















Friday November 4th 9:00 am - 4:00 pm



Seane Corn FR1COR  
The Three Realms of Consciousness
 A Vinyasa flow intensive that explore the Three Realms of Consciousness: the physical/mental, the energetic/emotional and the psychic/symbolic.





Jason Crandell FR1CRA   
Finding Ease at your Edge
 Come learn to approach poses that challenge you from a relaxed state. We'll move to our edge—and beyond—with greater poise, awareness, and attention to detail. In so doing, we'll maximize our energy and create greater steadiness and ease in all of our postures. Take this workshop to your life.




Nischala Joy Devi FR1DEV    
The Chakras in Healing
 Understand and explore how this energy moves and creates balance or disharmony. The basic theory of Chakras (energy vortices) and how to channel the energy will be explained opening us to a healthy and happy life.




Maria Garre FR1GAR  
Yoga and Ayurveda: Applying Ayurveda to your Yoga Practice
 Learn basic Ayurvedic principles relative to yoga sadhana (practice) to enhance and deepen your yoga on and off the mat.

Leslie Kaminoff FR1KAM   
Preventing and Healing Injuries Through Yoga
 Learn the fundamentals of yoga anatomy and applied yoga therapy, the basics of biomechanical anatomy in relation to the most common sources of stress in yoga practice.




Martin Kirk FR1KIR  
The Art of Sequencing- Creating Breakthroughs in Yoga Poses
 Mastering great sequencing is the secret to yoga pose breakthroughs and spiritual transformation. We will learn how to skillfully build to a powerful apex pose using Anusara Yoga's Universal Principles of Alignment.






Kelly McGonigal FR1MCG    
Inner Strength, Open Heart
 Explore yoga practices for cultivating deep inner strength and acceptance, and Buddhist practices for training the mind in wisdom and compassion. This session will include both gentle and strengthening yoga movement, breathing practices, self-reflection, meditation, and deep relaxation.




Michael Stone FR1STO   
Asana Is Pranayama: Maturing Yoga Postures
 In this detailed class we will slow down some familiar sequences to learn how asana can become a practice of pranayama leading to deep meditative insight and ease, teaching us how to approach yoga psychologically.



Brad Waites FR1WAI   
Creating Safety
 Learn how to create safety through fostering the right environment, engendering the right attitude, and moving the body correctly. We will address the primary safety issue in each basic standing posture, as well as in inversions, twists, forward bends and back bends.





Friday November 4th 6:00 pm - 8:00 pm





Jason Crandell FR2CRA   
Movement and Meditation in Vinyasa Yoga
 In this workshop, you will learn how a mindful approach to vinyasa yoga can help deepen your practice, reduce stress, and prepare you for seated meditation and pranayama.



Marla Erickson FR2ERI     
Yin Yoga for a Yang World
 In this workshop, learn, explore and practice how Yin Yoga affects connective tissue and fascia through consciously releasing muscular tension and holding poses for an extended period of time. Come to experience this as a gift to yourself, or learn how to incorporate Yin and Yang principles in your work as a Yoga teacher.





Susi Hatley FR2HAT   
Working with Knee Pain
 Learn the biomechanics and kinesiology of yoga as it relates to knee pain, how to modify asanas in order to manage pain, and how to prevent injuries and work in a therapeutic manner.




Mark Laham FR2LAH  
Living your Dharma
 This inspiring workshop will lead you through great discussion and empowering exercises to enable you to jumpstart your Journey to realizing your true potential! Much of this discussion is inspired by the teachings of The Bhagavad Gita.

Blake Martin FR2MAR    
This is your Brain....on Yoga
 This is your brain....this is your brain on yoga: A neuroscientist discusses recent clinical research linking the practice of yoga and pranayama breathing with their impact on the human brain, including findings on stress, immune response and memory.



Djuna Mascal FR2MAS    
Folding Inward
 Forward bends serve to draw the mind inward toward the spirit and to restore the organ of the brain. This class emphasizes release of the back body—the spine, kidneys and lungs— in front bends in order to reduce fatigue and prepare the mind for meditation.




Sat Dharam Kaur FR2SDK   
Mantra Meditation: Accessing the God/Goddess Within
 Learn an essential Mantra meditation to assist in disentangling you from identification with your finite self. Experience of the vast presence of which we are all a part and hone your concentration and become absorbed in pure Spirit.



Michael Stone FR2STO    
Awake in the World: Yoga and Social Action
 Come and rework traditional teachings on non-violence to give us a language and practice firmly based in everyday life. Yoga has something to offer and it's not just about the postures.



Brad Waites FR2WAI   
Healing Lower Back Pain
 In this workshop, learn the anatomy of lower back pain, and how to do specific poses to release and relieve muscle spasms and misalignment of the SI joint and spine.



Saturday November 5th 8:00 am - 10:00 am



Seane Corn SA1COR   
Empower Flow
 Take a stand! This physically invigorating and moderately paced vinyasa flow yoga class will get the heat cranked and initiate strength, flexibility and stability in your practice. Mostly asana. Intermediate Level




Marla Erickson SA1ERI   
Yin & Yang: The Dance of Opposites
 This workshop introduces the concepts of YIN and YANG – the primordial energies of the universe – as they relate to movement for optimal function and energetic flow. We will explore the application of Yin and Yang using Taoist Yoga as the vehicle for personal transformation. Universal balance must be experienced to be known.




Maria Garre SA1GAR  
Namaskar: Variations in Sun Salutations
 Learn innovative forms of the sun salutations and mantra practice. This workshop offers an evolution of practice and surrender in which you will experience 9 aspects of sun salutations. Embrace the experience of saluting your greatest essence and potential in Namaskar.




Ted Grand SA1GRA  
Smart, Safe and Inspiring Approaches to your yoga practice: Standing Poses
 In this workshop, learn how to have a safe, intelligent and inspired yoga practice through 3 essential elements of every yoga pose. This workshop will cover the Standing Poses, all levels, for teachers and students

Leslie Kaminoff SA1KAM  
The Warrior Series
 This is a specially designed vinyasa that strongly works the legs, opens the hips, moves the spine in all possible directions; all without putting any body weight on your hands.

Devinder Kaur SA1KAU  
Find Your Balance with Kundalini Yoga
 Learn how to bring balance between your physical and mental being and to align with your deep wishes and longings. Discover your potential through Kundalini Yoga, Meditation and the sacred sounds of the Gong. Gain focus and openness to the strength and energy that is part of us all.

Blake Martin SA1MAR   
How Stretching Works: the Neuro-Muscular Physiology of Stretching
 A kinesiologist considers the neurons, molecules and tissues involved in stretching as well as reflex emotional and other factors that can impede or help stretching. This basic overview of the stretching process will be useful for teacher and practitioner alike, and will include discussion and ideas on how to apply the most recent research on stretching into your yoga practice.

Djuna Mascal SA1MAS   
Lumbar-Sacral Blues
 This class focuses on the application of postures for the lower back and sacrum and maps patterns of strain in the legs and hips in order to help relieve torque and compression in the sacrum and the low back.

Padma SA1PAD   
Padma Yoga Modern Meditations
 Learn how to integrate and apply yoga and meditation practices into your modern daily life. Five themes of daily challenge: Physical, Emotional, Mental, Spiritual and Social will be explored in the context of classical yoga, meditation and the Yoga Sutras of Patanjali.

Saturday November 5th 8:00 am - 10:00 am cont'd

Brad Waites SA1WAI

Life as a Biped: Fundamentals of Tadasana

Learn how to position the body over the feet so that the skeletal structure bears the weight and how to use the muscular system to create stability and length. Explore how a correctly aligned Tadasana leads us to the energetics of union. Open to all. *Bring a strap, a block and a mat.*



Marla Erickson SA3ERI

Chakra Salutations

This workshop draws from the powerful practices of asana salutations, affirmations and bija chanting. The vinyasas that you will learn are dedicated to the awakening and alignment of each chakra. If you want to experience momentary PEACE in the highly-charged atmosphere of the conference, then you won't want to miss this amazing phycho-somatic opportunity!



Maria Garre SA3GAR

Fluid Power - Moving through the Mandala

Explore Shiva's three part approach to thawing asanas and awakening the natural, healing power of wave motion in a dynamic, rhythmic flow that intelligently challenges all levels of yogic surfers.



Susi Hatley SA3HAT

Biomechanics of the Core

In this workshop, learn the biomechanics of the core and how they relate to Yoga Asana. Topics discussed will be; the two inner core cylinders, their associated muscles, how they translate into the Bandhas and how to cue so they work in Yoga Asana.



Leslie Kaminoff SA3KAM

Demystifying the Bandhas

In this workshop, you will clearly link the bandhas with their corresponding anatomical structures, and learn simple, yet powerful exercises and gain a direct experience of these vital practices.



Devinder Kaur SA3KAU

Detox and Destress with Kundalini Yoga

Learn techniques for yourself and to teach others to help let go and release deep-seated stress. Enjoy a rejuvenating relaxation with the vibrations of the Gong.



Martin Kirk SA3KIR

Low Back Therapeutics - Reveal to Heal

In this workshop you will learn the fundamentals of yoga therapy to both heal and prevent injury to the low back.



Kelly McGonigal SA3MCG

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.



Saturday November 5th 3:15 pm - 5:15 pm

Seane Corn SA4COR

Body Prayer: Entering the Temple

Intention and prayer, when used in the right context, are powerful cultivators of action and change. Mostly asana. All levels



Jason Crandell SA4CRA

Releasing the Spine with Sidebends, Twists, and Forward Bends

In this workshop you will find greater depth, ease, and efficiency in these poses while you cultivate a deep sense of calm and contentment in your mind.



Nischala Joy Devi SA4DEV

The Secret Power of Yoga, a Woman's Guide to the Heart and Spirit of the Yoga Sutras

This extraordinary workshop provides an opportunity to gain knowledge of and reinterpret Patanjali's Yoga Sutras from a heart-centered intuitive approach.



Leslie Kaminoff SA4KAM

Breath and Anatomy Workshop

This workshop will convey a vastly deeper and richer appreciation of the process of respiration and the postural role of the diaphragm in exercise and movement. I examine why most abdominal strengthening exercises do not accomplish their goals, and may actually be aggravating back pain syndromes.



Martin Kirk SA4KIR

How to Grow a Lotus - Hip Openers for Everyone

If it seems like your lotus will never blossom, this class is for you. Using Universal Principles of Alignment is the magic fertilizer needed to open even the most reluctant bud.



Blake Martin SA4MAR

From Mind to Molecule to Muscle to Malasana

How does a brain signal end up as a yoga pose? Using interactive demonstrations, participant activities and the most recent research, this workshop takes participants from the micro to the macro in understanding the basics of neuromuscular physiology and the function of movement, including a brief overview of muscle stretch receptors.



Djuna Mascal SA4MAS

Yoking the Shoulder Girdle

We will practice supine, seated and standing postures that help set the shoulders efficiently on the spine and prepare for arm balances.



Kelly McGonigal SA4MCG

The Science of Meditation

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.



Saturday November 5th 1:00 pm - 3:00 pm

Chris Brandt and Teresa Campbell SA3BRA

Contact Partner Yoga

Create union in your practice by connecting with another person on your mat. Open to singles, couples, friends, siblings and complete strangers.



Seane Corn SA3COR

Chakra Flow

In this informative and creative vinyasa class we will journey through the charkas and explore their physiological and psychological aspects.



Jason Crandell SA3CRA

Awakening, Strengthening and Integrating Your Core

In this workshop you will learn how to strengthen and integrate your mid-section in creative, effective, and lasting ways. You can expect a thorough, intelligent sequence that includes plenty of abdominal work designed to support your standing poses, twists, arm-balances, and forward bends.



Saturday November 5th 3:15 pm - 7:30 pm

Sat Dharam Kaur SA4SDK

Beyond Addiction: Using Kundalini Yoga and Meditation to Break the Addiction Cycle

In this workshop you will learn specific pranayams, kriyas and meditations to rearrange habit patterns, detoxify, balance and strengthen the nervous system, regenerate the glands, and break the addictive cycle while connecting to your spiritual identity.



Michael Stone SA4STO

Simple practices for Anxiety & Depression

Explore how a daily personal practice of simple yoga poses can be used to work with turbulent emotions, strong sensations, or loss of motivation.



Saturday November 5th 5:30 pm - 7:30 pm

Jason Crandell SA5CRA

Finding Your Voice: Teaching from your Practice, Experience, and Intuition

This workshop will provide you with specific skills and practices to develop your own authenticity and teach clearly, effectively and honestly.



Mike Dennison SA5DEN

Yoga Made For Runners

Yoga Made For Runners is a program of dynamic yoga postures and core breathing created specifically to meet the needs of runners. The program's goal of injury-free running is realized by bringing the methods, techniques and practices of yoga to the running community.



Maria Garre SA5GAR

Vinyasa Flow Sequencing: a how to for creative, effective, and innovative sequencing

Using Prana Flow® sequencing principles, 3 part vinyasa technique, and wave sequencing theory developed by Shiva Rea, learn how to create yoga class sequences that are effective and creative.



Susi Hatley SA5HAT

How to develop programs for Cancer Survivors

This workshop you will leave with a solid understanding of what happens to a body and mind during and post cancer treatment, and considerations for creating class plans.



Mark Laham SA5LAH

Marketing with Integrity

Learn to; market your services with integrity, represent your intentions with your business, narrow your markets, better serve your students, market and promote yourself when time is more of a resource than money and grow your reach.



Blake Martin SA5MAR

Looking inside a Downward Dog and Up a Tree

This workshop explores Adho Mukha Svanasan and Vrksasana from the viewpoint of a kinesiologist and introduces basic ideas of movement analysis and muscle function at a cellular, neural and system-wide level, using these popular poses as a launch pad to understand how our body works for movement, from skeleton, joints and muscles all the way to our fascial web.



Padma SA5PAD

Padma Yoga Blissful Living

In this workshop, you will learn how to incorporate the subtle aspects of yoga and meditation by focussing on the fine qualities of awareness, refinement and deeper spiritual insight. Asana that are used in meditation will be practiced and there will be a guided meditation, with some Sanskrit chanting, breath-work and mantra.



Brad Waites SA5WAI

The Great Adventure: An Introduction to the Philosophy of Sri Aurobindo

This workshop, which combines lecture, centering techniques, meditation techniques and q&a, introduces some of the basic concepts of Sri Aurobindo's philosophy of the evolution of consciousness.



Sunday November 6th 9:00 am - 11:00 am

Seane Corn SU1COR

Everyday Miracles

This class intends to illuminate the miracles that exist in each moment of our lives and how Spirit conspires to give us exactly what we need, revealing that which is both obvious and (sometimes impossible) to discern. Awaken to live with awe, wonderment and gratitude in your daily life, the answers to your prayers are often right in front of you, or more to the point, directly within. This class will be a vinyasa practice with some discussion. All levels.



Jason Crandell SU1CRA

Effortless Arm Balances

In this workshop you will untie those knots in your hips and learn how to approach arm-balances with patience, composure and relaxation.



Nischala Joy Devi SU1DEV

The Healing Path of Yoga

The Healing Path of Yoga teaches us timeless yoga techniques and philosophy, along with lifestyle-altering program to create one extraordinary program with the power to rejuvenate and heal.



Devinder Kaur SU1KAU

Bringing Prosperity into Your Life and Yoga Practice

Experience how to open your life to receive all the gifts the universe has for you. Give yourself the gift of joyful living with an attitude of gratitude, through pranayam, mantra, meditation and the healing and sacred sound of the Gong.



Martin Kirk SU1KIR

Keep your Practice Safe - Anusara Yoga for Common Injuries

The objective is to address how to prevent and assist in healing ourselves or our students who have injuries of the shoulder, neck, wrist, pulled hamstrings, bulging or ruptured discs and low back pain.



Mark Laham SU1LAH

How to teach Power Yoga for All levels

This workshop will cover the key aspects of formulating a power class that can be confidently and safely taught to a broad range of student levels and needs.



Blake Martin SU1MAR

Ow! I think I sprained my cow!

What is the difference between a sprain and a strain? How long should I wait before applying ice to an injury? Or should I use heat? This workshop looks at some basic musculo-skeletal injuries that are common to yoga practices, helps you to understand what has happened to the tissues and how the inflammatory response works. We will also consider first-aid, safe remediation practice and other interventions for improving healing times, reducing pain and making the most of a bad thing.



Djuna Mascall SU1MAS

Side-Door to the Core

By opening the side channels of our bodies we will utilize our deepest core muscles, allowing for refined and powerful movement.



Sat Dharam Kaur SU1SDK

Kundalini Yoga for Breast Health

We can improve the health of our breasts with Kundalini Yoga exercises designed to assist lymphatic circulation, heal the heart chakra, balance the glandular and nervous systems, assist cellular detoxification and access inner wisdom.



Michael Stone SU1STO

Freeing the Body, Freeing the Mind: Exploring Yoga and Buddhism

This class will integrate yoga and Buddhist practice. It will include meditation, study of Buddhist and Yoga teachings and discussion. This is especially relevant for people interested in both traditions and how each tradition is changing on western soil. Meditation Basics and Discussion



Sunday November 6th 11:30 am - 1:30 pm

Seane Corn SU2COR

Detox Flow

This unique and challenging class focuses on cleansing the vital organs through a special vinyasa sequence that utilizes three internal components, compression, decompression and twists, to stimulate the purification process within the body.



Jason Crandell SU2CRA

The Art of Sequencing for Backbends and Forward Bends

In this session, you will learn how to awaken the shoulders, legs and spine in ways that allow you (and your students) to find greater depth, ease, and comfort in these poses.



Nischala Joy Devi SU2DEV

Deep Relaxation through the Maya Koshas or Subtle Bodies

In this workshop we will explore and experience Deep Relaxation and these five layers that cover our true self. Through this understanding, we can remove obstacles that keep us from experiencing a natural balance and then we can bask in the peace of our own true nature.



Sunday November 6th 11:30 am - 6:30 pm

Maria Erickson SUIERI

Yin Yoga: Foundation Training & Experiential Intensive

This 6-hour intensive will introduce participants to the foundation practices of Yin Yoga. While the training will highlight the receptive Yin style postures; complementary Yang yoga forms and mindfulness practice will be included to provide balance and context.



Maria Garre SUIGAR

Teacher's Exploratorium

This program offers yoga teachers new ways to enliven their classes and teaching. Based upon Shiva Rea's training module, we will focus on; Wave Sequencing™ theory for teaching a seamless flow, effective cueing, refining our words and phrases, alignment, hands-on techniques in the flow, sequencing and student assessment tools, we will not only delve deeper into how we teach but also why we teach.



Susi Hatley SUIHAT

Working with Low Back Pain

Learn the biomechanics and kinesiology of yoga as it relates to lower back pain, how to modify asanas to reduce pain or how to prevent injuries and work in a therapeutic manner.



Sunday November 6th 11:30 am - 6:30 pm cont'd

Leslie Kaminoff SU1KAM

The Spine - Nature's Masterpiece of Sthira and Sukha

Patanjali's famous definition of asana describes a balance between opposing forces: stability/mobility, tension/ compression, hard/soft. The evolution, development and architecture of the spine beautifully encompass all these qualities and more. By understanding the spine in all its glory, we understand the very essence of yoga practice.



Blake Martin SUIMAR

Thai Yoga Massage

This six hour "appetizer" will introduce you to the ancient practice of Thai Yoga Massage, yoga's sister art. In addition to learning a basic 30-minute massage, you will learn how to gently move your partner into assisted stretches, apply pressure appropriately and to integrate compassion ("Metta") into your work.



Djuna Mascall SUIMAS

Learning to Teach Restorative Yoga and Nourish Bone, Blood and Breath

This class guides students in poses that are designed to reduce fatigue and stress buried in the body.



Brad Waites SUIWAI

The Sacrum: Understanding the Sacrum In Standing Poses, Front Bends and Backbands

In this intensive, we will explore the anatomical function of the sacrum in asana, its emotional rapport with the pelvis, and its importance in the inner yoga of transformation. We will learn how to access and work the sacrum in standing poses, front bends and backbends to bring freedom into our nervous systems and our lives.



Sunday November 6th 2:00 pm - 4:00 pm

Jason Crandell SU3CRA

The Healing Breath

In this workshop, learn to direct your breath into the areas of your body that you need it most. Practice a strong, yet slow-paced flow that will allow you enough time to deeply observe your physical sensations and channel your breath into your areas of need.



Mark Laham SU3LAH

How to Teach A Workshop/Seminar

Learn all the steps necessary to give a professional seminar or workshop and increase your earning potential.



Michael Stone SU3STO

Yoga For A World Out Of Balance: Integrating Yoga Postures and Authentic Living

We will begin with a long and rich yoga class, look at the internal aspects of the postures and small tricks for making the subtle body come alive in familiar flowing postures. We will discuss five principles for taking yoga off the mat and into the world of relationships. Drawing on Patanjali's teachings and modern psychology, Michael will give specific examples of how to put yoga to work on contemporary imbalances in our ecology, families, bodies, hearts.



Sunday November 6th 4:30 pm - 6:30 pm

Shannon Cluff-Henry SU4CLU

Calm and Strong: Intermediate and Advanced Asana Work for Women

Look at some challenging poses with some insight into the tricks and tools that can translate the female experience of power yoga into one of "Calm and Strong". Your practice will include arm balances, inversions, deep back bends, and core work.



Ted Grand SU4GRA

Smart, Safe and Inspiring Approaches to Your Yoga Practice: Floor Poses

In this workshop, learn how to have a safe, intelligent and inspired yoga practice through 3 essential elements of every yoga pose. This workshop will cover the Floor Poses, all levels, for teachers and students.



Devinder Kaur SU4KAU

Our 8 Sacred Symbols

In this workshop we will focus on the 8 major Chakras. Through Kundalini Yoga postures, breath work and deep relaxing vibration of the Gong learn tools and techniques to unblock and balance the 8 major Chakras.



ALL LEVELS



ADVANCED BEGINNER



INTERMEDIATE



MENTATION/ BREATH



CONTINUING EDUCATION UNITS



LECTURE



THERAPEUTIC



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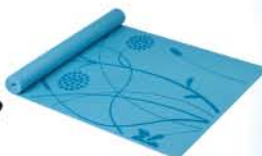
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