath	Jason Crandell	pen and paper, mat, strap, block, cushion
SA4GAR	Fluid Power - Moving through the Mandala	Maria Garre	pen and paper, mat, strap, block
SA4HAT	How to Advance your Yoga Practice through the Art of Slowing Down	Susi Hately	pen and paper, mat, strap, block, cushion
SA4LEE	OM yoga: Mindful Flow	Cyndi Lee	pen and paper, mat, strap, block, cushion
SA4MAS	Lumbar-Sacral Blues	Djuna Mascall and Theresa Murphy	blocks, blankets, and a strap
SA4MCG	The Science of Meditation	Kelly McGonigal	pen and paper, mat, strap, block, cushion
SA4MIL	Invigorate Your Teaching Voice to Grow Your Student Base	Jill Miller	2 Yoga Blocks, Balls
SA4PRA	Meditation & Mantras : Observing the mind - attaining self knowledge	Prahlada	pen and paper, mat, strap, block, cushion
SA4SDK	Kundalini Yoga: Journey through the Chakras	Sat Dharam Kaur	pen and paper, mat, strap, block, cushion
SA4SHA	Goal Setting	Lisa Shackelton	pen, paper
SA4STO	Simple practices for Anxiety & Depression	Michael Stone	pen and paper, mat, strap, block, cushion
SA5PRA	Meditation & Mantras : Observing the mind - attaining self knowledge	Prahlada	pen and paper, mat, strap, block, cushion
SA5CRA	Releasing the Spine With Sidebends, Twists, and Forward Bends	Jason Crandell	pen and paper, mat, strap, block
SA5GOW	Improving digestion with yoga	Yasmin Gow	bolsters, blocks, straps
SA5KAM	Exploring the Breathing Body in Yoga	Leslie Kaminoff	pen and paper, mat, strap, block
SA5KOW	8 Limbs, 2 Hearts: Partner Flow Yoga Workshop	Sebastian Kowalik and Kaelyn Wong	mat, blocks
SA5MAR	Ow! I think I sprained my cow!"	Blake Martin	pen, paper, cushion
SA5MIL	Retrofit your Downward Dog	Jill Miller	Yoga Mat, Yoga Block, Yoga Strap, Yoga Tune Up® Therapy Balls (provided)
SA5PAN	Pedagogy 101: Designing and Facilitating Experiential Workshops	Chetana Panwar	pen and paper, mat, strap, block, cushion
SA5RIZ	The Art of Sequencing (For teachers and inquisitive	Natasha Rizopoulos	pen and paper, mat, strap, block, cushion

students)

SA5SHA	Branding and Beyond (yoga teachers): Market strategies to grow your classes	Lisa Shackelton	pen, paper
SA5STO	Simple practices for Anxiety & Depression	Michael Stone	pen and paper, mat, strap, block, cushion
SA5VIL	Hands on Thai Yoga Massage Touch Techniques Reclining and Twist asana series	Deanna Villa	yoga mats, pillows, blankets
SA5XXX SA5FOR	ROOM FOR KIRTAN SET UP		
SU1COR	Everyday Miracles	Seane Corn	pen and paper, mat, strap, block
SU1CRA	Effortless Arm Balances	Jason Crandell	block and strap
SU1DEV	The Healing Path of Yoga	Nischala Joy Devi	cushion, paper, pen
SU1FOR	Injuries and Chronic Pain Disorders: Awakening our Pathways to Healing	Bo Forbes	bring a bolster or 2-3 blankets, a strap, eye pillow, and 2 blocks
SU1GAR	Vinyasa Flow Sequencing: how to create effective and innovative sequencing	Maria Garre	pen and paper, mat, strap, block
SU1HAT	How to Teach and Practice Yoga to/for Desk Jockey's	Susi Hatley	pen and paper, mat, strap, block
SU1MAR	I am my own yoga anatomy book	Blake Martin	pen and paper, mat, strap, block, cushion
SU1MCG	Free the Breath	Kelly McGonigal	pen and paper, mat, strap, block, cushion
SU1MIL	The Psoas Made Simple	Jill Miller	Yoga Mat, Yoga Block, Yoga Strap, Yoga Tune Up® Therapy Balls (provided)
SU1NOR	Blossom the Heart with Backbends: Leading to the Drop Back	Todd Norian and Ann Greene	pen and paper, mat, strap, block
SU1RIZ	The Pelvis - Unlock Your Hips	Natasha Rizopoulos	blocks and straps
SU1SDK	Beyond Addiction: Using Kundalini Yoga and Meditation to Break the Addiction Cycle.	Sat Dharam Kaur	pen and paper, mat, strap, block, cushion
SU2COR	Detox Flow	Seane Corn	pen and paper, mat, strap, block
SU2CRA	Awakening, Strengthening and Integrating Your Core	Jason Crandell	pen and paper, mat, strap, block
SU2FOR	The Lymphatic Web: Revitalizing the Immune System, Emotional Body, and Happiness Pathways	Bo Forbes	blocks, bolster blankets, and a strap

SU2GOW	Moon Cycle Yoga For Women	Yasmin Gow	blocks and straps
SU2MAS	Unwinding the Low Back	Djuna Mascall Theresa Murphy	blocks, blankets, and a strap
SU2RIZ	Bending Forward and Looking Inward	Natasha Rizopoulos	pen and paper, mat, strap, block
SU2SDK	Kundalini Yoga for Breast Health	Sat Dharam Kaur	pen and paper, mat, strap, block
SUILAH	How to Teach Yin Yoga	Mark Laham	blankets, blocks, bolsters
SUILEE	Restorative Yoga Teacher Training	Cyndi Lee	Bring three eye pillows and a camera
SUIMCK	Moving with Meaning for Osteoporosis and Osteoarthritis	Margot McKinnon	pen, paper, cushion
SUIRAI	Rainbow Kids Yoga Teacher Training	Amanda McFadyen	pen and paper, mat, strap, block
SUIVER	Teaching Yoga for Round Bodies	Tina Veer	pen and paper, mat, strap, block, cushion
SU3DEV	Deep Relaxation through the Maya Koshas/subtle bodies	Nischala Joy Devi	pillows, bolsters, eye pillows
SU3DUI	Yoga Lesson Planning and Development	Joan Duignan	pen, paper
SU3GAR	A Class for All: teaching to All levels	Maria Garre	pen and paper, mat, strap, block
SU3NOR	Transformational Journey: Twists, Hip Openers, and Forward Bends with Savasana Through the Five Koshas	Todd Norian and Ann Greene	pen and paper, mat, strap, block
SU3RIZ	The Art of Teaching and Practicing Backbends (For teachers and inquisitive students)	Natasha Rizopoulos	pen and paper, mat, strap, block
SU3VIS	Chakra Meditation: Tantra, mantra, yantra	Yogi Vishvketu and Chétana Panwar	pen and paper, mat, strap, block, cushion
SU3KOW	8 Limbs, 2 Hearts: Acro Yoga Level 1 - Entries and Mounts	Sebastian Kowalik and Kaelyn Wong	mat
SU4DUI	Yoga Lesson Planning and Development	Joan Duignan	pen, paper
SU4FEL	Teaching Yoga to Runners: Tips & Techniques	Christine Felstead	pen and paper, mat, strap, block
SU4FUN	Integrating Mudras into Asana Practice	Cynthia Funk	pen and paper, mat, strap, block, cushion
SU4GUE	Yoga Birth Method – Yoga as a birthing technique for a natural and calm labour	Dorothy Guerra	pen and paper, mat, strap, block
SU4KAU	Sound Exploration	Devinder Kaur	pen, paper, cushion

SU4VIS	Chakra Meditation: Tantra, mantra, yantra	Yogi Vishvketu and Chétana Panwar	Cushions
SU5HAR	Yoga Class	Woody Harrelson	pen and paper, mat, strap, block