

Vancouver Convention Centre · November 4 - 6, 2011

FREE ADMISSION TO THE

VANCOUVER  
**YOGA**  
SHOW

3 DAYS  
32 CLASSES  
90 EXHIBITORS  
21 MASTER TEACHERS



GROW YOGA SHARE YOGA

[vancouveryogashow.com](http://vancouveryogashow.com)

additional guests \$15 all 3 days

**FREE PASS**



# the VANCOUVER YOGA SHOW

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**Your FREE admission includes ALL this! Enjoy!**

## YOGA GARDEN FRIDAY November 4 2011

Time	Presenter	Topic
4:00 pm - 5:00 pm	Prarie Naturals	Body pH and Yoga
5:00 pm - 5:30 pm	Kelly McGonigal	The Science of Willpower
5:30 pm - 6:00 pm	Leslie Kamnoff	Yoga Anatomy
6:00 pm - 6:30 pm	Martin Kirk	Anusara Yoga
6:30 pm - 7:00 pm	Yogapod	Positive Sacred Movement
7:00 pm - 8:00 pm	Exhale Studio	Yoga Pilates Dance

## YOGA GARDEN SATURDAY November 5 2011

Time	Presenter	Topic
10:30am-11:00am	Yoga West	Kundalini Yoga
11:00am-11:30am	Djuna Mascall and Teresa Murphy	Prajna Yoga
11:30am-12:00pm	Maria Garre	Fluid Power
12:00pm-12:30pm	Seane Corn	Vinyasa Flow Yoga
12:30pm-1:00 pm	Prana Yoga Teacher College	Classic Hatha Yoga
1:00 pm - 1:30 pm	Nischala Joy Devi	The Secret Power of Yoga
1:30 pm - 2:00 pm	Alexina Mehta	Goddess Yoga
2:00 pm - 3:00 pm	Mike Dennison	Yoga and Running
3:00 pm - 3:30 pm	Padma	Padma Yoga
3:30 pm - 4:00 pm	Marla Ericksen	Yin and Yang
4:00 pm - 4:30 pm	Susi Hatley	Therapeutic Yoga
4:30 pm - 5:00 pm	Brad Waites	Purna Yoga
5:00 pm - 6:00 pm	Y Yoga	Practice From Within
6:00 pm - 7:00 pm	Chris Brandt and Teresa Campbell	Contact Partner Yoga Fun
7:00 pm - 8:00 pm	Devinder Kaur	Deep Gong Relaxation
7:30 pm - 8:30 pm	lululemon athletica	Goal Setting Workshop level 200

## YOGA GARDEN SUNDAY November 6 2011

Time	Presenter	Topic
10:00am-11:30am	Shannon Cluff Henry	Power Flow Vinyasa
11:30am-12:00pm	Michael Stone	Yoga for a world out of Balance
12:00pm-12:30pm	Open Door Yoga	Integrated Healing Class
12:30pm - 1:00pm	Inner Space Yoga	Anusara Inspired Yoga
1:00 pm - 2:00 pm	Moksha Yoga Community	Moksha Yoga
2:00 pm - 2:30 pm	Body & Brain Yoga & Tai Chi	Acupressure/Meridian Yoga
2:30 pm - 3:00 pm	Sat Dharam Kaur	Yoga and Addictions
3:00 pm - 3:30 pm	YogaFit	Yoga for Everybody
3:30 pm - 4:30 pm	BKS Iyengar Yoga Association	Iyengar Yoga Class
4:30 pm - 6:00 pm	Mark Laham	Yin Yoga

no copies or facsimiles accepted

presenters and topics subject to change without notice

**DON'T MISS THE  
SHOW  
FLOOR**



Photo Credit: Sheelagh McIntosh

**A 3 Day Urban Yoga Retreat designed to Galvanize, Grow, Educate and Inspire your Practice**

Vancouver's largest YOGA event is held at 999 Canada Place Vancouver, V6C 3C1

Visit [thevancouveriyogashow.com](http://thevancouveriyogashow.com) for more information or further description of Conference Workshops

Friday November 4 · 4 pm - 8 pm • Saturday November 5 · 10 am - 8 pm • Sunday November 6 · 10 am - 6 pm