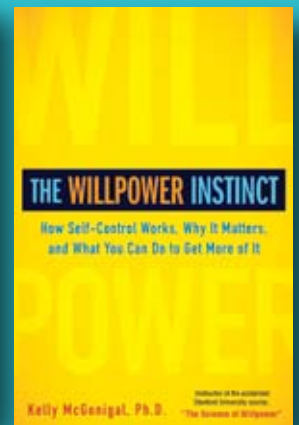
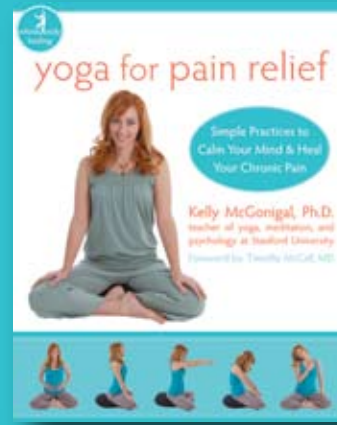




KELLY MCGONIGAL

Kelly McGonigal is a mind-body psychologist and yoga/meditation teacher at Stanford University. She is the Editor in Chief of the *International Journal of Yoga Therapy*, a peer-reviewed journal of research on yoga and meditation, and the author of *The Willpower Instinct* (Penguin); *The Neuroscience of Change* (Sounds True); and *Yoga for Pain Relief* (New Harbinger). She is a founding member of the Yoga Service Council and a senior teacher/program developer for the Stanford Center for Compassion and Altruism Research and Education. kellymcgonigal.com



Thursday March 29th 11:00 am - 6:00 pm TH1MCG
Strengthening the Heart with Compassion

Experience a one-day immersion in compassion cultivation, based on the Stanford Compassion Training program developed by psychologists, scientists, and contemplative scholars at Stanford University (ccare.stanford.edu). Explore strategies for strengthening self-compassion, connecting with others, finding peace in difficult circumstances, and overcoming compassion fatigue. This session will include lecture, gentle yoga movement and breathing practices, meditation, self-reflection, and discussion. You will also learn about the scientific research demonstrating the benefits of training compassion, and strategies for sharing these practices with others.

Friday March 30th 9:00 am - 4:00 pm FR1MCG
The Science of Willpower

What do yoga and meditation have to do with willpower, change, and self-control? In this session, we'll explore the biggest myths about willpower, and why self-compassion and mindfulness are the keys to any difficult change. Learn the latest research on how mind-body practices can improve focus, stress resilience, and motivation, and support everything from weight loss to addiction recovery. Leave with specific, simple yoga and meditation practices to support your path of personal transformation, or to share with others. This session will include lecture, gentle yoga movement and breathing practices, meditation, relaxation, self-reflection, and discussion.

Saturday March 31st 10:30 am - 12:30 pm SA2MCG
Breaking the Heart Wide Open

Yoga teaches that when prana pierces the heart center, it breaks the heart open to reveal a spaciousness big enough to contain all the world's joy and suffering. In this space, you have the strength to handle whatever life brings, and to offer compassion to those who are suffering, including

ourselves. In this heart-opening flow yoga practice, we will use the power of prana to awaken courage, compassion, and joy. Includes asana/vinyasa, pranayama, mudra, sounding, and meditation.

Saturday March 31st 3:15 pm - 5:15 pm SA4MCG
The Science of Meditation

Science is beginning to reveal how meditation shapes the brain, heals the body, reduces stress, and creates greater joy. In this session, you will hear about the most exciting findings from neuroscience and meditation research, and learn three simple meditation practices demonstrated to improve focus, reduce stress, boost mood, and even improve your relationships with others.

Sunday April 1st 11:30 am - 1:30 pm SU2MCG
Bowing in Gratitude

Forward bends are more than a great stretch for your hamstrings. They invite you to embody an attitude of acceptance, offering, and surrender. This attitude is healing for body and mind, allowing you to let go of what is no longer needed and welcome all that is possible in the present moment. In a formal bow, there are three steps: bow, hold, and feel. Take this approach to your forward bends, and experience a flowing asana practice as a process of physical healing and sacred devotion.

Sunday April 1st 2:00 pm - 4:00 pm SU3MCG
Befriending the Body

Stress, pain, injury, illness, and body image concerns can leave you feeling at war with your body, or betrayed by your body. Discover how yoga can also be a practice of befriending the body, offering healing movement, compassionate attention, and skillful self-care. Practice listening to the body, caring for the body, and feeling gratitude for the body. In addition to a gentle movement practice, learn powerful yoga therapy breathing, relaxation, and meditation practices for self-care.