

YOGA SHOW



YOGA GARDEN FRIDAY March 30 2012

Time	Presenter	Topic
11:00am-11:30am	Amnesty International	Human Rights Yoga
11:30am-12:30pm	Third Eye Thread	The Yoga Beauty
12:30pm-1:30 pm	Salimah Kassim-Lakha	Laughter Yoga
1:30 pm - 2:00 pm	Hot Yoga Wellness	Qi Gong Yoga
1:30 pm - 2:30 pm	Jason Scholder	Yoga with Three Minute Egg
2:30 pm - 3:00 pm	Padma	Padma Yoga
3:00 pm - 4:00 pm	Natasja Payne	Tribal Groove
4:00 pm - 4:30 pm	Natasha Rizopoulos	Yoga Step by Step
4:30 pm - 5:00 pm	Brad Waites	Purna Yoga
5:00 pm - 5:30 pm	Christine Felstead	Yoga and Running
5:30 pm - 6:00 pm	Rodney and Colleen Yee	Yoga
6:00 pm - 6:30 pm	Martin Kirk	Anusara Yoga
6:30 pm - 8:00 pm	YYoga	Power Yoga

YOGA GARDEN SATURDAY March 31 2012

Time	Presenter	Topic
11:00am-11:30am	Susi Hatley	Therapeutic Yoga
11:30am-12:00pm	Sadie Nardini	Core Yoga
12:00pm-12:30pm	Seane Corn	Vinyasa Flow Yoga
12:30pm-1:00 pm	My Yoga Online	Hatha Flow Yoga
1:00 pm - 1:30 pm	Sarah Powers	Insight Yoga
1:30 pm - 2:00 pm	Cyndi Lee	OmYoga
2:00 pm - 3:00 pm	Beth Shaw	YogaFit
3:00 pm - 4:00 pm	Thai Massage Toronto	Thai Yoga Massage
4:00 pm - 4:30 pm	Dharma Mittra	Yoga with Dharma Mittra
4:30 pm - 5:00 pm	Maria Garre	Vinyasa Flow Yoga
5:00 pm - 5:30 pm	Nischala Joy Devi	Yoga and the Sutras
5:30 pm - 6:00 pm	Rod Stryker	The Four Desires
6:00 pm - 6:30 pm	Kelly McGonigal	Science of Meditation
6:30 pm - 7:30 pm	Vyanna - Helena Zera	Yoga with Hasta Pada Belts

YOGA GARDEN SUNDAY April 1 2012

Time	Presenter	Topic
10:30am-11:30am	Janet Williams Kathy Humphrys	Teach Yoga Kids Love
11:30am-12:00pm	Leslie Kaminoff	Yoga Anatomy
12:00pm-12:30pm	Lisa Shackelton	Hybrid Flow
12:30pm-1:00 pm	David Fife	Yin Yoga
1:00 pm - 2:00 pm	Kundalini Yoga Teachers	Kundalini Yoga
2:00 pm - 3:00 pm	Dr. Michael Cohen	Self Healing for Yoga Practitioners
3:00 pm - 4:00 pm	Sebastian Kowalik and Kaelyn Wong	8 Limbs, 2 Hearts Partner Flow Yoga
4:00 pm - 5:00 pm	Toronto Kirtan Community	Yoga and Kirtan
5:00 pm - 6:00 pm	Hare Krishna Temple	Kirtan

no copies or facsimiles accepted

presenters and topics subject to change without notice

A 3 Day Urban Yoga Retreat designed to Galvanize, Grow, Educate and Inspire your Practice
Toronto's largest YOGA event is held at 255 Front Street West, Toronto ON M5V 2W6
Friday March 30 10am - 8pm • Saturday March 31 10am - 8 pm • Sunday April 1 10am - 6pm

JOIN THE REVOLUTION: unitedconservationist.org