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yoga

CONFERENCE



4 DAYS

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300 EXHIBITORS

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PSYCHOLOGY | TAI CHI
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Mala Making
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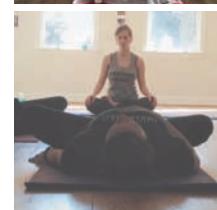
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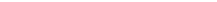
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REVOLUTION OF THE SOUL

Friday, April 3rd 9 AM - 5 PM **FR1COR**
**SPIRIT SPEAK: TURNING YOUR YOGA CLASS
INTO A JOURNEY OF THE SOUL.
AN INTENSIVE FOR TEACHERS &
SERIOUS STUDENTS**

A workshop to cultivate your strengths as a teacher and/or student, develop a strong and confident voice, and change a simple class into a soul-inspiring experience. Discover how to theme a class symbolically and emotionally, and confront the limiting beliefs that may be blocking your unique self-expression and willingness to communicate fearlessly and authentically.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2COR**
DETOX FLOW

We will focus 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. This class includes Sun Salutes A and B, a detox standing pose sequence, breathing exercises, and Meditation.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4COR**
REVOLUTION OF THE SOUL

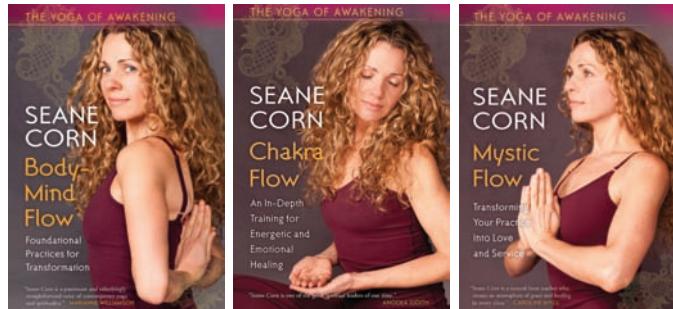
In this heart-centred class, learn how our evolution is the revolution, and how we can take accountability for the choices we make that separate us from each other, the planet, and Spirit. Learn to do the inner work of transformation, and put that love and compassion into conscious action for the benefit of ALL.

Sunday, April 5th 9 AM - 11 AM **SU1COR**
THE YOGA OF AWAKENING

A vinyasa flow master class explores the mind-body connection, the impact our emotional life has on our health, how to "read" or map the body symbolically, and how to interpret these physiological/emotional messages as spiritual guidance meant to open us to love, acceptance, and appreciation of the interconnection that binds us all.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2COR**
MYSTICS ON THE MAT

Want to shift your practice from Physical to Mystical? Through intention, prayer, movement, and breath we will use our bodies to communicate with Spirit, transforming our practice into a sacred ritual. Class includes Sun Salutes A and B, standing poses, backbends, forward bends, inversions, Meditation, and reflection on co-creating with the Universe.



HOW YOGA CAN NURTURE A REVOLUTION OF THE SOUL —TO HEAL OURSELVES AND THE WORLD

BY SEANE CORN



Seane Corn, yogi, social activist, and debut author of the new book, *Revolution of the Soul*, shares how Yoga inspired her personal transformation—both on and off the mat—to heal, evolve, and change the world from the inside out.

What an intense and wild time to be alive. There is much conflict and division in our world, but as difficult as these times are, they are also exciting, invigorating, and abundant with possibility. People are speaking out and rising up. It's inspiring, it's hopeful and – when so many lives are at stake – utterly necessary. As musician and poet Patti Smith says, "The people have the power" to unite, organize, and create real social change. Change that benefits everyone. Change that leads to liberation, to Oneness, to God. And that power is love. That is the revolution of the soul. But how can we harness that power? How do we awaken to love? How do we honour, as Allen Ginsberg said, all moments, beings, and experiences as holy? It begins with our own spiritual evolution. It begins by embracing the holiness in our own ever-evolving consciousness.

I wrote *Revolution of the Soul* in part to inspire, and provide the tools for, anyone who desires to participate in creating a better world. My hope is that these pages will encourage you to look beyond your limited perceptions, and the stories the ego so carefully curates, so you can get to the truth of your soul. This book is intensely personal and, hopefully, universally applicable. Each chapter has a story from my own healing journey and spiritual path, accompanied by a vast array of teachings—both practical and spiritual—that I've been exposed to over the years, including traditional Yoga philosophy, modern psychology, metaphysics, and social justice methodology. I use these teachings to unpack the deeper complexities of each story and how it can be applied to your own experience. As James Baldwin says, "In order to have a conversation with someone you have to reveal yourself."

This book demanded vulnerability and raw honesty in a way I hadn't expected and frankly, I wasn't so sure I wanted to comply, at least not publicly. But I quickly realized that I couldn't ask you to do the brave, messy inner work of transformative change and opt out myself. I couldn't ask for a revolution, then not show up! Therefore, as you will soon see, I chose to pull the veils back and expose the tender, hidden parts of my journey. I tried to model what it means to "do the work" of inside-out change without apology, without thinking that it should have been different than it was. The experience of unpacking certain aspects of my journey was humbling, to say the least, but also incredibly liberating. I hope the process can be that for you as well. I believe strongly that to heal the planet, we must be willing to heal the parts of ourselves that contribute to its suffering. Personal accountability is hard, but necessary. It's easy to tell the world to change its ways and values; it's another thing to have to change our own.

Therefore, to do the work, we must unwrap all of our stories – the highlights and the lowlights and the what-the-fucks – and take a long, loving look at each one of them. Why? So we can unearth the angels buried within the narratives and the teachers we've long forgotten – or refused to acknowledge – and repair any separation we've inadvertently caused within ourselves and toward others. Separation that may be blocking us from our deepest Self. To participate in the change we want to see in the world, we must investigate, learn from, and release everything that gets in our way. In other words, we must set a place at our heart's table for all that we are – our joys, sorrows, unprocessed emotions, and individual and ancestral traumas – so we can see, acknowledge, and love others for who they are. So that we can embrace the holiness within all. So that we may serve.

I hope that by sharing my stories with you, you'll be inspired to look at your own, unfiltered. You'll notice that I don't sugarcoat anything. My stories are raw, revealing, intimate, and very human at times. Yours may be, too; they'll definitely be unique. But I can almost guarantee if you commit to diving deeply into those narratives – and no editing allowed! – you'll uncover the

key to breaking shame and discovering the origins of your own limiting beliefs and biases, and better understand myriad pathways that lead to unification . . . and to love.

That is our deepest work. We must commit to love – ourselves, each other, the planet, the light, and the shadow – each moment and every experience, and know, that in love, we are unified; we are whole. This is what leads to peace.

Part I of *Revolution of the Soul* is about looking within, cultivating various traditional and contemporary tools for personal transformation – especially Yoga – and taking responsibility for our own healing, awareness, and growth. This pathway, and the soulful exploration that guides it, leads to our spiritual maturation. The evolution of our soul. Personal development is essential, but it's only one part of the journey toward wholeness. Action must follow.

Part II expands our awareness beyond individual growth. It asks us to explore how, through radical accountability and compassionate, informed action, we can use what we've learned about ourselves to change this world and to understand the interdependency that demands we do so. It means being a co-conspirator on the path committed to the freedom and rights of all beings and developing the skills to approach social change and justice through the framework of self-responsibility, understanding, and love for one reason only: because our collective liberation depends on it.

Clearly, we have work to do, work that will heal and change the world from the inside out. That's what this book is about. Our evolution is the revolution, a revolution that will hopefully lead to the awakened leadership we need – and we need it now more than ever.

Thank you for letting me share a bit of my own journey and soul's work with you. I hope it inspires you to continue your own inner work and motivates you to join the revolution of compassionate and activated souls who will love this world into peace. So, let's begin our revolution by setting an intention and connecting with that which binds us all in love.

Dear Spirit,

May the reading of *Revolution of the Soul* be an opportunity for healing, awakening, and remembering to occur in body, mind, and spirit. May we see beyond our own stories, letting go of everything we think we know and embracing spiritual perception, which is limitless and beyond reason, seeing all moments and all souls as holy. May we have the strength to do our inner work so we may confront our limiting beliefs, mature our awareness, and expand our intuitive knowing. May we be fearless in our pursuit for personal awakening and open ourselves to the God within and the God within all. May we love bigger, bolder, and more brilliantly than we ever thought possible; heal the divisions that exist; and have the courage to expose that which no longer serves our light. And as we heal, as we awaken, and as we work to evolve our soul, may we understand what it is that binds and bonds us all as One, in God and in love. May we step into the Mystery, and into this revolution, with our hearts open, our minds clear, and our souls emblazoned in Grace. May God lead, love inspire, and our actions fuel each other, this nation, and our world into peace.

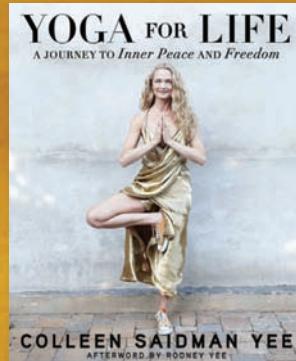
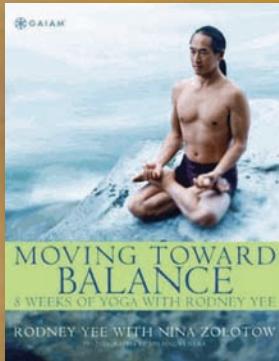
Amen. Shalom. Salaam. Namaste. Aho. Shanti. Peace. Om.

Excerpted from *REVOLUTION OF THE SOUL: Awaken to Love Through Raw Truth, Radical Healing, and Conscious Action* by Seane Corn.

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RODNEY YEE & COLLEEN SAIDMAN YEE

yeeyoga.com • yogashanti.com
colleensaidmanyee.com



RETREAT | BALANCE | SWEAT THERAPEUTICS | HEAL

Friday, April 3rd 9 AM - 5 PM **FR1YEE**
THE COMPLETE ONE-DAY YOGA RETREAT

A luxurious, day-long Yoga Retreat with Colleen and Rodney. Soak up a full spectrum of Yoga practice, from Asana, to Restoratives and from Pranayama to Meditation. The day is a perfectly sequenced, six-hour practice that will feel like basking in the sun on a beautiful summer day.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2YEE**
SHANTI SWEAT

Colleen and Rodney have designed this class to offer a vigorous practice that is sequenced with purpose and health in mind. A sweaty practice is followed by appropriate Restorative poses, Pranayama and Meditation. This overall balanced class incorporates both Western and Eastern perspectives of health and wellness. Come and feel good through and through. All levels will be catered to.



Saturday, April 4th 3:15 PM - 5:15 PM **SA4YEE**
ARM BALANCES, HIP OPENERS AND INVERSIONS

These poses can be challenging, requiring specific knowledge and preparation. Due to the nature of public classes, these groups of poses are often taught haphazardly or avoided all together. Let's keep these valuable poses in our repertoire as we progress toward mastering them.

Sunday, April 5th 9 AM - 11 AM **SU1YEE**
LOWER BACK THERAPEUTICS

Let go of the fear of your lower back suffering and use your practice to integrate your lower back with the rest of your body and mind to return to its natural harmony, strength, and fluidity. This class is for you, regardless of level of practice or level of pain.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2YEE**
**HEALTHY SEQUENCING OF
STANDING POSES WITHIN VINYASA**

Explore how to move in and out of standing poses while practicing a flow that is healthy for your knee and hip joints. Learn the general rules that will guide you into being able to practice vinyasa for your entire life. When we adhere to these principles, your body becomes stronger, aligned and more fluid. Mostly Asana.





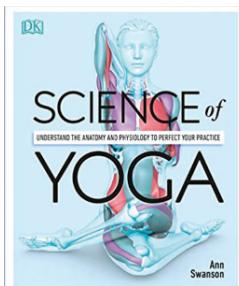
SCIENCE RESEARCH ACCESSIBILITY MINDFULNESS

Thursday, April 2nd 11 AM - 6 PM **TH1SWA**
YOGA FOR ARTHRITIS

Yoga for Arthritis is an evidence-based program based on over a decade of research at Johns Hopkins University. It showed that Yoga is safe and effective for arthritis. In this introductory workshop, Ann summarizes the Yoga for arthritis facts, safety tips, key pose modifications, research findings, and vital practices for relieving pain. Experience it for yourself in a uniquely modified Yoga Asana practice and Meditation for arthritis and chronic pain.

Friday, April 3rd 9 AM - 5 PM **FR1SWA**
SCIENCE OF YOGA

This workshop is for Yoga nerds and science nerds. Ann Swanson demystifies key Yoga research in a simple, straightforward way. As outlined in her recent book, *SCIENCE OF YOGA*, Ann will cover the overarching themes in the scientific evidence to support the profound benefits of Yoga and Meditation. Learn the key highlights and feel the benefits in every system of your body in this experiential workshop. There will be plenty of Asana practice and Meditation integrated into the day.



Saturday, April 4th 10:30 AM - 12:30 PM **SA2SWA**
ACCESSIBLE YOGA + YOGA THERAPY

Is Yoga currently accessible, safe, and inclusive to everybody? What is the difference between Yoga and Yoga therapy? Ann proposes that all Yoga classes should be accessible, but not all Yoga classes are Yoga therapy. In this Q+A style talk, she will tackle these questions. Explore the importance of the shift toward accessibility in mainstream Yoga and the strides Yoga therapy is making in transforming healthcare. The class will start and end with a short chair Yoga practice.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4SWA**
SCIENCE OF MINDFULNESS

Perhaps the most profound evidence supporting Yoga practice is on Meditation, including the popular mindfulness practice. Learn the key research and how your brain and nervous system are affected. This workshop is experiential with a Meditation and mindful movement built in, including a relaxing mindfulness-based Yoga Nidra to conclude the workshop.

Sunday, April 5th 9 AM - 11 AM **SU1SWA**
SCIENCE OF QI GONG

Curious about the ancient Chinese form of energy work and martial arts? Learn the basics of Qi Gong (and its sister martial arts practice, tai chi) in this workshop. Get a little bit of science and a lot of meditative movement. Practice a short, gentle routine that you can use daily for improved balance and vitality.



108 ASANAS ADJUSTMENTS TRANSITIONS

Thursday, April 2nd 11 AM - 6 PM **TH1WHI**
108 ASANA WORKSHOP

From the lineage of Bishnu Ghosh, this energetic series is for any student who is ready to deepen their practice. First learn the unique warm-up series to safely prepare the body for transitioning into advanced postures. Specific instructions will be given to help break down the more difficult Asanas. You are encouraged to come and explore on your Yoga mat.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2WHI**
THE CREATIVE ART OF ADJUSTING

This workshop incorporates foundations of proper assists and adjustments for students of all levels. As each student's level of fitness varies, the range of competence and performance of each posture varies. Leave with a better understanding of how to help students experience improved breath awareness, range of motion, increased flexibility and balance, opening energetic pathways, while maintaining safe alignment.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4WHI**
FUNKY TRANSITIONS WORKSHOP

In this workshop, Missy will guide you through practical transitions and offer instruction to explore coming in and out of poses, while touching on some advanced postures. We will also play and have fun with funky transitions. Get ready to WOW yourself as we break down movements like floating to chaturanga, side crow to flying split, handstand press up, and more.

Sunday, April 5th 9 AM - 11 AM **SU1WHI**
FUNKY FLOW & FLOAT MASTER CLASS

Join us for this invigorating Master Class designed to focus on postures that improve stability and foundational strength for developing an inversion practice. This workshop will offer tools to learn how to experience this wonderful part of the Yoga practice with more ease and confidence.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2WHI**
STOKE YOUR AGNI DISCUSSION AND DETOX

Our Agni is responsible for digestion, absorption, assimilating ingested food, and transforming food into energy. Missy will discuss how you can live your life more fully when you're aligned with what works for your Ayurvedic constitution. Following our discussion, we will practice together and discover postures that will rid our bodies of toxins and leave us feeling recharged.



"Manifest Miracles"

- Missy White



THE ROLL MODEL | FASCIAL MAKEOVER 6-PACK DIAPHRAGM

Friday, April 3rd 9 AM - 5 PM **FR1MIL**
THE ROLL MODEL: MYOFASCIAL SELF-CARE

This workshop will increase your anatomical fluency and provide you with a simple and effective self-myofascial release tool to help you erase pain, improve mobility, and prevent injuries. Explore a variety of rubber Roll Model Therapy Balls that benefit instructors, athletes, chronic pain sufferers, and more.

Saturday, April 4th 8 AM - 10 AM **SA1MIL**
VAGUS VOYAGE: AN EMBODIED TOUR OF THE VAGUS NERVE & ITS INFLUENCE (PART LECTURE, PART MOVEMENT)

Using new science research, this workshop teaches you how to access three anatomical zones enervated by the vagus nerve, and how each zone affects our state of perception and quality of being. Learn novel, breath-based exercises, soft-tissue self-massage, and positional release to feel the interplay of stimulating sympathetic and parasympathetic modes of being.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2MIL**
6-PACK DIAPHRAGM: CORE REFORM FROM INSIDE OUT

Through embodied anatomy exercises, learn to analyze the strength, flexibility, and range of motion of this myofascial structure in yourself and your clients. Simultaneously deconstruct and build new kinetic chains in your torso, relating them to a bigger picture of conscious breathing, spinal integrity, digestion, emotion, and somatic awakening.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4MIL**
FASCIAL MAKEOVER: HANDS, FEET, FINGERS, TOES, FACE: PRIORITIZING YOUR PERIPHERY

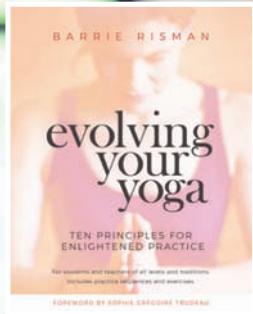
Your periphery contains the most sensory-nerve-rich regions of your body, so when injuries take root in these tissues, the domino effect has miserable consequences. In this workshop, we will be performing a fascial makeover to both unravel tensions and re-normalize the fine joints and myofascias in all your high-sensing parts.

Sunday, April 5th 9 AM - 11 AM **SU1MIL**
ROLL TO BE SWOLE: SOFT TISSUE MOBILIZATION & RECOVERY FOR ATHLETES

This workshop provides a simple, effective self-myofascial release process to erase pain, improve mobility, and prevent injuries. Explore a variety of rubber Roll Model Therapy Balls that benefit movement instructors, athletes, chronic pain sufferers, and more. Strengthen your ability to relieve emotional stress, and improve whole body coordination and function.



COMMUNITY HOMECOMING POWER OF YOU



Thursday, April 2nd 6:30 PM - 8:30 PM **TH6RIS**
RESILIENCE, COMFORT, AND INSPIRATION:
ABIDING IN YOUR STEADY CENTER

In this workshop, you will be guided to discover this steadfast essence physically, mentally, and energetically. Through Asana practice, guided inquiry, and Meditation, you'll learn exactly why this centre is so significant for us as yogis, and how to fully harness its power to serve you in your life.

Friday, April 3rd 6 PM - 8 PM **FR2RIS**
THE POWER OF YOU:
UNLEASHING YOUR AUTHENTIC VOICE

Every Yoga teacher can—and should—inspire passion, commitment, and loyalty, not just the most charismatic instructors. In this workshop, you'll learn exactly how to touch the hearts of your students and make your teaching impactful, unforgettable, and powerful in ways that are yours and yours alone.

Saturday, April 4th 8 AM - 10 AM **SA1RIS**
SACRED EMBODIMENT: NAVIGATING THE
FUNDAMENTAL PARADOX OF YOGIC LIFE

There is a paradoxical question at the heart of our practice: How does Yoga help us not only to nurture our spiritual aspirations but also to function well in all areas of our lives? We'll explore this and more in a session that includes Asana practice, guided Meditation, journaling, and group discussion.

Saturday, April 4th 1 PM - 3 PM **SA3RIS**
FROM DOING YOGA TO BEING YOGA: EMBODYING
THREE SACRED TEACHINGS OF OUR TRADITION

Learn the three key, foundational understandings that will unlock deeper meaning and forever change the way you practice and share Yoga. No matter what style you love or teach, you'll profoundly expand the benefits of Yoga in your life and in the lives of your students. Go from doing Yoga to being Yoga.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5RIS**
YOGA TEACHER AS COMMUNITY LEADER:
HOLDING THE SACRED CIRCLE

The skills needed to maintain and support community with integrity are rarely talked about in trainings, yet this is a role most teachers value as important to their work. In this interactive discussion, we'll explore the opportunities and challenges of sustaining supportive and transformational communities.

Sunday, April 5th 9 AM - 11 AM **SU1RIS**
HOMECOMING: THE YOGA OF SELF-HONOURING

Yoga is at its most transformational when we use it as a way to restore, nurture, and expand a loving, compassionate relationship with ourselves. In this workshop we will practice Asana, a guided visualization, and journal about what it would look like for us to put ourselves in the centre of our lives, and discussion.

Sunday, April 5th 2 PM - 4 PM **SU3RIS**
FIERCE, FEARLESS & FREE: DISCOVER THE
LIBERATING POWER OF BACKBENDS

We'll explore key aspects of upper body alignment and the deeper significance of freeing the chest, neck, and shoulders. Clear technical points, key actions, pose modifications for participants and principles for healthy alignment will be included throughout each step of the workshop.



"The starting point in Yoga is always exactly where you are."

- Barrie Risman



THE INNER WEATHER REPORT



*You are the sky.
Everything else
- it's just the weather.
Pema Chodron*

BARRIE RISMAN

My first Yoga teacher would sometimes ask us at the start of class, *What's the inner weather report?*

This was (and is) a brilliant question because it accomplished two things:

First, it immediately created a distance from whatever was occupying my mind at that moment and my predominant mood on that day. For someone new to Yoga, the notion that my mind (thoughts, feelings, moods, fantasies, and ideas) was somehow distinct from who I actually was seemed foreign and revolutionary. Yet answering this question made it feel natural, even obvious.

Second, it allowed me to recognize that like weather patterns, the inner environment is always changing. No single mood lasts forever. Whatever pattern is dominant won't necessarily last for too long.

These two effects held groundbreaking implications for my relationship to my mind, and ultimately to transformation. Both of these understandings are crucial if we are to develop a healthy detachment from our thoughts and nurture a self-identity not solely based on what our minds tell us.

The space of our practice offers two ways to work with the mind that, together, create the possibility for shift:

1. Welcoming what is: Yoga practice gives us a place to meet, see, feel, and thoroughly be with reality (both internal

and external), as it is, without pushing it away, judging it, or wishing it could be different. Just being with it. This includes bodily sensations as well as the full range of the mind and emotions: the usual mental chatter of moods, thoughts, reactions; and stronger emotions like anger or fear.

2. Going beyond what is: At the same time, practice gives us access to an inner space that is slightly apart from the reality of what is. This is the space of witnessing. It is the firmament, the all-encompassing awareness that holds the fullness of our experience and yet is not affected by it, like the sky is unaffected by clouds. Shifting to this awareness provides us with the critical perspective needed to feel our independence from what is happening. This space of witness consciousness is the self-reflective capacity that exists within every human being and is the beginning of Yoga's path to inner freedom.

In anthropology, this is called being a participant-observer. An anthropologist immerses herself in a culture while at the same time remaining separate enough to observe that culture. Similarly, Yoga teaches us how to be aware of what we are thinking and feeling while at the same time knowing that we are more than just what our minds tell us.

Excerpted from Evolving Your Yoga: Ten Principles for Enlightened Practice, by Barrie Risman with foreword by Sophie Grégoire Trudeau.

If you're a Yoga teacher or student interested in Yoga not simply as something you do for an hour or two at a time, but as a vision that informs the way you live your life - then you won't want to miss Barrie's workshops at this year's conference.



ANUSARA YOGA ENERGETIC LOOPS TEACH WITH INTENTION

Thursday, April 2nd 6:30 PM - 8:30 PM TH6COO

TAKE YOUR PULSE: THE EMBODIMENT OF UNIVERSAL PULSATION

With each cycle of inhalation and exhalation, we have the ability to attune to the universe, which pulses with a primordial rhythm. In this workshop, learn how to move muscular and organic energy towards and away from a pose's focal point to fill your practice with balanced grace.

Friday, April 3rd 9 AM - 5 PM FR1COO

ALIGN WITH ANUSARA: A METHODOLOGY FOR RADIANT LIVING

Step into the flow of grace with Anusara Yoga. Learn the Universal Principles of Alignment that keep you safe yet challenged in every pose. Steep yourself in community and life-affirming philosophy to deepen your practice and expand your perspective on and off the mat.

Saturday, April 4th 1 PM - 3 PM SA3COO

ALIGN AND REFINE: THE ENERGETIC LOOPS OF ANUSARA YOGA

In this workshop, students will learn about the bilateral currents of energy and how they help adapt each pose to ones individual needs. From hyperextended knees to collapsed lumbar to shrugged shoulders, a seven loops can dissolve difficult patterns and clear the path to greater spaciousness and freedom in Asana.

Sunday, April 5th 2 PM - 4 PM SU3COO

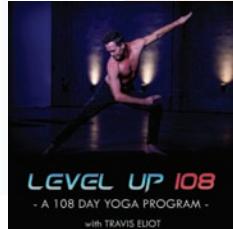
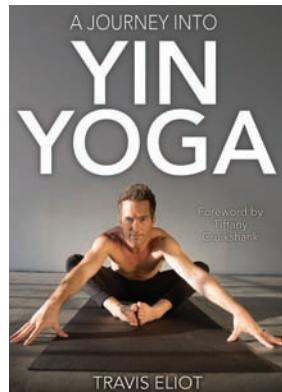
THE ART OF THE THEME: FINDING LANGUAGE TO ENRICH YOUR TEACHING

Teaching with an intention weaving a theme into Asana-based instruction is a skill that can be learned. Using Anusara's alignment principles as a framework, students will learn how to layer descriptive language on top of active cues. Although Anusara-based, these creative thinking and communication skills are transferable to any discipline.



"The body benefits from movement, and the mind benefits from stillness."

- Sakyong Mipham



YIN AND YANG | LIVE THE ULTIMATE LIFE MOVE INTO STILLNESS

Thursday, April 2nd 11 AM - 6 PM **TH1ELI**
LIVING THE ULTIMATE LIFE!

In this full-day immersion Travis guides you through a powerful 7-step process for living the ultimate life. You can expect an inspirational blend of Yoga, Meditation, personal development, wisdom and breakthroughs to ignite your teachings and life!

Friday, April 3rd 9 AM - 5 PM **FR1ELI**
YIN YOGA

Topics in this workshop include: the history and evolution of Yin Yoga, from its roots in martial arts to present-day applications; the science of Yin Yoga, including the 3 Laws of Yin Yoga; the role of hyaluronic acid in longevity; and the physical effects Yin has on the body's fascia and connective tissue.

Saturday, April 4th 1 PM - 3 PM **SA3ELI**
DETOX

Come ready to invoke transformation! We will move through a powerful Detoxifying and Vitality invoking power Yoga series with an emphasis on twists and back-bends. This practice will leave your spine electrified, your bodily sponge wrung out, and your heart wide open.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4ELI**
YIN "SUPER SPINE"

The spine is one of nature's most powerful and intricate masterpieces. Research shows 90% of the nutrition to the brain is activated by the movement of the spine. Not only will this practice enliven your spine but will also support healthy brain functioning.

Sunday, April 5th 9 AM - 11 AM **SU1ELI**
YANG & YIN

This practice is half power Yoga and half Yin Yoga. Prepare to finish this class sweetly balanced.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2ELI**
MOVING INTO STILLNESS

After some Gentle Yoga, the legendary Mountain Pose series, and Yin Yoga, we will go deep-sea diving into the mind via powerful yogic breathing to balance the nervous system, and chanting, to get the mind one-pointed. To complete our journey, we will move into the stillness and silence of Meditation.



MINDFULNESS MEDITATION NEUROSCIENCE

Friday, April 3rd 6 PM - 8 PM FR2CAR
THE PSYCHOLOGICAL BENEFITS OF YOGA AND MINDFULNESS

This workshop will help attendees recognize, understand, and reduce stress for themselves and others through Yoga and mindfulness. With health and psychological principles explained in everyday language, this session will include exercises for self-reflection, an upbeat lecture component, and opportunities to put newly-learned principles into practice.

Saturday, April 4th 1 PM - 3 PM SA3CAR
THE PSYCHOLOGY AND SCIENCE OF YOGA AND MEDITATION

This workshop draws upon current research and examples from both psychology and neuroscience, with all concepts explained in easy-to-understand language. The workshop will include exercises for self-reflection, an upbeat lecture component, and the opportunity to put newly learned principles into practice with Meditation.

Sunday, April 5th 9 AM - 11 AM SU1CAR
THE SCIENTIFIC BENEFITS OF MEDITATION

This workshop will showcase the best examples of current research, including neuroscience, interventions, and easy-to-understand explanations of key concepts. Attendees will gain a strong understanding of how Meditation leads to stress-reducing cognitive, health, and emotional benefits. You will learn how to incorporate this information to help yourself and others.

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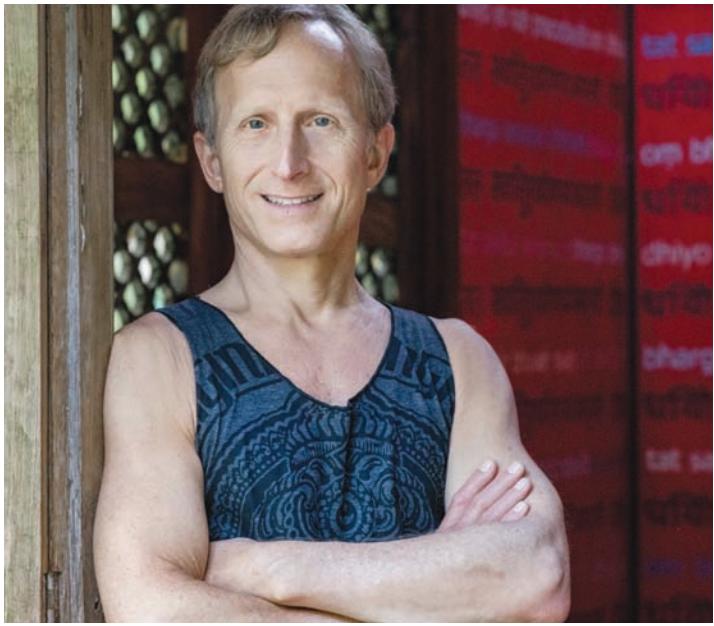


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**"The little things? The little moments?
They aren't little."**

- Jon Kabat-Zinn



Thursday, April 2nd 11 AM - 6 PM TH1NOR

**LIGHT ON GANESHA:
A THERAPEUTIC, ALIGNMENT-BASED YOGA
THAT TRANSFORMS BODY, MIND, AND HEART**

Explore the teachings and rich symbolism of Ganesha as it relates to your life through the practice of Ashaya Yoga®, a therapeutic, alignment-based Yoga. Join Master Yogi Todd Norian in this delightful workshop of awakening and transformation as he guides you to discover that this Ganesha power is already within you.

Friday, April 3rd 9 AM - 5 PM FR1NOR

**ALIGNMENT REFINEMENT:
THE FOUR ESSENTIALS OF ASHAYA YOGA®**

Take your practice of Asana to the next level of refinement and mastery. Understand how the Four Essentials become the blueprint behind every pose making each posture accessible and easy to practice. You'll go deeper with less effort, while strengthening and protecting your joints. Discover the therapeutic integration of the five elements (earth, water, fire, air, and sky) within the Four Essentials that heals chronic pain. All poses are accessible, therapeutic, and include some partner work.

Saturday, April 4th 8 AM - 10 AM SA1NOR

**PASSION AND POWER:
IGNITE YOUR CORE. LIVE YOUR DREAM**

Learn how to safely engage and tone your core through a variety of easy-to-practice, fun poses leading to the doorway of your heart. It's not the "six-pack" abs you need to strengthen. It's your deep Transverse Abdominus Muscle that holds the key to your passion, power, and vitality.

TODD NORIAN

Saturday, April 4th 10:30 AM - 12:30 PM SA2NOR

**HEAL & FREE YOUR NECK AND SHOULDERS
THROUGH YOGA THERAPEUTICS**

Learn how to restore and prevent common aches and pains. We'll work with specific dysfunctions of the shoulders and neck, including rotator cuff tears, frozen shoulder, biceps tendonitis, bulging discs, stiff neck, and more. Leave with the knowledge to free yourself and others of shoulder and neck pain.

Saturday, April 4th 1 PM - 3 PM SA3NOR

**HANDSTAND CLINIC:
THE ART OF DYNAMIC BALANCE**

In this step-by-step clinic using the therapeutic alignment techniques of Ashaya Yoga®, you'll learn the biomechanics and subtle body actions that will enhance your enjoyment and understanding of this pose. Take home developmental sequences, strengthening exercises, and the confidence to take your practice to the next level.

Saturday, April 4th 5:30 PM - 7:30 PM SA5NOR

**NOURISH YOURSELF THROUGH CALMING POSES,
RESTORATIVE YOGA AND DEEP RELAXATION**

Practice a sequence of cooling poses, forward bends, twists, and Restorative poses, accompanied by the life-affirming and empowering techniques of Ashaya Yoga®. Come savour the soothing practices of Yoga and return home to your heart, where you are already whole and complete. Leave feeling nourished, refreshed, and re-inspired.

Sunday, April 5th 9 AM - 11 AM SU1NOR

**HAPPY HIPS, HAPPY LIFE: A THERAPEUTIC
YOGA CLASS FOR THE HIPS AND LOWER BACK**

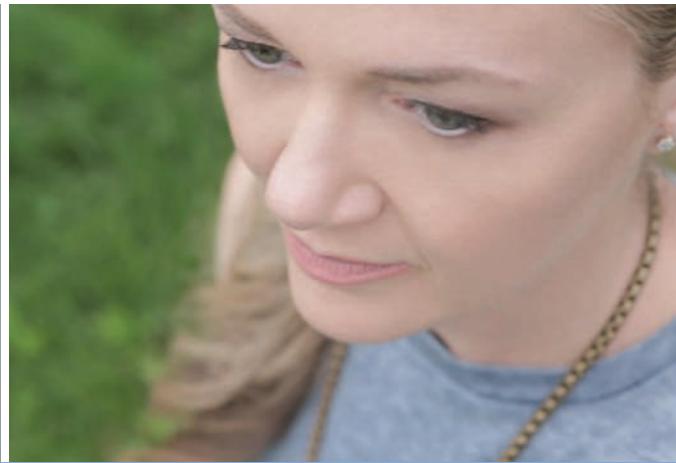
Using the precise, therapeutic alignment method of Ashaya Yoga®, practice a sequence of poses designed to open, balance, and heal your hips, legs, and lower back. Release tension and find the place in the middle, where your heart opens, and discover your true nature, which is joy.

Sunday, April 5th 11:30 AM - 1:30 PM SU2NOR

**ROOT TO RISE: THE ART OF FLYING:
MASTERING HAND BALANCES**

Hand Balances are some of the most empowering—and difficult!—poses. Proper alignment and technique are essential for strength and safety. But mental focus is equally important. Using the principles of "root to rise," along with the Essentials of Ashaya Yoga®, learn how to harness the power of gravity and fly.





PSYCHOLOGY | SCIENCE | YIN

Thursday, April 2nd 11 AM - 6 PM **TH1SOG**
RESOLVE TO EVOLVE

Dive into Yoga therapy with this strength-based practice infused with primal drumming, Yin Yoga, Pranayama, myofascial release techniques, and a tour of your mind. We will unpack your hidden triggers, work to process them, and provide the practical tools you need in order to become stable, strong, and clear.

Saturday, April 4th 1 PM - 3 PM **SA3SOG**
YOGA FOR DEPRESSION

Gain an understanding of Beck's Depression Inventory, the symptoms, causes and conventional treatment of depression, and mind-body approaches to treatment. We will focus on breathing practices, developing emotional strength and resilience, and cultivating strong social supports. Leave with key skills and strategies for educating your students on self-care.

Friday, April 3rd 9 AM - 5 PM **FR1SOG**
MINDFULNESS: A YOGA PSYCHOLOGY TRAINING

Neuroscience demonstrates that you will become less reactive and more resilient with regular mindfulness practice. In this training, you'll explore the science underpinning this practice, self-compassion, gratitude, cognitive distortions, cognitive bias, distress tolerance, mindful aging, and skillful action. Leave with a manual of practical tools for both yourself and your students.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4SOG**
THE SCIENCE OF MEDITATION

This workshop will explore the research on the effects of Meditation. Plan to be surprised by key insights about benefits, what positions really matter, what types of Meditation to do, how long to meditate for, and little-known risks. You will experience several types of Meditation for comparison.

Saturday, April 4th 8 AM - 10 AM **SA1SOG**
YOGA FOR ANXIETY

Anxiety represents one of the greatest global mental health concerns. This workshop will use an East meets West, mind-body approach to explore symptoms, causes and effects of anxiety, conventional treatment, and practices to facilitate stability in the mind and ease in the body.

Sunday, April 5th 11:30 AM - 6:30 PM **SU5SOG**
YIN YOGA & PSYCHOLOGY

Yin Yoga is a provocative practice providing healing for mind and body. This full day will include practice, journaling, and exploring key themes related to your psychological health: Personal Narrative: The Wisdom in your Story, Depersonalization, Emotional Reappraisal, Positive Emotion Priming, Positive Social Connection & Physical Health and Wellness.



5 BENEFITS OF MINDFUL LIVING

TRACEY SOGHRATI BSC., BSC.N, RN, C-IAYT

If you search “mindfulness studies” on Google Scholar, you’ll get about 291,000 results. Sit with that for a moment. This ancient practice is so impactful that serious scientists across myriad disciplines are excited about it. In fact, the practice of mindfulness has been integrated into treatment for depression, anxiety, post-traumatic stress disorder (PTSD), insomnia, stress reduction, attention-deficit hyperactivity disorder (ADHD), and chronic pain. Mindfulness is also a key strategy aimed at reducing stress and burnout for teachers, nurses, doctors, therapists, and social workers. So why is the scientific community so excited about this practice—and how can you use mindfulness to thrive?

Mindfulness is the practice of orienting yourself to the present moment with an attitude of welcoming, acceptance, curiosity, and openness. To be mindful is to be aware and conscious of both your inner and outer environments. It includes an acknowledgement of body sensations, feelings, and emotional states, and is nourished by self-compassion and tolerance. This practice is exactly that: a PRACTICE. Studies have demonstrated changes in mood disorders and stress in as little as 6-8 weeks; however, those results depend on regular practice and a willingness to be accountable to the state of your life and your mind.

Benefits of Mindful Living

1. Stress reduction: Mindfulness practice reduces stress in many ways but here are the key ones:

- You'll be less reactive. By adopting an attitude of acceptance to the present moment, you'll become less reactive over time. The less reactive you are, the more clearly you will think and act.
 - You switch from "Doing" mode to "Being" mode. Doing mode is intimately driven by the sympathetic nervous system, while Being mode facilitates parasympathetic activity, allowing you to feel calm, peaceful and relaxed.
 - Your focus will improve. Mindfulness is one form of attentional training—and when your focus improves, you'll be able to engage in the deep work necessary for creativity and innovation.

2. Your brain gets a boost: Mindfulness practice reduces the size and activity of the amygdala. The amygdala can be overactive in those with a history of trauma or adverse childhood events. When the amygdala hijacks your rational brain, you'll perceive people and your environment to be threatening even if they're not.

3. You'll like yourself MORE: Self-compassion is a key component of mindfulness practice, and is directly linked to the release of oxytocin, a hormone associated with feelings of safety, trust, wellness, and connection. Conversely, self-criticism activates your fight-flight response and contributes to you feeling threatened.

4. Your communication will improve: Conflict is driven by miscommunication and misunderstanding. The practice of mindfulness teaches us to listen, reflect back, and speak in a way that is clear, simple, explicit, and kind. This strategy is so effective that mindful conflict resolution is supported by the World Mediation Organization.

5. Your physical health will improve: Studies have demonstrated that mindfulness practice can reduce heart rate and blood pressure, reduce pain, reduce inflammation and improve immune function. Even more interesting, mindfulness practice has been shown to reduce cellular aging.

If you're intrigued and looking to live a more mindful life, or want to bring these practices into your teaching or healthcare practice, sign up for the one-day course.



REIKI CERTIFICATION INNER GUIDANCE YOGA FOR EMPATHS



Thursday, April 2nd 11 AM - 6 PM **TH1FAY**
REIKI RESTORATIVE TRAINING

Learn to combine the numerous benefits of these two healing practices. Explore how to use props to set up six foundational Restorative postures, how to create sacred space by charging a room with Reiki, Reiki Meditations, breathing exercises, and techniques for giving Reiki energy to your students.

Friday, April 3rd 6 PM - 8 PM **FR2FAY**
STRENGTHENING YOUR INNER GUIDANCE

Learn how to live, practice and teach more intuitively using the best of Yogic Science, Kundalini Yoga, Alchemy, Reiki, and more. Learn the "clairs" and how to enhance your own intuitive nudges as well as how to listen from within your heart space to access deeper inner wisdom and guidance.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2FAY**
YOGA FOR EMPATHS

This workshop will empower you as an energetically sensitive soul with tools and practices from Kundalini Yoga, Reiki and Alchemy to support you in discerning between your energy and someone else's. Learn potent and accessible techniques for clearing energy as well as how to access abundant, pure, high-vibration energy.

Sunday, April 5th 9:00 AM - 6:30 PM **SU8FAY**
REIKI LEVEL I CERTIFICATION AND ATTUNEMENT

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. Learn how to give a Reiki treatment to yourself and others! Receive a comprehensive manual, a printed certificate, and an attunement to support you in integrating and embodying the light that you are.



"Yoga is the journey of the Self through the Self to the Self."

- The Bhagavad Gita



NEUROSCIENCE | YOGA & THE BRAIN THAI MASSAGE

Thursday, April 2nd 11 AM - 6 PM TH1MAR
LEARN TO PRACTICE 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 integrate compassion ("Metta") into your work.

Friday, April 3rd 6 PM - 8 PM FR2MAR
**ASANA AS THOUGHT:
BRINGING OUR PRACTICE TO THE MAT**

In this active talk examining the interplay between actioned contemplations and contemplated actions, we will consider the potency of posture, breath, and posture names. Using the neuroscience of embodied cognition, learn, explore, and discuss practical ways to get the most out of every movement on the mat for teacher and student alike.

Saturday, April 4th 10:30 AM - 12:30 PM SA2MAR
THIS IS YOUR BRAIN....ON YOGA

Hear what a neuroscientist has to say about recent clinical research on the impact of the practice of Yoga and Pranayama breathing on the human brain. Recent findings on stress, the immune response and memory, as well as research related to Yoga and select neurological disorders will also be discussed.

Saturday, April 4th 3:15 PM - 5:15 PM SA4MAR
**NEVER NOT BROKEN: YOGA, DEPRESSION
AND A NEUROBIOLOGY OF HOPE**

Join neuroscientist Dr. Blake Martin for a lively discussion of how depression is grounded in a physical body, and what recent research says the practice of Yoga does to alter the structure and function of the brain. Explore breath, posture and community as pillars of a practice that can offer acceptance and hope.

Sunday, April 5th 9 AM - 11 AM SU1MAR
**THE EMBODIED YOGI: HOW RE-CREATING
THE BODY CREATES THE MIND**

Based on cutting-edge neuroscience research, this workshop asks provocative questions about traditional Western and Eastern views of the mind and body and proposes that the names, breathing, moves, and postures of Yoga literally shape the minds, thoughts, and identities of its practitioners.

Sunday, April 5th 11:30 AM - 1:30 PM SU2MAR
THE BRAIN IN AN ASANA

Why does my brain think my back is straight when my Yoga teacher says it isn't? Discover the brain areas responsible for understanding the puzzle of where our limbs are in space. Learn practical ways to make the most of corrections, feedback from mirrors, and your own knowledge of your body.



ACCESSIBILITY AYURVEDA FUNCTIONALITY MOBILITY

Thursday, April 2nd 11 AM - 6 PM **TH1FLY**
THE ACCESSIBLE YOGA TEACHER'S TOOLKIT

Diversity in the room poses unique sequencing challenges for teachers that can make them fearful of students they do not know how to teach. Explore functional movement exercises, re-think classical Yoga postures, and accessible sequencing. Leave with a refreshed view of approaching practice that will serve you and your students for life.

Friday, April 3rd 9 AM - 5 PM **FR1FLY**
**AYURVEDIC YOGA:
AN ELEMENTAL APPROACH TO PRACTICE**

In each season, the governing elements change, and we are affected in different ways depending on our constitution, geography, and circumstances. Explore the qualities (gunas) of the seasons, how they manifest in body and mind, and how to seasonally shape your practice. Workshop includes discussion, journaling, and practice to integrate the concepts.

Saturday, April 4th 1 PM - 3 PM **SA3FLY**
**BIOTENSEGRITY, MOBILITY AND INTEGRATING
NEW MOVEMENT IDEAS INTO YOGA**

This workshop explores the new concepts illuminating skillful movement practice. We cover anatomical and physiological concepts of biotensegrity, moving away from alignment toward training techniques using boundaries, as well as the benefits of bouncing, rolling, and functional movement exercises. We'll use some props, and move between discussion and practice.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5FLY**
CLEAR CUEING FOR TEACHING YOGA

Learn methods of verbal cuing, cue sequencing, vocal quality, and how to convey the wide variety of reasons we speak in a Yoga class. Your students will feel more confident in their practice and benefit from being able to turn inward when the cues guiding them through practice make sense.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2FLY**
**INTEGRATING FUNCTIONAL MOVEMENTS
FOR EFFECTIVE YOGA**

Vinyasa means "to place specifically," but the flowing qualities of the practice imply difficulty. This workshop shows you how you can bring fluidity, strength, and healing to any practice for an empowering experience. The concepts we work with are scalable, making them a truly all-levels set of skills.

Sunday, April 5th 2 PM - 4 PM **SU3FLY**
THE BEAUTIFUL INTELLIGENCE OF BREATH

The gifts of a skillful breath practice are manifold, including the potential refinement of your practice! This session explores the anatomy, physiology, and subtle body effects of breathing while identifying common misunderstandings. We'll close with a Pranayama practice, and participants will take home an outline for future practice.



RESTORATIVES
THERAPEUTICS
EMOTIONS

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6PEL**
5 STRATEGIES FOR LOWER BACK HEALTH

Unpack the mysteries of lower back health by learning what it takes to honour your natural spinal curve. Gentle strategies for space creation, healthy biomechanics, strengthening, stretching and rest will be touched on - offering you many more options and more awareness for your health.

Friday, April 3rd 6 PM - 8 PM **FR2PEL**
5 FANTASTIC SAVASANAS

In this two-hour workshop we will study, practice and set up 5 different and delicious savasanas that offer various therapeutic benefits to add depth and flavour to your classes.

Saturday, April 4th 8 AM - 10 AM **SA1PEL**
5 LOVE NOTES TO YOUR HIPS

This workshop will go beyond and challenge the standard Yoga approach of "hip opening" to reveal 5 different techniques for healthy hips. Traction, biomechanics, strategic strengthening, stretching and relaxation will be explored for a full healing experience.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2PEL**
**5 TECHNIQUES FOR EMOTIONAL REGULATION
THROUGH BREATH, MEDITATION & ASANA**

This workshop will introduce students to Yoga approaches for emotional balance. Tools to facilitate emotional awareness will teach us how to heal rather than suppress our emotions.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5PEL**
BACKBENDS THAT MAKE YOUR BACK FEEL BETTER

Backbends are generally overdone in the Yoga world with the wrong part of the back compressed rather than the important areas challenged to gently open. Learn the biomechanics of your spine and back-bending techniques that will liberate your spine and make your back feel fantastic.

Sunday, April 5th 11:30 AM - 6:30 PM **SU5PEL**
**INTRODUCTION TO TEACHING
RESTORATIVE YOGA: 10 POSES**

This class will expose students to 10 complete Restorative poses suitable for all level students. Sample class sequences and cueing suggestions will be provided. Proping for different bodies and abilities will be explored as time permits.



BREATHE | MEDITATE | VIBRATE

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6KAU** **MOVING FROM KARMA TO DHARMA**

A daily Yoga and Meditation practice helps us to make the conscious choice to step out of the cycle of reaction (karma) to action (dharma). We will practice a kriya and Meditation for clarity and intuition, discuss the importance of group practice and community, and explore the concepts of choice, intention, and projection.

Friday, April 3rd 6 PM - 8 PM **FR2KAU** **11 MOON CENTRES**

The Moon Centres are 11 specific areas of the body through which energy moves in the course of one moon cycle. We'll discuss each moon centre, and the Yoga postures, kriyas, and Meditations that help to balance each one. A transforming experience for all women and across all Yoga styles.

Saturday, April 4th 8 AM - 10 AM **SA1KAU** **RAISE YOUR VIBRATION**

Learn about your vibrational frequency and how it affects your life. Explore how to make adjustments that will raise your energy so you can live a life of balance, ease, and strength. We will use Kundalini Yoga kriya, Meditation, and breath work, and conclude our time with deep relaxation.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5KAU** **SACRED BREATH OF LIFE**

This workshop is a gentle and experiential exploration of different yogic breath techniques. You will be guided to your natural breath and then, through different breathing patterns, learn how to use various Meditation and relaxation techniques. This workshop provides tips and techniques to strengthen your relationship with your breath, body, and mind.

Sunday, April 5th 9 AM - 11 AM **SU1KAU** **UNSTUCK YOURSELF - MOVE FROM FEAR TO FREEDOM**

We all want a more peaceful mind so we can think clearly and be free of suffering. But often fear holds us back. Explore how fear is held in the body and practice 3 Kundalini Yoga methods to help you release conscious and subconscious fears that cause stress, worry, and anxiety.

Sunday, April 5th 4:30 PM - 6:30 PM **SU4KAU** **INTRODUCTION TO MEDITATION**

When practised daily, Meditation produces profound results on all levels of your being. This workshop will help you learn to reduce tension and stress, to feel happier, more relaxed, and at peace with yourself, to improve your health, mental clarity, and vitality, and to develop a more intuitive, heart-centred way of life.





REST
RESTORATIVE
RESILIENCE

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6DAV**
HAPPY AND HEALTHY HIPS

A regular Yoga practice can provide a powerful health maintenance system, yet many long-term practitioners of modern postural Yoga develop repetitive-strain-type injuries, some even resulting in hip-replacement surgery! Discover ways to integrate mobility, greater functionality, and play into our Yoga practice for happier, healthier hips.

Friday, April 3rd 9 AM - 5 PM **FR1DAV**
JOURNEY TO DEEPER PRESENCE WITH THE KOSHAS

Derived from Vedic scriptures, The Kosha Model describes the body as a complex and layered system to explore. In this workshop we'll dive into how each Kosha, or 'layer' including our physical, energetic, mental, emotional and spiritual layers, uniquely contributes to a deeper understanding of self and our connection to presence.

Saturday, April 4th 1 PM - 3 PM **SA3DAV**
UPPER BODY RESILIENCE

How can we build greater functionality and resiliency into our Yoga practice to prevent common injuries, such as repetitive strain and joint instability, and improve as movers in general? This class will explore ways to improve shoulder function and mobility for greater upper body strength and movement in our Yoga practice.

Sunday, April 5th 11:30 AM - 6:30 PM **SU5DAV**
THE ART OF REST: HOW RESTORATIVE YOGA AND TRADITIONAL CHINESE MEDICINE COMBINE TO NURTURE DEEP REST STATES AND CREATE GREATER VITALITY AND CLARITY.

Achieving proper rest in our fast-paced world can be both a challenge and an art to achieve. We will look at practical ways Restorative Yoga and the cycle wisdom of Traditional Chinese Medicine can help optimize the flow of our energy and create better attunement with the rhythm of nature.





SOUND THERAPY MANTRA MEDICINE YOGA RAVE

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6MMG**
COCOON: AN ELEMENTAL SOUND BATH

After an introduction to sound Meditation and its function on our body-mind systems, WE move into Cocoon: a space to discover the magic of sound as journey and Meditation. Move into deep states with over-tone harmonics of the crystal singing bowls, drumming, chimes, song, and visualization. Bring any props to get cozy with!

Friday, April 3rd 9 AM - 5 PM **FR1MMG**
THE FOUNDATIONS OF SOUND MEDITATION

A foundational training to learn practical ways of working with sound as Meditation and a therapeutic offering. Discover the history of sound medicine, brainwave function, deep listening practices, salving instrumentation (crystal singing bowls, gong, drumming), and more. If you have been interested in learning about sound therapy, then this workshop is for you!

Megan Marie Gates & Liz Diaz
YOGA RAVE: TROPICAL HEAT

Saturday, April 4th 8:30 PM - 10:30 PM
SA7RAV
\$15 • Includes 3-Day Show Floor Admission

Inspired by tropical heat and jungle beats, Megan Marie and Liz will set the scene to light up your soul with ecstatic dance, electronic music, and a crystal bowl sound Meditation.

Note: This event is exclusively drug and alcohol free.
Please do not consume these substances before coming to this event.
All ages and abilities welcome. No dance experience required.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4MMG**
SOUND THERAPY FOR YOGA TEACHERS

Integrating music and sound into our movement (or stillness) practices offers deeper experiences. Discover the foundations of sound therapy and its application in our Yoga practice, the subtle and gross effect of music and sound, curating supportive vs. distracting playlists, use of voice and simple instrumentation, and much more!

Sunday, April 5th 9 AM - 11 AM **SU1MMG**
CREATING A MANTRA PRACTICE

Mantra offers profound medicine for Meditation and transformation. Learn how to put this practice into personal and teaching offerings through silent + vibrational mantras, deity work, Meditations, incorporating sound into an Asana practice, and the practice of 108 repetitions of a Solar Mantra. Please bring a mala if you have one!





SOUND AS MEDICINE

MEGAN MARIE GATES

Sound as medicine and Meditation is one of the oldest forms of healing out there. The history of its use can be traced from every ancient civilization, culture, and creed around the world: from the Icaros medicine songs of the Amazon, the Aboriginal peoples of Australia, the Rigveda hymns in India, to the Grecian and Egyptian mystery schools who used sound and song as highly sophisticated, sacred tools. Sound has been used during the construction of temples and buildings, as the main focal point in creation stories, and as the driving force in ceremonies and celebrations.

Using sound as a healing modality is growing in popularity as it becomes more researched and widely offered. Using intentional sound and practising deep listening often works on our whole system—physical, mental, emotional, spiritual—providing a sense of sweetness and enchantment to those participating. One major effect sound has is on our brainwave functions and shifting states of consciousness. In our modern world, we are often caught in the stress response and are not able to down shift into restful states, which means our brainwaves are caught in Gamma/Beta (that is, problem solving and conscious daily cognitive processes) mode even when we are supposed to be sleeping or relaxing. And just like anything else, if we are experiencing too much of one brainwave will lead to an imbalance. When we use sound as a meditative practice, we can often access those deeper states that allow us a greater sense of flow, creativity, rest, and replenishment. These deep states are Alpha (relaxation, acceptance), Theta (creativity, communion, intuition), and Delta (healing, deep sleep). Sound Meditation can offer us space to deepen these brainwaves, journey into dream-like states, and find pockets of deep rest and regeneration.

We do not need to be trained musicians or sound practitioners to use sound in a supportive way. Here are simple and beautiful ways of integrating sound into your daily life and practice:

- Singing + chanting (singing and using our voice has been proven to release endorphins causing stress and anxiety reduction, increases lung capacity and immunity, and is a natural antidepressant)
- Playing instruments
- Deep listening by tuning into your environment and connecting to soundscapes that are inherently around you: How many sounds can you hear? What is the effect on you as you listen? Notice how they drift and change.
- Establishing a practice and relationship with silence.
- Listen to recorded or live music without other distraction. Music was made for your attention! When was the last time you closed your eyes, put your phone away, and used music to journey with? This is a simple and beautiful way of connecting to the emotive and meditative effects of sound.
- Attending Sound Baths or Sound Meditations by practitioners who you feel provide supportive spaces.

Sound is a powerful tool with wonderful regenerative effects to remedy our busy lives. Take time to close your eyes and develop sensitivity to the frequencies around you—a whole new world may just open up.



ACRO YOGA

JOIN US AS WE EXPLORE THE UPLIFTING & TRUST CULTIVATING PRACTICE OF ACRO YOGA, ALL WHILE IMMERSED IN A SAFE SPACE OF INSPIRATION, TRANSFORMATION, EMPOWERMENT, SELF EXPRESSION, COMMUNITY & CONNECTION.

We will explore the synergy between the ancient practices of Yoga in harmony with acrobatics. Take your Yoga practice from earth to air!

Our four workshops are open to beginners and established Acro Yoga practitioners alike. Leave each workshop with highly refined skills in basing, flying, and spotting.

Friday, April 3rd 6 PM - 8 PM **FR2ACR**
ACRO YOGA ARTSHOP

Level up your practice & learn to incorporate key elements that allow your technique to excel in all postures. Complement your practice by learning artistic technique rooted in dance and performance artistry. We will explore many of our favourite & most widely loved postures. If you're a content creator, this experience is definitely for you! (A regular Yoga or physical fitness practice of least 6 months required.)

Saturday, April 4th 8 AM - 10 AM **SA1ACR**
ACRO YOGA PLAYSHOP

Perhaps you have tried Acro Yoga before and want to kick it up a notch. Join us in this two-hour Acro Yoga playshop where we'll explore pops and standing postures. (A regular Yoga or physical fitness practice of at least one year required.) Will be working in partners.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2ACR**
ACRO YOGA INVERSIONS

Let's get upside down! Begin or expand your Acro Yoga inversion practice. We will cover entry level inversions all the way to hand-to-hand! Options will be provided for all levels. (A regular Yoga or physical fitness practice of at least 6 months required.) Partner work.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2ACR**
**HEALING WITH THERAPEUTIC
ACRO YOGA + ESSENTIAL OILS**

Elevate your connection with a loved one or friend through Acro Yoga Therapeutics, a healing bodywork practice. Unravel and destress by learning how to incorporate essential oils into your practice, while consciously moving and clearing stuck energy. Leave with your own take-home oil blend! (Sign-up with a partner preferred.)



HOT STONE RESTORATIVE FLOW + NIDRA

Friday, April 3rd 9 AM - 5 PM **FR1HAL**
RESTORATIVE YOGA WITH HOT STONE:
THE ART OF NURTURING

In this all-day intensive workshop, you will first experience and then learn how to integrate hot volcanic mineral stones into a Restorative class. The goal of Hot Stone Restorative is to balance the body's systems and realign the energy flow, which supports our natural healing process, thereby promoting balance, willpower and vitality.



Saturday, April 4th 1 PM - 3 PM **SA3HAL**
FLOW + NIDRA - HALF ACTIVE / HALF REST

Combining a gentle flow experience with a deep nourishing Yoga Nidra practice, come and experience the glory of combining the Yang and the Yin. This workshop is rooted in deep relaxation and balance, an experience that will honour the wholeness of practising Yoga.

mammamiracles.com

Sunday, April 5th 9 AM - 11 AM **SU1CHO**
SHAMANIC MUNAY-KI RITES FOR
HEALERS AND LIGHTWORKERS

In this powerful training, learn how to perform the Shamanic Illumination practice and attune to your intuition and spirit guides. Receive, attune, and embody the first Shamanic Munay-Ki rite, called the Healer's Rite. After receiving the rite, you will be able to give the rite as a form of healing.



**"Yoga begins with listening.
When we listen, we are giving
space to what is."**

- Richard Freeman

CORRINA CHOE



DON'T MISS THE SHOW FLOOR

**300 EXHIBITORS AND 28 HRS
OF YOGA IN THE YOGA SPACE**

FRIDAY APRIL 3 **10 AM – 8 PM**
SATURDAY APRIL 4 **10 AM – 8 PM**
SUNDAY APRIL 5 **10 AM – 6 PM**





TRAUMA HEALING GROWTH SAFETY

Friday, April 3rd 9 AM - 5 PM **FR1GRE**
**TEACHING TRAUMA-INFORMED YOGA:
A HEALING JOURNEY**

A workshop that offers time and space for our own healing. Learn recent scientific research on trauma and how to apply these findings to our Yoga practice as both teachers and students. Working through somatic healing, we explore flow sequencing, breathing and Meditation techniques with the aim to release the negative thought patterns that follow a traumatic event.

Saturday, April 4th 8 AM - 10 AM **SA1GRE**
**TEACHING TRAUMA-INFORMED YOGA:
BEING TRAUMA-SENSITIVE, CREATING A
HEALING PRACTICE**

Learn how to create a safe and open environment for healing and release in your students and clients. This workshop shares the latest scientific research on trauma and combines it with Eastern traditional methods of Yoga to provide a trauma-informed Yoga practice that anyone can do.



Sunday, April 5th 2 PM - 4 PM **SU3GRE**
**TEACHING TRAUMA-INFORMED YOGA:
POST-TRAUMATIC GROWTH—MOVING
BEYOND HEALING**

Trauma lingers in the body as chronic tension and stress until processed. The emerging concept of post-traumatic growth suggests potential to move beyond healing to experience a sense of connection, and even joy, that wasn't available before the trauma. We'll discuss and practice self-care techniques to help ourselves and our clients.

Sunday, April 5th 4:30 PM - 6:30 PM **SU4GRE**
**TRAUMA-SENSITIVE YOGA:
YIN + RESTORE: FEELING SAFE IN STILLNESS**

We know that Restorative Yoga provides the ultimate rest we crave, but for many—particularly those healing from trauma or PTSD—this space is inaccessible. Learn how to provide a healing practice for yourself or your clients by seamlessly moving from sensation-driven poses to those that are quiet and calming.



The Importance of Being Trauma Informed

LISA GREENBAUM

If you have been teaching group fitness, personal training or mind/body classes to the public there is no doubt that you have been teaching people with trauma and/or PTSD. Trauma is a human experience and we will all be touched by varying degrees in our lifetime, some (generally those who've experienced severe and/or multiple traumas) will also develop PTSD. The requirements for workers in hospitals and recovery centres to be trauma-informed is now common place. The time has come for all other facilities that service the public, in particular through health and well-being (that's us!) to understand the basics behind trauma-informed care to best serve our clients. Without this knowledge, we are inadvertently sabotaging the health and wellness goals of the very people we are trying to help.

Trauma-informed is based on awareness. Understanding why someone might be reacting in a particular way, how to make our clients feel safe, and how to avoid triggers by creating a trauma informed environment. A very important aspect of healing from trauma is referred to as bottoms-up processing or essentially through the body. Many psychotherapists and psychologists understand the circle of healing to include mind, body and spirit. In the fitness industry, we promote this every day. By adding in trauma-informed practices, as fitness professionals, we actually become an aid to one's overall healing.

The first point of reference we need to understand the basis of trauma-informed practices is how we interpret danger and/or a life threat. Our peripheral nervous system is split between our somatic and autonomic systems. The somatic being the messages and thereby actions we control in our body such as lifting our mug to take a sip of coffee. Our autonomic system represents everything that works on its own: breathing, digesting, heartbeat. The autonomic system then further splits out to parasympathetic and sympathetic nervous systems. Parasympathetic is also known as rest and digest. What this means is that our nervous system must be essentially calm and relaxed so we can perform important bodily functions such as sleep, digestion, moderate heart rate and deeper diaphragmatic breathing. These are also the functions of the body that are compromised in both trauma and chronic stress. Sympathetic is considered fight or flight. When this system is triggered our body gets ready for action, we bear down clenching our muscles, heart rate quickens, breath becomes shallow so we can react quickly and efficiently, like moving out of the way before we are hit by a bus.

What is interesting to note is that our brain doesn't differentiate between real or imagined danger. After someone has experienced a traumatic event: car accident, natural disaster, war or any form of abuse (trauma is also subjective and can only be defined by the person who is experiencing it) memories or flashes of memory (as with PTSD) continually replay in the persons mind. Their bodies essentially become stuck in sympathetic nervous system, hypervigilant and ready for any perceived danger. This can lead to chronic stress, or for many chronic stress is creating this destructive feedback loop in the body and overtime the system will stop working. In other words, our natural reaction to stress is compromised. We either shut down and freeze or create situations of "over-reacting" to everyday stresses.

So what does this look like?

For someone who feels safe, eye-contact is easy and often followed by a smile. In the fitness environment, they appear to be following along (to the best of their ability) or engaging in dialogue, asking questions, they have generally "done this before". They are operating from their rational brain (neo-cortex)

For someone who feels in danger, they are operating from their emotional brains (limbic centre). This includes our new students while they navigate the space and your instructions. This also explains why proprioception and coordination are more difficult. Understanding the fine balance between a healthy sympathetic nervous system, and someone who is able to feel

comfort through discomfort vs. someone who quickly unravels when their feelings of control are compromised. What does this look like? Agitated movements, loud sighs or leaving before the class/session is complete. Remember - fight or flight.

Furthering this reaction is when someone experiences a life-threat situation. This is demonstrated by a lack of eye contact, dissociation or simply going through the motions until the session is done. They begin to shut down and operate from their primitive brain (brainstem). This is NOT fight or flight - this is freeze or simply nothing at all. The most challenging place to come back from, from a healing perspective.

Both danger and life-threat experiences are quickly created by our nervous systems based on our brains understanding of the situation. Again this is subjective and learned behavior. This is what is meant by "triggering" someone. This could be severe like a loud bang from the door or outside, to a cell phone going off in the middle of a class, to words, actions or a lack of choice given to the client.

Please keep the following points in mind to provide a trauma-informed environment:

Be cognizant of the space: Do the doors shut with a bang, can people see in the windows, is it loud outside the room or subject for sudden noise? For many of these situations we can't do much about them, however what we can do is provide a warning such as "the weight room is above us and from time to time people can be a little over zealous with the weights they are using." If possible, place a note on the door to remind people to shut quietly or close the blinds on the windows if on the ground floor. For our students to relax they need to feel safe.

Provide options: While teaching classes, provide as many options as you can, so they can decide the best course of action for themselves. Give students permission to rest when they need. The same can be done with personal training clients by involving them more and listening to their feedback as to what they like and don't like about their routines. I know a fine line when still wanting to push them to their edge, but start to create an awareness to what edge you are pushing them.

Watch your language: Create awareness to the words you are using. Notice if the majority of your cues are centered around negative words like don't and stop. Create an environment of inclusivity and safety with your words.

Be careful with touch and adjustments: We generally advise not to touch those suffering trauma, however, it is important to always ask your students and clients so they can decide. Give them the option of adjustments in every class and respect their decision. In personal training, consider where you are standing in relation to your client and your proximity of closeness. Again, always ask permission to touch.

The student is in charge: Ask your students and clients for feedback, in particular around music and lighting. If they want the door open or the music lower they are asking for a reason. When people have experienced trauma their control has been taken away. By providing choice and listening to what they are asking us rather than us trying to convince them otherwise we are creating a safe and thereby healing environment for our students.

Unfortunately it is not a question of if we trigger someone, but when. Following a trauma-informed practice will help create a safe space for your clients/students and also help you develop your own sense of awareness and compassion making you a better group fitness instructor, mind/body instructor or personal trainer. Together, we can truly create change and provide healing in the fitness industry: mind, body and spirit.





GODDESS FLOW AND RESTORE

Friday, April 3rd 9 AM - 5 PM **FR1MTS**
GODDESS FLOW DAY RETREAT

How can we reconnect with our wild, feminine knowingness? Take a journey into your Feminine Body and Soul through guided creative journaling, visualization Meditations, Restorative Yoga, circularized sensual movement, and soul-led exploration. We will also use the therapeutic benefits of essential oils to support our soulful inquiry and holistic restoration.

Saturday, April 4th 8 AM - 10 AM **SA1MTS**
EMBODYMENT TOOLS

Explore tools and deepen the connection between the mind-body by feeling and listening to the language of body sensation. Instead of moving your body in the structured way we have become accustomed to, come create space, allow your body to lead and reveal deeper hidden messages. You may just hear the mysterious wisdom within.



"There is nothing more revealing than movement."

- Martha Graham

Saturday, April 4th 1 PM - 3 PM **SA3MTS**
THE POWER OF PLEASURE ~ 2ND CHAKRA
THE MISSING CHART ON THE MAP ~ FOR WOMEN ONLY

Many women have lost connection to the power of our second chakra, our center for pleasure and sensuality. We'll begin with a discussion about the inherent wisdom of this energy center, followed by an embodied practice devoted to the essence of second chakra—rippling, intuitive movement, desire, pleasure, and more.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2MTS**
GODDESS RESTORE

This class is a soulful dance between sensual, fluid movement, Yin Yoga, and Restorative Yoga. Ignite your feminine energy by exploring the power of vulnerability. Learn to trust your innate intuition in movement. Open yourself to the experience of bliss as you nourish, relax, and rejuvenate your feminine SoulBody

Sunday, April 5th 2 PM - 4 PM **SU3MTS**
ROOTED IN YOU: A MEDITATION AND NATURAL MOVEMENT WORKSHOP

When we are grounded in ourselves, we can tap into a well of wisdom that becomes our organic guide. In this workshop, we will explore Meditation and somatic experiences to deepen the connection to your inner teacher.

Embody Activism



**"Be the change that you
wish to see in the world."**

- Mahatma Gandhi

MICHELLE TAMBLYN-SABO

Activism takes shape in many ways. For some, it happens within their community. For others it unfolds on broader media platforms. Some choose non-violent resistance, while some go to the front lines to petition for change. Most change agents in the world do not have the high profile of eco-activist and trailblazer Greta Thurnburg, who, at 16, has become a global activist for climate change. Some people make a quieter, daily practice of what the great sage Mahatma Gandhi taught: "Be the change you want to see in the world."

Re-examining those immortal words through the lens of the activist, I can't help but wonder—can Yoga be an embodied form of activism?

Many of us come to Yoga to shift something in our lives, whether that be physical health, mindset, and/or a connection to spirituality. It is easy in this age of non-stop social media influences and ever-increasing expectations of 24-hour-a-day communications to be left feeling

stuck in our heads, and disconnected from our bodies and our souls.

Yoga is a welcome contrast to the societal pressures of being "on" all the time. It offers a safe space to re-connect with our bodies and quiet our minds in order to hear the whispers of our Soul. Yoga also humbly invites us to turn inward, away from a culture that seems to demand all of our attention at every waking moment.

In this light, could our Yoga practice also be a launching point for Embodiment as Activism?

Yoga offers an opportunity to experience Embodiment, something that initially draws many practitioners to Yoga. A coming together of mind, body, and soul. A descent into "being" rather than a feeling of "being beside oneself."

If we come to our mat with the intention of embodying our essence or Soul, we are moving towards unity with that changeless aspect of

our Being that organically loves Life. When we embody our Soul rather than the egoic desires of attainment and achievement on our mat, then we move toward aligning with our personal truth, which naturally seeks to be of Service.

Connecting to one's true Self through Yoga practice also means connecting to a greater picture of the world. We tend to take care of the things we love. When that sense of unity helps us fall in love with our planet and all the beings that reside here, we then feel more compelled to take care of them in whatever way we can. Once that awareness has been awakened, we become an Embodied Activist for Change.

I feel, as Yogis in the West, we have the privilege and responsibility to "Be the Change" and then take action! By pooling our energy together and advocating for greater love, inclusivity, racial equality, and real action on climate change, we bring the teachings of Yoga off the mat and into our world. A world very much in need of committed agents of positive change!

J-P TAMBLYN-SABO

ahimsayoga.com

Thursday, April 2nd 11 AM - 6 PM TH1JPT

ELEGANT ADJUSTMENTS: ALIGNING WITH ENERGY AND ANATOMY

We will address how to make adjustments with care and sensitivity; use adjusting to help people connect to the movement of energy in their Yoga practice; and use principles of anatomy to make intelligent adjustments that help the body move, stabilize, and open to align with the beautiful blueprint of the body.

Friday, April 3rd 6 PM - 8 PM FR2JPT

MEDITATION MADE MANAGEABLE

How do you know which style of Meditation is right for you? Learn several different, simple and accessible approaches to Meditation to begin or renew your Meditation practice or to help introduce your students to the practice.

Saturday, April 4th 8 AM - 10 AM SA1JPT

FULL SYSTEM YOGA DETOX

In this session, discover a simple, comprehensive approach to detoxing with Yoga on five levels: physical, mental, energetic, behavioural and emotional. Leave feeling refreshed, lighter, energetic and inspired, and with the tools to continue your detoxification practice in the days, months, and years ahead.

Saturday, April 4th 1 PM - 3 PM SA3JPT

THE SCIENCE OF GOOD ALIGNMENT

This workshop will focus on identifying some core principles of biomechanics and physiology that provide us with tools to help find appropriate and effective alignment for almost any yogi in almost any posture. Finding good alignment principles that serve every yogi in every pose may be easier than you think.

Sunday, April 5th 11:30 AM - 1:30 PM SU2JPT

FREE YOUR FASCIA

Understanding the role of fascia is transforming our ability to build healthy flexibility and mobility. In this class, we will incorporate a range of exercises designed to address restrictions in fascia that actually impede our ability to stretch our muscles effectively, allowing for a safer, more-effective practice that also just feels better!



ADJUSTMENTS

ALIGNMENT

DETOX | FASCIA





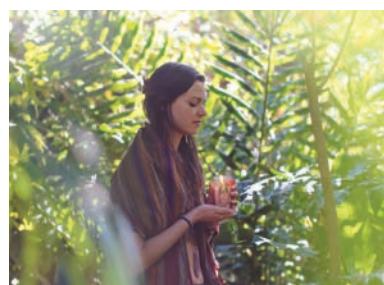
SHAMANIC, TANTRIC & KALI YOGA

Thursday, April 2nd 11 AM - 6 PM **TH1BAR**
THE EMBODIED GODDESS: AN URBAN RETREAT

Reconnect to the feeling of Sisterhood and the wisdom of the Divine Feminine. Welcome a feminine practice of Yoga that truly honours the Goddess within you through body-focused practices, sensual movements, chants and guided Meditations. Allow yourself to open your heart to your inner Goddess and to other supportive women on their own journeys. Together, we will explore the path of the Divine Feminine through time as we reclaim a feminine practice of Yoga as a ritual and celebration of our essence as women.

Friday, April 3rd 6 PM - 8 PM **FR2BAR**
DIVINE FEMININE FLOW

What does the Divine Feminine feel like? How does She move? What is Her energy about? In this class, we will study the Goddess in Her three fundamental forms — The Maiden, The Mother, and The Crone — incorporating these aspects into a sequence that truly honours and expresses your Divine Feminine essence.



Saturday, April 4th 10:30 AM - 12:30 PM **SA2BAR**
SHAMANIC YOGA

Explore the intersection of Yoga and Shamanism with a practice of Yoga that invokes the part of us that is connected to the Earth and the sacredness of life. Reclaim Yoga as a ritual and ceremony that honours Mother Earth. Embrace a shamanic worldview to help us find meaning and belonging. Peter Arcari will provide a shamanic soundscape to accompany our journey.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5BAR**
TANTRIC YOGA FOR SEXUAL EMPOWERMENT

How is Tantra related to our body and our sexuality? In this workshop, participants will explore channeling their sexual energy for healing and spiritual expansion. Participants will learn how to heal and clear sexual blockages using Asanas, movements, and breath, as well as how to cultivate and transmute sexual energy using dynamic movements, energetic locks and breathing techniques.

Sunday, April 5th 4:30 PM - 6:30 PM **SU4BAR**
KALI YOGA

According to Sanskrit scriptures, we have entered the Age of Kali. Here, we will learn about the Goddess Kali to synchronize with the energy of this new era. We will be practicing a warrior sequence combining Asanas, Pranayama and mantra in order to open ourselves to the Mother Goddess, calling Her for healing and spiritual expansion.



A N A T O M Y

R E S T O R E

R E J U V E N A T E

Saturday, April 4th 8 AM - 10 AM **SA1WAL**

LET YOUR LIGHT SHINE: LEARNING FORM, FUNCTION, & FLOW IN CLASSICAL SURYA NAMASKAR

Would you like to open your hips and shoulders? Strengthen your legs, arms, wrists, and core? Stimulate the thyroid gland and energize the kidneys? Ground yourself in the present moment while connecting to your center? Learn tips, tricks, and modifications that make Surya Namaskar available to anyone, encouraging progress at every level.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2WAL**
YOGA FOR HEALTHY HANDS AND WRISTS

Learn simple, easy-to-practice techniques and the Purna Yoga series for arthritis, carpal tunnel syndrome, and other issues. Discover the unique connection between our hands and our hearts. Learn how to release stress and relieve strain in the upper extremities. If you suffer from hand and wrist pain, don't miss this workshop!

Saturday, April 4th 3:15 PM - 5:15 PM **SA4WAL**
HAPPY, HEALTHY HIPS OPENING SERIES

Learn all six movements of the hips with the Hip Opening Series created by Aadil Palkhivala. Discover how to master the basics of hip opening with this invaluable series that will increase—and assist in maintaining—the full range of motion in the hips for the rest of your life.

Sunday, April 5th 11:30 AM - 1:30 PM **SU2WAL**
SUPPORT YOUR LOW BACK

With experiential knowledge and therapeutic training, Letitia shares three simple series from Purna Yoga to help you deal with your current pain and shift your relationship to low back pain. Learn the anatomy of low back pain as well as adjustments to lifestyle and nutrition to change your story of chronic low back pain.

Sunday, April 5th 2 PM - 4 PM **SU3WAL**
REST, RESTORE, & REJUVENATE: CULTIVATING SIMPLE PRACTICES TO SOOTHE THE NERVES

Every organ, muscle, and cell in our body needs to spend time in parasympathetic mode to regenerate and heal. Learn Purna Yoga poses, tips, and techniques to restore the body after too much physical exertion, to rejuvenate the nervous system after long days sitting at work, and how to combat adrenal fatigue.



"The breath is a wonder drug."

- T.K.S Desikachar



Friday, April 3rd 9 AM - 5 PM FR1DIA

**CRYSTAL YOGA CERTIFICATION
FOR YOGA TEACHERS**

A practical, 1-day course to learn specific techniques and exercises for choosing the right crystals to add to Yoga classes, and how to incorporate them into lesson plans and studio spaces. Learn which crystals enhance each chakra, and understand which can be used to support your students' emotional and physical healing.

Friday, April 3rd 6 PM - 8 PM FR2DIA

**CRYSTAL YOGA: ENHANCE YOUR DAILY PRACTICE WITH
CRYSTALS—ENERGY MEDICINE FOR MIND, BODY & SOUL**

Adding crystals to your Yoga practice takes you to a deeper level of healing, creating a closer connection with your Yoga practice and yourself. In this experiential workshop, you will learn how to incorporate crystals into your daily Yoga practice, and discover what crystals are best for your personal practice.

Saturday, April 4th 5:30 PM - 7:30 PM SA5DIA

**RESTORATIVE YOGA WITH CRYSTAL HEALING
FOR CHAKRA BALANCING**

Together, Restorative Yoga and crystal healing encourages relaxation and the release of toxins, returning the nervous system and energy body to a more balanced state of well-being. Using specific postures and supporting props, deeply rooted mind-body tension is eased. Crystals are applied to the body for a full chakra-balancing experience.

CRYSTALS

ENERGY

HEALING

MEDITATION

RESTORATIVE

Sunday, April 5th 4:30 PM - 6:30 PM SU4DIA

**CRYSTAL MEDITATION -
RESTORING HARMONY TO MIND & SPIRIT**

In this workshop, you will be guided through a crystal Meditation as well as learn what crystals to use in Meditation to cultivate mental clarity, access higher states of consciousness, and strengthen your intuition while gently restoring harmony to your mind and spirit.





YOGA FOR RUNNERS FUNCTIONAL FLOW | STRENGTH

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6FEL**
UPPER BODY HARMONY

An all-too-common effect of Yoga's repetitive nature results in muscular imbalances in the shoulders and upper back. This class includes a self-assessment, isolated strength work for the weak areas, and targeted strength work to put the upper body on the road to balance and harmony.

Saturday, April 4th 8 AM - 10 AM **SA1FEL**
YOGA FOR RUNNERS: HEALTHY KNEES

Knee problems often relate to weakness in the hips, hamstrings, and glutes. This workshop will review the anatomy of the knee joint and the interplay between the joints above and below. Strength, mobility, and balancing work will be done, providing participants with tools for healthy knees to include in their regular practice.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2FEL**
FUNCTIONAL FLOW

Functional movement involves full-range of controlled joint movement, and balancing flexibility and stability for effective movement. This workshop weaves full joint ranges of motion into a flow to challenge the body and the mind's proprioceptive boundaries. Particularly helpful for those with hypermobility or wanting to improve their balance and overall strength.

Saturday, April 4th 1 PM - 3 PM **SA3FEL**
CHATURANGA

A solid chaturanga requires stability and strength throughout the entire body to lower one's full body weight to the floor with control. Christine will deconstruct this pose, examining arms, wrists, upper body, shoulders, core, and legs. Includes creative ways to build strength for the pose while not actually doing the full pose.

Sunday, April 5th 9 AM - 11 AM **SU1FEL**
YOGA FOR RUNNERS: HIPS & HAMSTRINGS

Tight hips and hamstrings are the result of lifestyle factors, from either sedentary or athletically active lives. This workshop will examine tightness versus weakness of the hips and hamstrings, as well as the interplay between them in movement. A hips and hamstrings Asana practice will leave your body moving with greater ease.

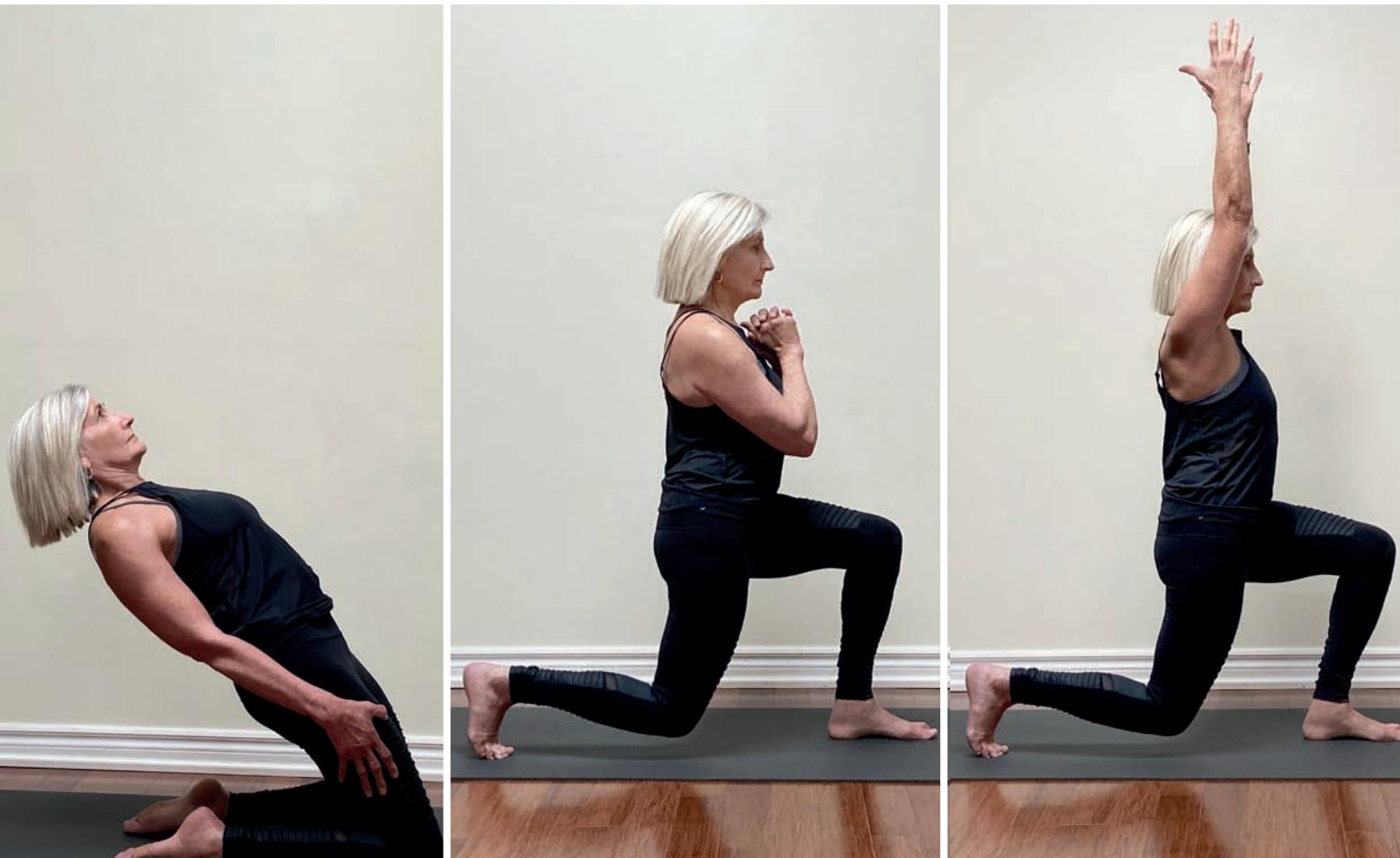
Sunday, April 5th 11:30 AM - 1:30 PM **SU2FEL**
MUSCLE MASS AND AGING

The key to maintaining independence, mobility, and confidence as we age is to retain/regain muscle mass by including resistance and strength training. This class focuses on strengthening specific muscle groups that enable good posture, balance, and optimum mobility. This work will improve our Yoga practice while creating greater ease in everyday activities.



Posterior View

CHRISTINE FELSTEAD



After 20 years of running and 25+ of sitting at a desk, Yoga did great things for my body. Yoga practice increased my flexibility, eliminated my back pain, improved my posture, and, of course, provided the mind-calming effect of Meditation. I have always been drawn to the strengthening aspect of Yoga and after years of only running, I have no doubt Yoga made me stronger.

Yet after 20 years of dedicated Yoga practice I started to observe areas in my body that my Yoga practice had not adequately taken care of. My body had adapted to the demands of a repetitive Yoga practice and I was experiencing diminishing returns in some areas while overtaxing others. Recurring injuries forced me to examine the stresses I was putting on my body. This led me to study with Yoga Detour and although my world turned upside down for some time, many weaknesses and imbalances

in my body were revealed. One of these was the posterior chain, particularly the hamstrings and glutes. With so much focus on stretching and little to no isolated strength work, my back side was weak.

I recall the intense pain the first time I was taught a rather simple exercise that isolated the hamstrings to contract through their full range—an immediate cramping along with sharp sensations, like little knives digging into the muscles. And my glutes were pretty much in the same sad state.

Yoga for Runners was founded on knowing runners' bodies and adapting the practice accordingly. My view on teaching is to meet people where they are, so I always include poses/work/movement that meets their needs. Weak glutes and hamstrings are common in

runners as well as the general population of sitters. Integrating more work to strengthen these muscle groups has had incredible results for me and for my students.

As an example, I like to start with pelvic tilts, feeling the pelvis move from anterior to posterior tilts. Another movement I include is the back lean, which I like to call the LIMBO, which is a sure-fire way to wake things up. And my personal favourite, the 90/90 lunge with the back knee hovering just off the floor and building to hold for several breaths.

I regularly integrate this work in my Yoga sequencing and, while students find it challenging, they quickly realize the benefits. Consider ways to activate your glutes and hamstrings as a regular part of your Yoga practice. Your posterior will thank you!



SHAMANIC JOURNEYING SOUL ALCHEMY

Thursday, April 2nd 11 AM - 6 PM **TH1HOW**
AWAKEN INTO SACREDNESS RETREAT

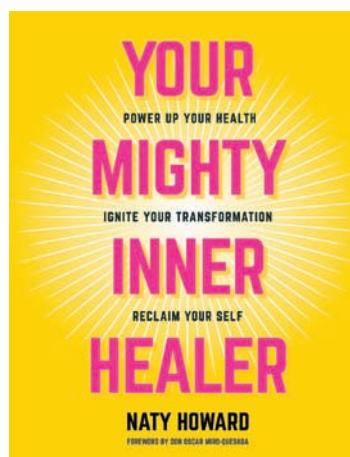
A 1-day urban retreat to nurture your body and reconnect with your soul through elemental Yoga flows, breathwork, toning, a guided shamanic journey, ritual, and self-inquiry exercises. The Pachakuti Mesa Shamanic sacred altar will be at the center of our space, weaving its healing power into your awakening of the sacred within.

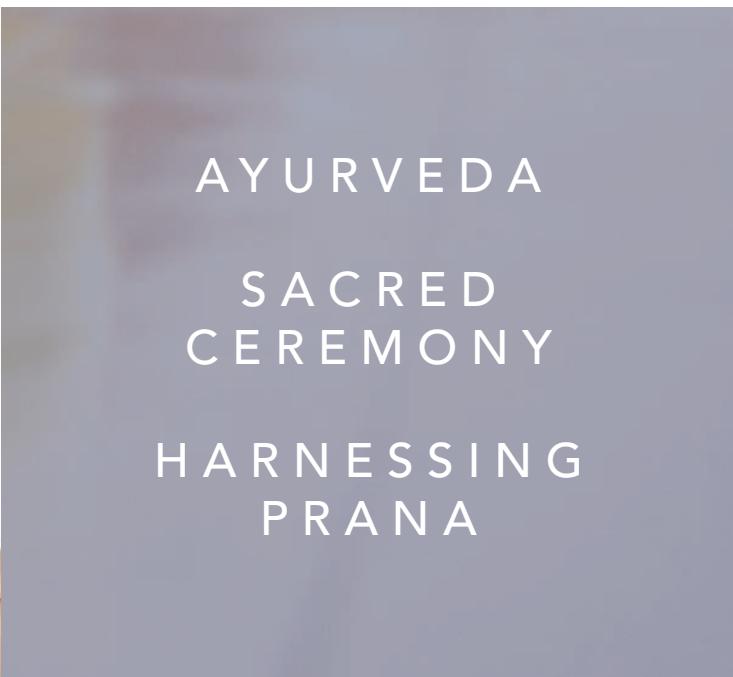
Friday, April 3rd 6 PM - 8 PM **FR2HOW**
SOUL ALCHEMY FLOW

Soul Alchemy: the magical process of transformation and creation from deep within our soul. An Asana flow to reclaim your Self, your connection with the sacredness within, and the calling of your soul, followed by a guided Shamanic journey with the animal power ally of alpaca to weave your soul medicine with sacredness.

Saturday, April 4th 1 PM - 3 PM **SA3HOW**
SPIRIT MEDICINE FLOW

Are you in alignment with your dharma? We will do an Asana flow to remind you of your sacred medicine. Reclaim your Self as you align with your purpose and your ability to hear spirit speak. After the flow, be guided through a shamanic journey with the animal power ally of eagle to gain perspective in your life.





Thursday, April 2nd 6:30 PM - 8:30 PM **TH6PHI**
YOU ARE WHAT YOU THINK: REWIRING AND EXPANDING YOUR CAPACITY FOR JOY

Neuroscience is proving our thoughts affect our reality. Explore how to use Yoga and mindfulness to rewire your brain and overcome its negativity bias. Melanie will share how she used this knowledge to heal from a horrendous life experience—and how you can do the same no matter what challenges you face in life.

Friday, April 3rd 9 AM - 5 PM **FR1PHI**
AYURVEDA & THE CHAKRAS: WISDOM FOR SELF-HEALING

Melanie introduces and discusses the ancient holistic healing of Ayurveda. Discover how the chakras, nadis, and koshas are intrinsically connected to our thoughts, feelings, and physical expression of either health or disease. Learn how you can heal yourself and raise your energetic vibration with simple and profound techniques.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2PHI**
AYURVEDA YOGA PRACTICE FOR REWIRING THE NERVOUS SYSTEM

Vata dosha (air + ether) is the culprit for many imbalances in the body and mind. This session offers discussion, Asana, Pranayama, and Meditation. Leave refreshed with Ayurvedic tools to deeply restore your nervous system for greater energy, immunity, and peace.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4PHI**
CREATING NEW NEUROPATHWAYS THROUGH THE ART OF PRESENCE

In this workshop, we merge ancient Yoga, neuropsychology, and quantum healing techniques for transforming the root cause of imbalance in the body-mind. Learn to address challenges in your life and become empowered with simple and profound tools for experiencing yourself, and life, from a perspective of wholeness and freedom.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5PHI**
THE AYURVEDIC & YOGIC APPROACH TO TRANSFORMING STRESS & ANXIETY

Explore yogic and Ayurvedic approaches to being with stress and anxiety. Learn powerful tools and techniques to ground you and guide you back to a greater sense of connection with your true centre. This workshop is part lecture, part experiential, and includes a gentle Yoga practice to calm vata dosha.

Sunday, April 5th 2 PM - 4 PM **SU3PHI**
SACRED HEALING CEREMONY FOR POWERFUL TRANSFORMATION

Struggling with physical symptoms, mental or emotional stress, or feeling disconnected from your purpose and your Self? Then this session is for you. Through sacred ceremony, setting clear intentions, chanting, journaling, and silence, you will call back fragmented parts of yourself and leave feeling more integrated, healthy, focused, and inspired.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4PIK**
THE HORMONE PROJECT

Are you guiding your students to take care of themselves and prioritize self-care, proper nutrition and rest, but aren't doing it for yourself? Take this deep dive into getting your body, your hormones, sleep, energy, mood and attitude back on track while building a kickass business AND a life you love!

Sunday, April 5th 9 AM - 11 AM **SU1PIK**
FUSION FIRE: A YOGA AND PILATES INFUSION

Blending the best of Yoga and Pilates and infusing elements of strength and nutrition to create a practice that will wake you up from head to toe. Learn proper sequencing and receive a 1-hour Fusion Fire Flow practice to take back to your classes. Bring a journal to keep next to your mat for when inspiration arises.

Sunday, April 5th 2 PM - 4 PM **SU3PIK**
HORMONE DETOX FLOW

Everyday we are under assault from toxins all around us. Learn to amplify the detox, digestion, heat, and calorie-burning principles of your practice. Using precise cueing, nutrition tips, proper breathing, and sequencing, Jenn will help you purge the toxins you're holding onto while transforming your body—and your practice!



FUSION FIRE

**THE HORMONE
PROJECT**

**HORMONE
DETOX FLOW**

An advertisement for a teacher training program. It features a circular logo for "YOGAFAITH" with "R-YFT 200" and "REGISTERED YOGAFAITH® TRAINER" inside. Below the logo, the word "YOGAFAITH" is written in a stylized font with a red "A". The main text reads "LONDON, ONTARIO 2020" in large, bold, black letters. Underneath, it says "MIRACLE IMMERSION TEACHER TRAINING" and the dates "9.27-10.4". At the bottom, there is another circular logo for "R-CYAMS" with "REGISTERED CYAMAS® TRAINER" inside. The text "RESERVE SPOT \$200 | YOGAFAITH.ORG" is at the very bottom.



**"My greatest wish for you all
is to weave simplicity and
ease in all you do; health,
body, business and life"**

- Jenn Pike

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6ISA**
HEART CHAKRA FLOW

A unique vinyasa class that will tend to your fourth chakra, the heart. Be ready to experience a practice that will keep you engaged to stay present to how you feel, and fill you with compassion and love. Vinyasa class, closing with Restorative postures. Options will be given to accommodate all levels.

Saturday, April 4th 1 PM - 3 PM **SA3ISA**
CREATIVE FLOW FOR HEALTHY SHOULDERS

We will look at the anatomy of the shoulder, particularly where we typically lack mobility. Then we will learn how to integrate simple exercises to create greater mobility and stability around the shoulder girdle. This class is for all levels, and will offer fresh ideas for your own practice and teachings.

Sunday, April 5th 9 AM - 11 AM **SU1ISA**
MOBILE JOINTS, MOBILE BODY

We don't talk about joint health enough. Explore the shoulder, hip, and knee joints, and discover how to create greater stability, strength, and movement around your joints. You will experience a vinyasa flow class that has the added flavour of simple mobility exercises that create more stable and mobile joints.

Sunday, April 5th 4:30 PM - 6:30 PM **SU4ISA**
**RESTORATIVE YOGA FOR ANXIETY
AND DEPRESSION**

Come experience a unique Restorative class. Fatigue, anxiety, and depression are the result of a life of busyness and the multiple roles we play today. In this session, we will experience a specific Meditation, Pranayama (breathing technique), along with supported postures to cultivate softening, calmness and greater well-being.



HEART CHAKRA
JOINT HEALTH
RESTORATIVE

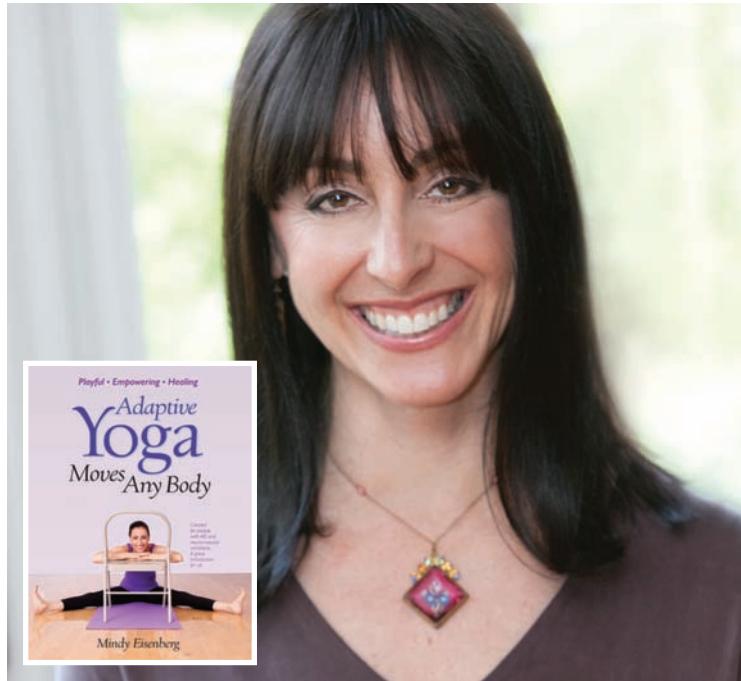


"The very heart of Yoga practice is "abyhasa"- steady effort in the direction you want to go."

- Sally Kempton

MINDY EISENBERG

yogamovesms.org



Saturday, April 4th 1 PM - 3 PM **SA3EIS**
ADAPTIVE YOGA MOVES ANY BODY

Explore the joy of adaptive Yoga for those with a range of abilities and neuromuscular conditions. Discover how a range of postures become accessible with the use of props. Learn techniques to safely lower from and lift to a chair, instructor-assistance approaches, as well as how to organize a small group class and build community.

Sunday, April 5th 11:30 AM - 6:30 PM **SU5EIS**
ADAPTIVE YOGA MOVES ANY BODY

Explore the joy of adaptive Yoga for those with a range of abilities and neuromuscular conditions. Understand the role of the instructor in making various poses accessible with props and building community. Receive an overview of the latest studies, information about neuroplasticity, and integrating mindfulness to an adaptive class.

SHELLY PROSKO, NEIL PEARSON & MARLYSA SULLIVAN

physiogyoga.ca
paincareu.com
integrativeyogastudies.com



Thursday, April 2nd 11 AM - 6 PM **TH1PRO**
**EXPLORING PAIN THROUGH YOGA AND SCIENCE:
A GUIDE FOR TEACHING YOGA TO PEOPLE IN PAIN**

Through both lecture and experiential teaching, this workshop explores the current science about pain, how Yoga practices and philosophy can relate to pain management, as well as common misunderstandings surrounding pain in our culture and Yoga communities. Learn how to offer safe and suitable practices for people in pain.

Saturday, April 4th 8 AM - 10 AM **SA1PRO**
**EXPLORING PAIN THROUGH YOGA AND SCIENCE:
A GUIDE FOR TEACHING YOGA TO PEOPLE IN PAIN**

This workshop will explore what current science teaches us about pain, including how Yoga practices and philosophy are related, some common misunderstandings surrounding pain in our culture and Yoga communities, and how this knowledge can be used to help Yoga professionals offer safe and suitable practices for people in pain. Lecture and experiential.





The Many Hats of an Adaptive Yoga Instructor for Small Group Classes

MINDY EISENBERG

There are essential ingredients that make the right environment for an adaptive Yoga class for individuals with MS and neuromuscular conditions must address a variety of physical to cognitive challenges. An adept teacher of adaptive Yoga wears many hats to achieve this environment, starting by understanding that students may enter the Yoga classroom with a host of symptoms, including but not limited to fatigue, impaired vision, balance and ambulation, spasticity and rigidity, depression and anxiety, sleep disturbances, vertigo, urinary and bowel incontinence, and physical pain. The role of an adaptive Yoga instructor is to help students find freedom and healing within their abilities. Their real Yoga props are empowerment, creativity, playfulness, mindfulness, and team spirit.

The instructor takes on many roles to help students to harness their inner power and manifest changes that were perhaps never considered possible to those with chronic conditions and movement challenges. Leading and assisting students through a sequence of creative, physical Yoga postures is one role. The other—and perhaps more important—role

of the adaptive Yoga instructor is facilitating an uplifting atmosphere filled with opportunities for student empowerment. The poses can be thought of steps on a pathway sprinkled with hope. "Being back in control of my life and learning to accept my new body is empowering. I am no longer afraid of my MS. Yoga opened up my world and gave me purpose," explains Mary, a Yoga Moves student.

The adaptive Yoga instructor acts as a team leader by attuning to feedback and ideas from students and co-instructors. Thus, those with MS and neuromuscular conditions can partake in their healing process with Yoga. The ripple effect of one idea leading to another can result in a wave of new ideas and experiences of how to approach poses. The class becomes a learning experience for students and instructors.

"When I walk across the threshold into the Yoga studio, there is no judgment. We are all the same. Yoga provides that respite and solace I can't find elsewhere. For two hours I am able to leave MS at the door," a Yoga Moves MS student explains.

The adept adaptive Yoga instructor creates an atmosphere of acceptance, no matter what the symptom, throughout the class. For example, pseudobulbar affect (PBA) consists of frequent, involuntary and uncontrollable outbursts of crying or laughing that are exaggerated or not connected to emotional state. Laughter that often turns to tears pops out of nowhere. Episodes or outbursts can occur at any time between normal mood states. The adaptive Yoga instructor can turn what can be an embarrassing symptom outside the Yoga room into a healing environment by cultivating acceptance in the Yoga classroom. The instructor must be prepared to facilitate moments where students naturally join in and laugh or cry and react with warmth and loving-kindness to the student with PBA or other challenging symptoms.

With creativity, a sense of intention, and student input, Yoga can fit all body types, whether flexible or stiff, short or tall, muscular or lean, and able to ambulate with or without a cane, walker, scooter, or wheelchair. Yoga Moves instructors and students have created an empowering community that goes off the mat and well beyond the classroom.



YOGA FOR CHILDREN YOGA, YOUTH, EMOTIONS

Saturday, April 4th 10:30 AM - 12:30 PM **SA2HRY**
**TEACHING YOGA TO
TEENS/ADOLESCENTS/YOUTH**

Engage the youth of today with a practice that will help to balance their rapidly changing hormones, increase body awareness, and provide them with tools to ease stress and anxiety.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4HRY**
**THE EMOTIONAL BALANCING ACT:
SUPPORTING YOUTH EXPERIENCING ANXIETY,
DEPRESSION & TRAUMA**

In this workshop, learn a multi-dimensional approach to Yoga to help youth balance thoughts, feelings, and behaviours, and support their mental and emotional health.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5HRY**
**A LIFETIME LOVE OF YOGA: ABSOLUTE ESSENTIALS
FOR CHILDREN'S YOGA TEACHERS**

In this experiential workshop, we will explore the critical components that make a children's class engaging, fun, and inspiring for both student and teacher.



"The more we let go of our need for kids to love Yoga, the more curious they become."

- Tamika Schilbe

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200 Hour Online Shamanic
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Jane Savile

www.returntotheheart.love
livingshamanicyoga@gmail.com



BUSINESS BOOTCAMP

Thursday, April 2nd 11 AM - 6 PM TH1EIS
**YOGA & WELLNESS BUSINESS BOOTCAMP:
CREATING HEART-CENTRED STRUCTURE,
STRATEGY & SUSTAINABILITY**

An engaging and interactive Business Boot Camp that provides simple and practical steps to support you in increasing your income and impact, decreasing your workload, and maximizing time spent doing what you love. Learn a process to help you organize your schedule, optimize your presence on and offline, and generate sustainable success creating and selling higher-end offerings.

Sunday, April 5th 4:30 PM - 6:30 PM SU4EIS
**ROOT2RISE WORKSHOP:
LAYING THE FOUNDATION TO LAUNCH
OR EXPAND YOUR YOGA BUSINESS**

In this workshop you will learn an easy-to-implement process that will help you get clear on your message, easily organize all your big ideas and service offerings. Add simple structure to your vision, and marketing and promote yourself in the community and online, so you can launch your business successfully.



"Creating structure and organization in your business doesn't have to be so hard!"

- Michael Eisen



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AYURVEDIC SCALP MASSAGE

Thursday, April 2nd 11 AM - 6 PM TH1OLI
AYURVEDA SCALP MASSAGE ON A MAT: WORKSHOP FOR YOGA TEACHERS

For Yoga teachers wanting to integrate the healing wisdom of Ayurveda Therapy in your classroom. Learn to create a one-on-one treatment that you can use in a 30-minute session for your private and semi-private settings. Discover how to adapt the teachings for your small group classes.

The MOGA logo features the letters 'MOGA' in a large, bold, black sans-serif font. Inside the 'O' is a purple circular icon containing a stylized purple lotus flower. To the left of the logo is a photograph of a pregnant woman in a light blue tank top and dark leggings, sitting cross-legged and gently holding her pregnant belly. To the right is a photograph of a woman with long blonde hair, smiling broadly, holding two young children in her lap. Below the logo, the text reads: "Get everything you need to find success teaching Prenatal & Postnatal Yoga". To the right of this text is a list of included benefits: "Includes: Online Teacher Trainings, Yoga Alliance Accreditation, International Community of MOGA Teachers, License to Teach MOGA Classes, Templates, Waivers, Sequences & More, On Going Business Planning & Support". At the bottom, contact information is provided: "Email: info@mogamoms.com" and "www.mogamoms.com".

MOGA

Get everything you need to find success
teaching Prenatal & Postnatal Yoga

Includes:

- Online Teacher Trainings
- Yoga Alliance Accreditation
- International Community of MOGA Teachers
- License to Teach MOGA Classes
- Templates, Waivers, Sequences & More
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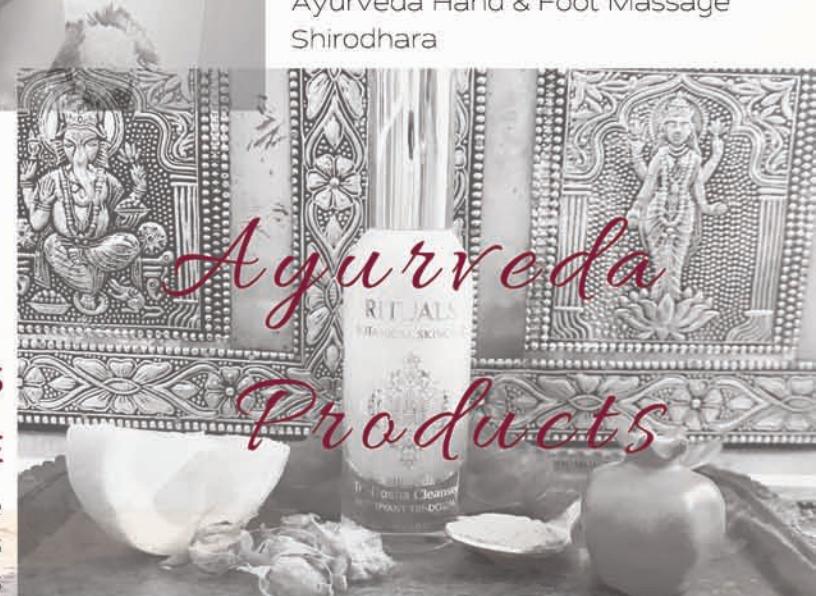
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We are offering discounted Indian Head Massages & Vedic Astrology Readings to Yoga Show attendees

WWW.AYURVEDICTOUCH.COM

416-504-6049

1081 BATHURST ST TORONTO

HAPPY JACK



happyjackyoga.com

Saturday, April 4th 1 PM - 3 PM **SA3BOK**
CONSCIOUS ENTREPRENEURSHIP

Let's be honest: most businesses prioritize PROFIT over PURPOSE. This is not sustainable for either Mother Earth or the economic health of your business.

A Conscious Entrepreneur does business with their VALUES and WELL BEING at the forefront of everything they do. It's about creating your life and your business in a way that MAKES YOU COME ALIVE.

This workshop is specifically designed to empower Yoga Teachers, Health Coaches, and Entrepreneurs to crush their business! You will discover the 7 Secrets to Conscious Entrepreneurial IMPACT and SUCCESS.

The reality is, many Yoga Teachers and Entrepreneurs struggle to succeed financially. This does not have to be the case. The outcome of this session is to equip you with the STRATEGIES and PSYCHOLOGY to create a thriving business while positively impacting the world.

ALLIE CHISHOLM

Friday, April 3rd 6 PM - 8 PM **FR2CHI**
THE NECESSITY OF TOUCH,
THE FUNDAMENTALS OF YOGA ASSISTS

Our hands can communicate and translate when words are not enough. Learn from two experienced teachers the unique approach that is both safe and intimate while respecting the individual process of each student. Discover how Yoga and the relationship that a teacher builds with their student has the potential for profound healing for both parties.

Saturday, April 4th 10:30 AM - 12:30 PM **SA2CHI**
INDRA'S NET, THE ROLE OF FASCIA
IN OUR SOMATIC UNCONSCIOUS

Why do we always seem to cycle back to the same situations, the same narratives, and the same hurt? Allie will guide you in a slow, courageous journey of fascial unwinding flows, breathwork to raise your relaxation response, and Nidra to reboot your nervous system all through storytelling, touch, and humour.

ahimsa.ca
alliechisholmsmith.com



Friday, April 3rd 6 PM - 8 PM FR2LEE
FINDING A BETTER NIGHT SLEEP THROUGH EXPLORATION OF THE SHOULDERS, NECK AND JAW

A workshop for anyone suffering from teeth grinding, TMJ or difficulty falling asleep. After exploring the physiological explanation behind these conditions and the psychosomatic reflexes associated, we will work through gentle and specific yogic techniques/Meditations for alleviating tension to create a better balance in the physical structure for a better night's sleep.



"Understanding how the body moves is essential."

- Andrea Lee



Sunday, April 5th 2 PM - 4 PM SU3PEA
SANSKRIT PHONETICS

An introduction to the alphabet of the *sāṃskṛita varṇa mālā* (the garland of sounds), voicing the Sanskrit names of the commonly known Āsana during practice. We will review the Eightfold Disciplines of Yoga (*aṣṭāṅga*) and list accessible sources of further study and practice.
Minimal note-taking required.

योगप्रकाशनम्



HUGH PEACOCK





CONSCIOUSNESS HANDS-ON MODALITY ACCESS CONSCIOUSNESS™

Saturday, April 4th 5:30 PM - 7:30 PM **SA5BIZ**
LEARN 3 WAYS TO ACCESS THE INFINITE POSSIBILITIES IN LIFE, YOGA AND BUSINESS

This workshop introduces Access bars, a gentle hands-on modality for the dreamers and seekers. The Bars are 32 unique points on the head that correlate to different areas and aspects of life, each of which is gently touched during a session. Access bars offers a life changing technique that quiets your mind, relaxes your body and breaks down barriers; allowing you to receive the infinite joy and abundance of the universe.

CORY STERLING

yogalegal.com



BUSINESS LEGALITIES

Saturday, April 4th 5:30 PM - 7:30 PM **SA5STE**
SIX THINGS YOU MUST KNOW TO GROW AND PROTECT YOUR YOGA BUSINESS LEGALLY

Whether you are a studio, a festival or conference director, a teacher, or an online brand, learn how the law applies to your Yoga business. Presented in a fun, comfortable manner, Cory makes the law accessible. He will discuss legal precepts about agreements, waivers of liability, employees vs. contractors, and more.



Thursday, April 2nd 11 AM - 6 PM TH1ECC
CHAIR YOGA - SUPPORTING ACCESSIBILITY

Explore the many techniques you can use to make Asana more accessible by learning the importance of language and understanding how physical proportions, compression, tension, and orientation affects our body. Learn how to adapt, teach, and support bodies that don't naturally "fit" into many Yoga poses.

ACCESSIBLE
YOGA

INTEGRATIVE
POSITIONAL
THERAPY

Saturday, April 4th 5:30 PM - 7:30 PM SA5ECC
**YOGA FOR JOINT CHALLENGES &
LIMITED RANGE OF MOTION**

Safely discover the benefits of the seated joint-opening series, eight spinal movements in this focused session for joint challenges. While exploring the sensations in the body, you will learn how to adapt the series to multiple levels of flexibility to ensure a safe and comfortable experience for all.

WE CAN'T WAIT TO SEE YOU!

Let us know if you have any questions or how we can assist you sort your participation.

RUTH VAN DER VOORT
CONFERENCE DIRECTOR

SARAH KING
OPERATIONS MANAGER

TEXT OR CALL US
905-404-9642

EMAIL
info@theyogaconference.com



Photo courtesy of Will Delaney



ESSENCE OF BREATH

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6LAN**
ECSTATIC BREATHWORK—ESSENCE OF BREATH

An ecstatic breathing practice to stimulate the dormant states of consciousness and liberate your memories by integrating the feeling of unconditional love. Includes a 20-minute warm-up mixing dance and breathing exercises with movements and deep sharing, followed by an hour-long conscious breathing practice done lying down. Expect an intense experience.

Friday, April 3rd 6 PM - 8 PM **FR2LAN**
**CHAKRAS BREATHWORK—
HARMONIZING THE 7 CHAKRAS**

With music to guide you through your journey, awaken the energy of the Kundalini by promoting its ascension through the seven chakras through breathing techniques, Meditation, visualizations, and awakers (Asana). We will finish with a mantra to harmonize the eighth chakra (the Aura) and celebrate the divinity within each of us.

Saturday, April 4th 8 AM - 10 AM **SA1LAN**
SACRED SHAMANIC VOYAGE—ESSENCE OF BREATH

Guided by visualizations and Shamanic musical instruments, travel through different areas of your subconscious that have been awaiting your visit for a long time, and return from your unique journey with precious gifts of support to your life. Includes a 20-minute Yoga warm-up, followed by an hour-long conscious breathing practice done lying down.
***Bring warm clothing and a blanket if available.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4LAN**
FREE YOURSELF WITH BIODYNAMIC BREATHWORK

From playful warm-ups, to whole-body shaking, to undulating spinal waves, movement is key to what makes Biodynamic Breath truly transformative. Heal past trauma, connect with your authentic being, and feel joy and peace. Includes a 30-minute active Meditation, followed by a 45-minute conscious breathing practice done sitting and lying down.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5LAN**
"MANDALA" BREATHWORK—ESSENCE OF BREATH

A sacred and unique conscious breathing ceremony done sitting in a circle, a method integrating the principle of unconditional love and developing infinite compassion towards oneself through the reflection of others. Join this intimate experience of openness and communication with others that unites all circles of breathing into a single circle of love.

Sunday, April 5th 4:30 PM - 6:30 PM **SU4LAN**
**SOFTENING THE ARMORING WITH ESSENCE
FLOW YOGA & BREATHWORK**

Essence FLOW is based on the practice of specific postures inspired by the tradition of Yoga, breathwork, conscious movement, and organic dance exercises to release physical and emotional tension, as well as active Meditation practices. It is designed to soften the many layers of the body's armour to release your mental, emotional, and physiological tensions.





ASTROLOGY
ALCHEMY
TALISMAN
CEREMONY

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6RUE**

**ASTROLOGY & ALCHEMY:
THE SIGNS OF THE ZODIAC**

Discover a deeper understanding of each sign, and hopefully, a deeper understanding of YOU. We'll dig into the first principles of astrology, including each sign's element and modality, their common characteristics, as well as the stories and symbolism that help us illuminate the wisdom of this ancient practice.

Friday, April 3rd 6 PM - 8 PM **FR2RUE**
TALISMAN CEREMONY

Set your intention in clay form. Sandy will bring the stars down to earth through easy to understand terminology, mythology, and current planetary transits. Following the lecture and guided Meditation, you will hand roll your own millefiori clay bead, energetically infusing your intention inside.

Saturday, April 4th 3:15 PM - 5:15 PM **SA4RUE**
**ASTROLOGY & ALCHEMY:
THE PLANETS IN THE CHART**

Learn the difference between the sun, moon, and rising (or "ascendant") signs, what each represents in life, and how each helps to constitute our character. Discover lesser known factors like the descendant and nadir signs, to help you understand the shadow side and how to work with it.

Saturday, April 4th 5:30 PM - 7:30 PM **SA5RUE**
TALISMAN CEREMONY

Set your intention in clay form. Sandy will bring the stars down to earth through easy to understand terminology, mythology, and current planetary transits. Following the lecture and guided Meditation, you will hand roll your own millefiori clay bead, energetically infusing your intention inside.

Sunday, April 5th 4:30 PM - 6:30 PM **SU4RUE**
ASTROLOGY & ALCHEMY: THE HOUSES & THE WHEEL

The astrological wheel describes the 12 houses of your chart, revealing how the planetary energies play out across the different areas of your life: your relationships and reputation, your creativity and communication—even your sense of self and spirituality. Move into the final stage of astrology is Alchemy—the magical transformation and creation of YOU.



"Astrology the language of the universe. Through an astrological lens, we can see not only our individuality but our universality."

- Sandy Rueve

AMANDA MCKINNEY & SHANNON CROW

marketingyogawithconfidence.com
theconnectedyogateacher.com

FILL YOUR YOGA CLASSES



Friday, April 3rd 6 PM - 8 PM **FR2ASC**
3 - STEP PROCESS TO FILL YOUR CLASSES

If you're ready to fill your classes, Shannon Crow and Amanda McKinney have a 3-step process to help you get there. This workshop offers simple, actionable steps so you can authentically market your class and earn money doing what you love.

STEVEN HUGHES & FARAH JINDANI

camh.ca

FINDING SAFE SANCTUARY YOGA NIDRA



Thursday, April 2nd 6:30 PM - 8:30 PM **TH6HUG**

FINDING SAFE SANCTUARY: CREATING THE NEURAL PATHWAYS FOR HEALING THROUGH YOGA NIDRA

An introduction to the mind-body practice of Yoga Nidra providing the fundamental guidelines for creating a trauma-sensitive and psychologically safer environment for yoga students with trauma histories. Guided imagery will enhance self-efficacy, creating an inner safe sanctuary that can be accessed at any time, including during stressful life events.

*Note: some elements of the program may be potentially evocative for some individuals who have experienced trauma (especially hyper-arousal and dissociation) and significant challenges in managing anxiety.



JENNA SWITZER



ANATOMY AND BIOMECHANICS FOR YOGIS I PELVIC FLOOR

Thursday, April 2nd 6:30 PM - 8:30 PM **TH6SWI**
UNDERSTANDING YOUR PELVIC FLOOR

Combining therapy ball work, Yoga poses, chakra and energetic discussions, participants will build a deeper understanding of both the anatomical and energetic workings of their pelvic floor. Whether looking to heal pelvic floor dysfunction, discover one's inner creative, or connect to yoni energy, this workshop will provide tools to complete student's self-care practice.

Friday, April 3rd 9 AM - 5 PM **FR1SWI**
ANATOMY FOR YOGIS

Understanding the complex structure of the physical body—from the systems regulating stress levels to muscle pathways and other tissues—can reduce the likelihood of injury and decrease pain during practice. Greater knowledge provides opportunities to build strength, flexibility, and mobility in your practice. Leave feeling empowered in your practice or teaching!

Saturday, April 4th 3:15 PM - 5:15 PM **SA4SWI**
**UNDERSTANDING YOUR BODY'S UNIQUE
STRUCTURE AND BIOMECHANICS**

From the shape of our bones to the tension in our tissues, our biomechanics will affect the way we practice Asana, sit in Meditation, and breathe for pranyama. Using visual observations of shoulders and hips, you'll leave with a better understanding of your own physiology to empower your practice.





PILATES ESSENTIALS THE 'O' SOLUTION SI JOINT

Thursday, April 2nd 11 AM - 8:30 PM TH8MCK

PILATES MAT: LEARN TO TEACH AND PRACTICE THE ESSENTIALS

Includes a brief overview, key movement principles for the body's kinetic chain, and mat exercises that build from the Body Harmonics Foundation repertoire to Pilates Classics. Leave with a variety of exercise ideas and effective ways to make the Pilates repertoire work in a stand-alone class or a Yoga-based program.

Saturday, April 4th 8 AM - 10 AM SA1MCK
TOWARDS A HEALTHY PELVIC FLOOR

An informative workshop to demystify the layers of muscle and fascia that comprise the pelvic floor, and to review its functional relationship to the rest of the body. Gain an understanding of the pelvic floor's supportive role and with a set of best practices to condition this area of the body.

Saturday, April 4th 1 PM - 3 PM SA3MCK
**THE O SOLUTION: OSTEOPENIA,
OSTEOPOROSIS, AND ORTHOPAEDIC HEALTH**

A course packed with current information and analysis of these conditions, providing a detailed map of how to ensure the exercises you teach are bone safe and as effective as possible for building bone density. Leave able to work proactively with the specialized needs of people with osteopenia and osteoporosis.

Saturday, April 4th 5:30 PM - 7:30 PM SA5MCK

SACROILIAC JOINT: THE CRITICAL, FUNCTIONAL LINK

Optimal functioning of the sacroiliac joint is essential for a happy back, hips, and knees. And, SI joint pain can seriously limit what a person can do in your classes. Learn how the SI joint functions along with simple techniques and movements to help people with hypermobility, hypomobility, and pelvic imbalances.

Sunday, April 5th 2 PM - 4 PM SU3MCK
NO MORE NECK TENSION OR STRAIN

In this workshop we will unravel the complexity of the cervical region, and look at how to help people recondition the cervical region to move beyond strain during their practice and carry their heads with more power and ease.





PILATES MAT

Body Harmonics brings movement, health, and education together to transform your body from the inside out.

A combo of resistance and balance training on the mat. Use a variety of movements and apparatus to constantly challenge you to master new moves, and muscles you never knew you had suddenly come alive.

SESSION HELD ON SHOW FLOOR

PILATES MAT

Friday, April 3rd	10 AM - 11 AM	PILFR1
Friday, April 3rd	1 PM - 2 PM	PILFR2
Friday, April 3rd	5 PM - 6 PM	PILFR3
Saturday, April 4th	1 PM - 2 PM	PILSA1
Saturday, April 4th	5:30 PM - 6:30 PM	PILSA2
Sunday, April 5th	2 PM - 3 PM	PILSU1

CORE BALL

Evolve your Yoga practice!
Learn a series of movements you can use or teach to expedite practice of almost any Yoga posture.

Core Ball Movements will be correlated to Yoga postures.
Modifications will also be provided.

SESSION HELD ON SHOW FLOOR

CORE BALL - STABILIZE & STRENGTHEN

Friday, April 3rd	12 PM - 1 PM	COBFR1
Friday, April 3rd	3 PM - 4 PM	COBFR2
Friday, April 3rd	7 PM - 8 PM	COBFR3
Saturday, April 4th	10:30 AM - 11:30 AM	COBSA1
Saturday, April 4th	3:15 PM - 4:15 PM	COBSA2
Sunday, April 5th	11:30 AM - 12:30 PM	COBSU1
Sunday, April 5th	4:30 PM - 5:30 PM	COBSU2



DEEP TISSUE
RELEASE

HAPPY HIPS

GURU YOUR
SOCIAL MEDIA

Thursday, April 2nd 6:30 PM - 8:30 PM TH6BLI

**HIPS EBB & FLOW: TEACHING YOGA
TO RESONATE HAPPY, HEALTHY HIPS**

Join in a soulful play of the inner life of the hip Asana, embracing the holding and the letting go of the hips; the opening and the closure; the ebb and the wave of lusciousness that leverages your playful Asana about the hip. Where we now know restriction, we will know freedom.

Saturday, April 4th 8 AM - 10 AM SA1BLI

**DEEP TISSUE RELEASE:
UNDERSTANDING THE RIGHTS OF RELEASE
TO LET GO OF ISSUES IN OUR TISSUES**

We all hold on to so much stuff! Give yourself permission to unlearn and unwind that unnecessary tension deep in the temple, the matrix to express the ecosystem of you! We will discover how to release tension from deep tissue through the magic of Asana-based movement to still waters of awareness.

Sunday, April 5th 2 PM - 4 PM SU3BLI

**LET'S GET SOCIAL! IG TO FB TO LINKEDIN:
HOW TO GURU YOUR OWN SOCIAL EFFICIENTLY**

Learn how to plan, post, theme, and create timed posts to maintain the overall feel of your feed. Planned social media presence offers the power to support you, allowing you to remain present and prioritize what is most important: your practice and your vision. Camera, cell phone, laptop, and journals needed. Flat lay props suggested.



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Best Slip-Resistance – Open-cell rubber delivers optimum grip
Comfortable – Compression-set resistance for incomparable cushioning



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SURFSET FITNESS

IS ABOUT GETTING AWAY FROM TRADITIONAL, STATIC WORKOUTS AND CHALLENGING YOUR BODY IN NEW WAYS!

SURFSET is a full-body approach drawing from the real movements of surfing to create workouts that build balance, core strength, stability, agility, aerobic conditioning, power, lean muscle, and coordination. SURFSET classes are structured for optimal fat burn, muscle build, and improved balance.

SESSION HELD ON SHOW FLOOR



SURFSET - REINVENT YOUR YOGA

Friday, April 3rd	11 AM - 12 PM	SURFR1
Friday, April 3rd	1 PM - 2 PM	SURFR2
Friday, April 3rd	5 PM - 6 PM	SURFR3
Friday, April 3rd	6 PM - 7 PM	SURFR4
Saturday, April 4th	10:30 AM - 11:30 AM	SURSA1
Saturday, April 4th	1 PM - 2 PM	SURSA2
Saturday, April 4th	3:15 PM - 4:15 PM	SURSA3
Saturday, April 4th	5:30 PM - 6:30 PM	SURSA4
Sunday, April 5th	11:30 AM - 12:30 PM	SURSU1
Sunday, April 5th	2 PM - 3 PM	SURSU2



SUSPENSION YOGA™

SESSION HELD ON SHOW FLOOR

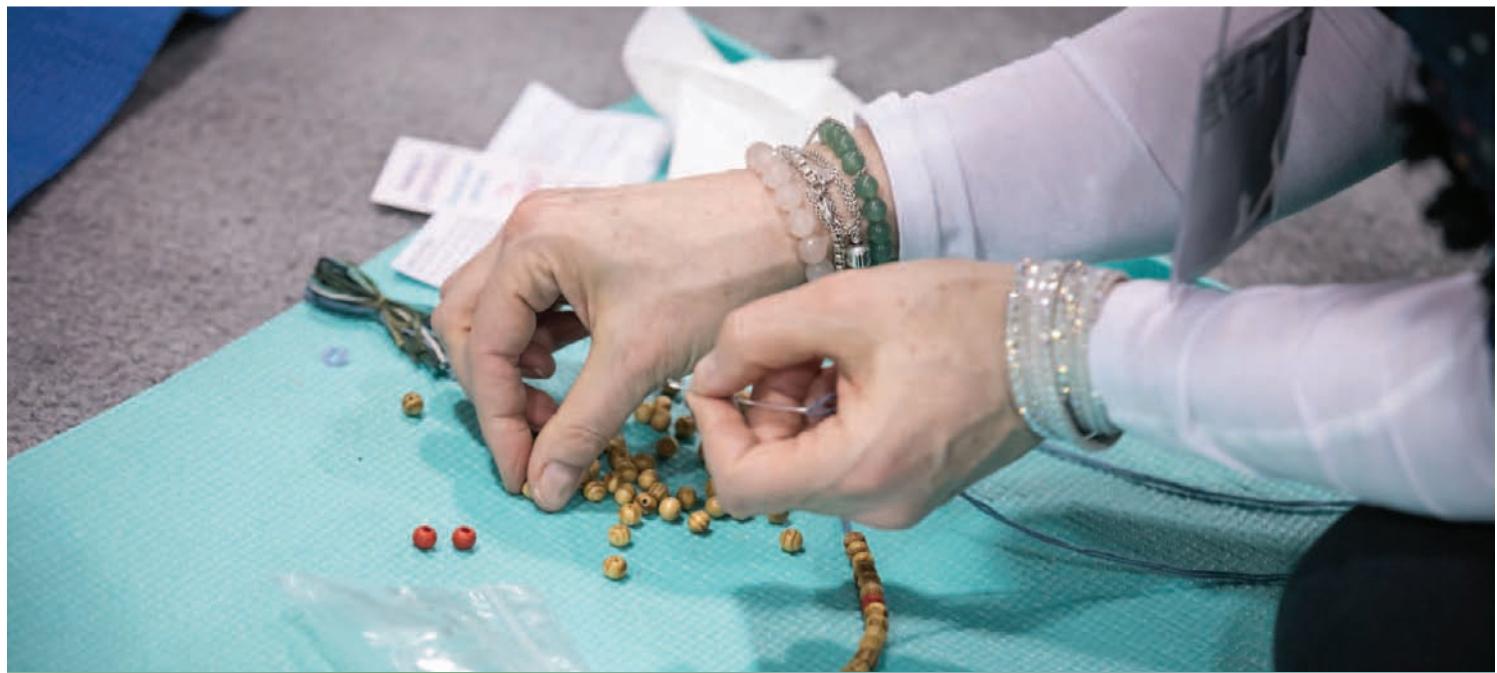


Suspension Yoga™ offers an energizing and relaxing way of exercising. Through inversions and aerial movements you strengthen your core and create balance, your muscles stretch – creating a great feeling of release. Discover a whole new way to practise your poses.



SUSPENSION YOGA TRAINING & PRACTICE

Friday, April 3rd	10 AM - 12 PM	SUSFR1
Friday, April 3rd	1 PM - 3 PM	SUSFR2
Friday, April 3rd	3 PM - 5 PM	SUSFR3
Friday, April 3rd	6 PM - 8 PM	SUSFR4
Saturday, April 4th	10:30 AM - 12:30 PM	SUSSA1
Saturday, April 4th	1 PM - 3 PM	SUSSA2
Saturday, April 4th	3:15 PM - 5:15 PM	SUSSA3
Saturday, April 4th	5:30 PM - 7:30 PM	SUSSA4
Sunday, April 5th	9 AM - 11 AM	SUSSU1
Sunday, April 5th	11:30 AM - 1:30 PM	SUSSU2
Sunday, April 5th	2 PM - 4 PM	SUSSU3



MALA BEAD MAKING: SET YOUR INTENTION

Create something for your journey.

What are Mala Beads and Why Make a String? Mala beads are a string of beads traditionally used in prayer and Meditation. They are also a beautiful reminder of our intentions. Create something for your journey! Leave with a completed gemstone and sandalwood mala bead necklace infused with intention for you to use in mindful living, Meditation, prayer or chanting.

You will also receive an F'n Badass or Tuff Nutt affirmation card to guide you on your journey.

SESSION HELD ON SHOW FLOOR



MALA BEAD MAKING: SET YOUR INTENTION

Friday, April 3rd	10 AM - 12 PM	MALFR1
Friday, April 3rd	3 PM - 5 PM	MALFR2
Saturday, April 4th	10:30 AM - 12:30 PM	MALSA1
Saturday, April 4th	3:15 PM - 5:15 PM	MALSA2
Sunday, April 5th	11:30 AM - 1:30 PM	MALSU1





MINDFULNESS THROUGH THE ARTS AND THE SENSES

We'll meditate to shift out of "thinking" mode and into "being" mode to explore what happens when we allow the mind to be expressed through different art mediums. This is a judgment-free space where you can explore what's possible when you strip away any expectations of yourself.

SESSION HELD ON SHOW FLOOR

MINDFULNESS THROUGH THE ARTS

Friday, April 3rd	1 PM - 3 PM	MINFR1
Friday, April 3rd	6 PM - 8 PM	MINFR3
Saturday, April 4th	1 PM - 3 PM	MINSA2
Saturday, April 4th	5:30 PM - 7:30 PM	MINSA4
Sunday, April 5th	11:30 AM - 1:30 PM	MINSU1

We'll experiment with the way our senses remind us to experience life where it is actually happening. After debunking the myth of multi-tasking, we'll dive into the moment, whether that's through a chocolate tasting, sound therapy, self-massage, or essential oil therapy. Leave with tips on how to incorporate mindfulness into everyday life.

SESSION HELD ON SHOW FLOOR

MINDFULNESS THROUGH THE SENSES

Friday, April 3rd	3:30 PM - 5:30 PM	MINFR2
Saturday, April 4th	10:30 AM - 12:30 PM	MINSA1
Saturday, April 4th	3:15 PM - 5:15 PM	MINSA3
Sunday, April 5th	2 PM - 4 PM	MINSU2



YIN YOGA
CHAKRAS
YOGA PREHAB

Thursday, April 2nd 11 AM - 6 PM TH1ERI
YIN YOGA: FOUNDATION TRAINING & EXPERIENTIAL INTENSIVE

An intensive designed to be both an introduction to and immersion in Yin Yoga. The receptive Yin postures are highlighted and complementary Yang yoga forms offered to provide balance and context. Focus on the purpose, method and effects of Yin Yoga on the body, the heart and the mind.

Friday, April 3rd 9 AM - 5 PM FR1ERI
MEDITATION & MINDFULNESS: EMBRACING THE MYSTERY

Experience Buddhist Meditation techniques for cultivating presence, awareness, and insight. Explore sitting, standing, walking, and lying meditation while weaving in the energies of forgiveness, compassion, joy, and loving kindness. No previous meditation experience required. All are welcome.

Saturday, April 4th 10:30 AM - 12:30 PM SA2ERI
YIN YOGA FOR THE CHAKRAS

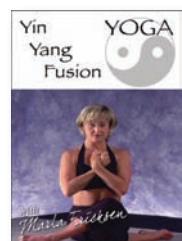
Learn Yin poses that stimulate and harmonize each chakra. Learn to incorporate Bija chants, imagery, mantra, and pranayama to deepen the experience of merging psycho-energetic alignment with the fascial web through connective tissue stimulation. This combination of practices will send a healing reverberation through your entire being.

Saturday, April 4th 3:15 PM - 5:15 PM SA4ERI
YANG YOGA WITH A YIN ATTITUDE

Both Yin and Yang forms are necessary to create balance. Discover a mindful way of approaching dynamic vinyasa by cultivating sukha—ease within the effort. Replace the ego pride striving towards an unattainable ideal by recruiting vajra pride—the indestructible essence of being—to stabilize your asana practice one mindful breath at a time.

Saturday, April 4th 5:30 PM - 7:30 PM SA5ERI
YOGA PREHAB

We can all enjoy optimal physical functioning as one of the many benefits of practicing Yoga. In this session, Marla shares a progressive Yoga practice that is generically therapeutic in nature. This workshop is geared towards discovering, establishing, and reinforcing functional movement patterns with the vision of enjoying a sustainable yoga practice by emphasizing mobility and stability; strength and flexibility; tension and integrity. This practice can benefit any level of practitioner.





INTENTIONAL DAILY LIVING: CREATE YOUR LIFE ON PURPOSE

**Be inspired to show up in your life in an intentional way
and create each day on purpose.**

Through several beautiful exercises, you will explore how to connect with your deepest truth and highest sense of purpose. You will learn several ways to create your own daily intention setting practice and integrate this mindset into your everyday life. Join me to find out how these simple practices can transform you.

SESSION HELD ON SHOW FLOOR



INTENTIONAL DAILY LIVING: CREATE YOUR LIFE ON PURPOSE

Friday, April 3rd	1 PM - 3 PM	IDLFR1
Friday, April 3rd	6 PM - 8 PM	IDLFR2
Saturday, April 4th	1 PM - 3 PM	IDLSA1
Saturday, April 4th	5:30 PM - 7:30 PM	IDLSA2
Sunday, April 5th	2 PM - 4 PM	IDLSU1

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THURSDAY, APRIL 2ND 11 AM - 6 PM

Andrea Olivera TH1OLI pg 46 Ayurveda Scalp Massage on a Mat - Workshop for Yoga Teachers	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ann Swanson TH1SWA pg 7 Yoga for Arthritis	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Blake Martin TH1MAR pg 19 Learn to Practice Thai Yoga Massage	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Clarity Barton TH1BAR pg 33 The Embodied Goddess: An Urban Retreat	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Hillary Faye TH1FAY pg 18 Reiki Restorative Training	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
J-P Tamblyn-Sabo TH1JPT pg 32 Elegant Adjustments: Aligning with Energy and Anatomy	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Kathryn Flynn TH1FLY pg 20 The Accessible Yoga Teacher's Toolkit	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Marla Erickson TH1ERI pg 63 Yin Yoga: Foundation Training & Experiential Intensive	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Michael Eisen TH1EIS pg 45 Yoga & Wellness Business Bootcamp: Creating Heart-Centred Structure, Strategy & Sustainability	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Missy White TH1WHI pg 8 108 Asana Workshop	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Naty Howard TH1HOW pg 38 Awaken Into Sacredness Retreat	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Shelly Prosko, Neil Pearson & Marlysa Sullivan TH1PRO pg 42 Exploring Pain Through Yoga and Science: A Guide for Teaching Yoga to People in Pain	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Todd Norian TH1NOR pg 15 Light on Ganesha: A Therapeutic, Alignment-Based Yoga that Transforms Body, Mind, and Heart	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Tracey Eccleston TH1ECC pg 51 Chair Yoga - Supporting Accessibility	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Tracey Soghrati TH1SOG pg 16 Resolve to Evolve	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

THURSDAY, APRIL 2ND 11 AM - 6 PM

Travis Eliot TH1ELI pg 13 Living the Ultimate Life!	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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THURSDAY, APRIL 2ND 11 AM - 8:30 PM

Margot McKinnon TH8MCK pg 56 Pilates Mat: Learn to Teach and Practice the Essentials	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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THURSDAY, APRIL 2ND 6:30 PM - 8:30 PM

Andrea Peloso TH6PEL pg 21 5 Strategies for Lower Back Health	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ann Green TH6BLI pg 58 Hips Ebb & Flow: Teaching Yoga to Resonate Happy, Healthy Hips	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Annie Langlois TH6LAN pg 52 Ecstatic Breathwork—Essence Of Breath	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Barrie Riseman TH6RIS pg 10 Resilience, Comfort, and Inspiration: Abiding in Your Steady Center	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Christine Felstead TH6FEL pg 36 Upper Body Harmony	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cynthia Cooperstone TH6COO pg 12 Take Your Pulse: The Embodiment of Universal Pulsation	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Devinder Kaur TH6KAU pg 22 Moving from Karma to Dharma	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ella Isakov TH6ISA pg 41 Heart Chakra Flow	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jenna Switzer TH6SWI pg 55 Understanding Your Pelvic Floor	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Megan Marie Gates TH6MMG pg 24 Cocoon: An Elemental Sound Bath	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Melanie (Madhuri) Phillips TH6PHI pg 39 You Are What You Think: Rewiring and Expanding Your Capacity for Joy	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Sandy Rueve TH6RUE pg 53 Astrology & Alchemy: The Signs Of The Zodiac	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>



THURSDAY, APRIL 2ND 6:30 PM - 8:30PM

Scott Davis TH6DAV pg 23 Happy and Healthy Hips	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Steven Hughes & Farah Jindani TH6HUG pg 54 Finding Safe Sanctuary: Creating The Neural Pathways For Healing Through Yoga Nidra	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

FRIDAY, APRIL 3RD 9 AM - 5 PM

Ann Swanson FR1SWA pg 7 Science of Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cynthia Cooperstone FR1COO pg 12 Align with Anusara: A Methodology for Radiant Living	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jenna Switzer FR1SWI pg 55 Anatomy for Yogis	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jill Miller FR1MIL pg 9 The Roll Model: Myofascial Self-Care	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Justin B. Haley FR1HAL pg 27 Restorative Yoga with Hot Stone: The Art of Nurturing	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Kathryn Flynn FR1FLY pg 20 Ayurvedic Yoga: An Elemental Approach to Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Lisa Greenbaum FR1GRE pg 28 Teaching Trauma-Informed Yoga: A Healing Journey	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Liz Diaz FR1DIA pg 35 Crystal Yoga Certification for Yoga Teachers	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Marla Erickson FR1ERI pg 63 Meditation & Mindfulness: Embracing The Mystery	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Megan Marie Gates FR1MMG pg 24 The Foundations of Sound Meditation	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Melanie (Madhuri) Phillips FR1PHI pg 39 Ayurveda & the Chakras: Wisdom for Self-Healing	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Michelle Tamblyn-Sabo FR1MTS pg 30 Goddess Flow Day Retreat	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

FRIDAY, APRIL 3RD 9 AM - 5 PM

Rodney Yee and Colleen Saidman Yee FR1YEE pg 6 The Complete One-Day Yoga Retreat	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Scott Davis FR1DAV pg 23 Journey to Deeper Presence with the Koshas	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Seane Corn FR1COR pg 4 Spirit Speak: Turning Your Yoga Class into a Journey of the Soul. An intensive for teachers and serious students	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

Todd Norian FR1NOR pg 15 Alignment Refinement: The Four Essentials of Ashaya Yoga®	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Tracey Soghrati FR1SOG pg 16 Mindfulness: A Yoga Psychology Training	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Travis Eliot FR1ELI pg 13 Yin Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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FRIDAY, APRIL 3RD 10 AM - 11 AM

Pilates Mat - Body Harmonics PILFR1 pg 57 Pilates	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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FRIDAY, APRIL 3RD 10 AM - 12 PM

Julie Lockhart Thompson MALFR1 pg 61 Mala Bead Making - Set Your Intention	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Suspension Yoga SUSFR1 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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FRIDAY, APRIL 3RD 11 AM - 12 PM

Surfset and the Bliss Yoga Team SURFR1 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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FRIDAY, APRIL 3RD 12 PM - 1 PM

Core Ball - Body Harmonics COBFR1 pg 57 Core Ball - Stabilize & Strengthen	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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FRIDAY, APRIL 3RD 1 PM - 2 PM

Pilates Mat - Body Harmonics YES MAYBE
PILFR2 pg 57

Pilates

Surfset and the Bliss Yoga Team YES MAYBE
SURFR2 pg 59

Surfset - Reinvent Your Yoga

FRIDAY, APRIL 3RD 1 PM - 3 PM

Adrienne Enns IDLFR1 pg 64 YES MAYBE
Intentional Daily Living:
Create Your Life on Purpose

Cassidy Thedorf MINFR1 pg 62 YES MAYBE
Mindfulness Through the Arts

Suspension Yoga SUSFR2 pg 60 YES MAYBE
Suspension Yoga - Training & Practice

FRIDAY, APRIL 3RD 3 PM - 4 PM

Core Ball - Body Harmonics YES MAYBE
COBFR2 pg 57

Core Ball - Stabilize & Strengthen

FRIDAY, APRIL 3RD 3 PM - 5 PM

Julie Lockhart Thompson MALFR2 pg 61 YES MAYBE
MalaBead Making - Set Your Intention

Suspension Yoga SUSFR3 pg 60 YES MAYBE
Suspension Yoga - Training & Practice

FRIDAY, APRIL 3RD 3:30 PM - 5:30 PM

Cassidy Thedorf MINFR2 pg 62 YES MAYBE
Mindfulness Through the Senses

FRIDAY, APRIL 3RD 5 PM - 6 PM

Pilates Mat - Body Harmonics YES MAYBE
PILFR3 pg 57

Pilates

Surfset and the Bliss Yoga Team YES MAYBE
SURFR3 pg 59

Surfset - Reinvent Your Yoga

FRIDAY, APRIL 3RD 6 PM - 7 PM

Surfset and the Bliss Yoga Team YES MAYBE
SURFR4 pg 59

Surfset - Reinvent Your Yoga

FRIDAY, APRIL 3RD 6 PM - 8 PM

Acro Buddhas - Miranda and Ryan YES MAYBE
FR2ACR pg 26

Acro Yoga Artshop

Adrienne Enns IDLFR2 pg 64 YES MAYBE
Intentional Daily Living:
Create Your Life on Purpose

Allie Chisholm FR2CHI pg 48 YES MAYBE
The Necessity of Touch,
The Fundamentals of Yoga Assists

Amanda McKinney & Shannon Crow YES MAYBE
FR2ASC pg 54

3 - Step Process to fill your classes

Andrea Lee FR2LEE pg 49 YES MAYBE
Finding a Better Night Sleep through
Exploration of the Shoulders, Neck and Jaw

Andrea Peloso FR2PEL pg 21 YES MAYBE
5 Fantastic Savasanas

Annie Langlois FR2LAN pg 52 YES MAYBE
Chakras Breathwork—Harmonizing
The 7 Chakras

Antonia Cartwright FR2CAR pg 14 YES MAYBE
The Psychological Benefits of Yoga
and Mindfulness

Barrie Riseman FR2RIS pg 10 YES MAYBE
The Power of You:
Unleashing your Authentic Voice

Blake Martin FR2MAR pg 19 YES MAYBE
Asana as Thought: Bringing our
Practice to the Mat

Cassidy Thedorf MINFR3 pg 62 YES MAYBE
Mindfulness Through the Arts

Clarity Barton FR2BAR pg 33 YES MAYBE
Divine Feminine Flow

Devinder Kaur FR2KAU pg 22 YES MAYBE
11 Moon Centres



FRIDAY, APRIL 3RD 6 PM - 8 PM

Hillary Faye FR2FAY pg 18 Strengthening Your Inner Guidance	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
J-P Tamblyn-Sabo FR2JPT pg 32 Meditation Made Manageable	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Liz Diaz FR2DIA pg 35 Crystal Yoga: Enhance Your Daily Practice with Crystals - Energy Medicine for Mind, Body & Soul	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Naty Howard FR2HOW pg 38 Soul Alchemy Flow	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Sandy Rueve FR2RUE pg 53 Talisman Ceremony	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSFR4 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

FRIDAY, APRIL 3RD 7 PM - 8 PM

Core Ball - Body Harmonics COBFR3 pg 57 Core Ball - Stabilize & Strengthen	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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SATURDAY, APRIL 4TH 8 AM - 10 AM

Acro Buddhas - Miranda and Ryan SA1ACR pg 26 Acro Yoga Playshop	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Andrea Pelosi SA1PEL pg 21 5 Love Notes to your Hips	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ann Green SA1BLI pg 58 Deep Tissue Release: Understanding the Rights of Release to Let Go of Issues in our Tissues	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Annie Langlois SA1LAN pg 52 Sacred Shamanic Voyage —Essence Of Breath	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Barrie Riseman SA1RIS pg 10 Sacred Embodiment: Navigating the Fundamental Paradox of Yogic Life	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Christine Felstead SA1FEL pg 36 Yoga for Runners: Healthy Knees!	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Devinder Kaur SA1KAU pg 22 Raise Your Vibration	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 8 AM - 10 AM

J-P Tamblyn-Sabo SA1JPT pg 32 Full System Yoga Detox	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jill Miller SA1MIL pg 9 Vagus Voyage: An Embodied Tour Of The Vagus Nerve & Its Influence	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Letitia Walker SA1WAL pg 34 Let Your Light Shine: Learning Form, Function, & Flow in Classical Surya Namaskar	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

Lisa Greenbaum SA1GRE pg 28 Teaching Trauma-Informed Yoga: Being Trauma-Sensitive, Creating a Healing Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Margot McKinnon SA1MCK pg 56 Towards a Healthy Pelvic Floor	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Michelle Tamblyn-Sabo SA1MTS pg 30 Embodyment Tools	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Shelly Prosko, Neil Pearson & Marlysa Sullivan SA1PRO pg 42 Exploring Pain Through Yoga and Science: A Guide for Teaching Yoga to People in Pain	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Todd Norian SA1NOR pg 15 Passion and Power: Ignite Your Core. Live Your Dream	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Tracey Soghrati SA1SOG pg 16 Yoga for Anxiety	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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SATURDAY, APRIL 4TH 10:30 AM - 11:30 AM

Core Ball - Body Harmonics COBSA1 pg 57 Core Ball - Stabilize & Strengthen	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Surfset and the Bliss Yoga Team SURSA1 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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SATURDAY, APRIL 4TH 10:30 AM - 12:30 PM

Acro Buddhas - Miranda and Ryan SA2ACR pg 26 Acro Yoga Inversions	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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Allie Chisholm SA2CHI pg 48 Indra's Net, The Role of Fascia in our Somatic Unconscious	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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SATURDAY, APRIL 4TH 10:30 AM - 12:30 PM

Andrea Peloso SA2PEL pg 21 5 Techniques for Emotional Regulation through Breath, Meditation and Asana	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ann Swanson SA2SWA pg 7 Accessible Yoga + Yoga Therapy	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Blake Martin SA2MAR pg 19 This is your Brain....on Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cassidy Thedorf MINSA1 pg 62 Mindfulness Through the Senses	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Christine Felstead SA2FEL pg 36 Functional Flow	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Clarity Barton SA2BAR pg 33 Shamanic Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Hillary Faye SA2FAY pg 18 Yoga for Empaths	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jill Miller SA2MIL pg 9 6-Pack Diaphragm - Core Reform from Inside Out	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Julie Lockhart Thompson MALSA1 pg 61 Mala Bead Making - Set Your Intention	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Letitia Walker SA2WAL pg 34 Yoga for Healthy Hands and Wrists	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Marla Erickson SA2ERI pg 63 Yin Yoga For The Chakras	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Melanie (Madhuri) Phillips SA2PHI pg 39 Ayurveda Yoga Practice for Rewiring the Nervous System	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Missy White SA2WHI pg 8 The Creative Art of Adjusting	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Rodney Yee and Colleen Saidman Yee SA2YEE pg 6 Shanti Sweat	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Seane Corn SA2COR pg 4 Detox Flow	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSSA1 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Tamika Schilbe & Carolyn Burke SA2HRY pg 44 Teaching Yoga to Teens/Adolescents/Youth	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 10:30 AM - 12:30 PM

Todd Norian SA2NOR pg15 Heal & Free Your Neck and Shoulders Through Yoga Therapeutics	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
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SATURDAY, APRIL 4TH 1 PM - 2 PM

Pilates Mat - Body Harmonics PILSA1 pg 57 Pilates	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Surfset and the Bliss Yoga Team SURSA2 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 1 PM - 3 PM

Adrienne Enns IDLSA1 pg 64 Intentional Daily Living: Create Your Life on Purpose	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Antonia Cartwright SA3CAR pg 14 The Psychology and Science of Yoga and Meditation	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Barrie Riseman SA3RIS pg 10 From Doing Yoga to Being Yoga: Embodying Three Sacred Teachings of our Tradition	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cassidy Thedorf MINSA2 pg 62 Mindfulness Through the Arts	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Christine Felstead SA3FEL pg 36 Chaturanga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cynthia Cooperstone SA3COO pg 12 Align and Refine: The Energetic Loops of Anusara Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ella Isakov SA3ISA pg 41 Creative Flow for Healthy Shoulders	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Happy Jack SA3BOK pg 48 Conscious Entrepreneurship	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
J-P Tamblyn-Sabo SA3JPT pg 32 The Science of Good Alignment	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Justin B. Haley SA3HAL pg 27 FLOW + NIDRA - Half Active / Half Rest	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>



SATURDAY, APRIL 4TH 1 PM - 3 PM

Kathryn Flynn SA3FLY pg 20 Biotensegrity, Mobility and Integrating New Movement Ideas into Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Margot McKinnon SA3MCK pg 56 The O Solution: Osteopenia, Osteoporosis, and Orthopaedic Health	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Michelle Tamblyn-Sabo SA3MTS pg 30 The Power of Pleasure ~2nd Chakra ~The Missing Chart on the Map ~FOR WOMEN ONLY	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Mindy Eisenberg SA3EIS pg 42 Adaptive Yoga Moves Any Body	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Naty Howard SA3HOW pg 38 Spirit Medicine Flow	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Scott Davis SA3DAV pg 23 Upper Body Resilience	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSSA2 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Todd Norian SA3NOR pg 15 Handstand Clinic: The Art Of Dynamic Balance	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Tracey Soghrati SA3SOG pg 16 Yoga for Depression	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Travis Eliot SA3ELI pg 13 Detox	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 3:15 PM - 4:15 PM

Core Ball - Body Harmonics COBSA2 pg 57 Core Ball - Stabilize & Strengthen	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Surfset and the Bliss Yoga Team SURSA3 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 3:15 PM - 5:15 PM

Ann Swanson SA4SWA pg 7 Science of Mindfulness	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Annie Langlois SA4LAN pg 52 Free Yourself With Biodynamic Breathwork	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 3:15 PM - 5:15 PM

Blake Martin SA4MAR pg 19 Never Not Broken: Yoga, Depression and a Neurobiology of Hope	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cassidy Thedorf MINSA3 pg 62 Mindfulness Through the Senses	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jenna Switzer SA4SWI pg 55 Understanding Your Body's Unique Structure and Biomechanics	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jenn Pike SA4PIK pg 40 The Hormone Project	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jill Miller SA4MIL pg 9 Fascial Makeover: Hands, Feet, Fingers, Toes, Face: Prioritizing your Periphery	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Julie Lockhart Thompson MALSA2 pg 61 MalaBead Making - Set Your Intention	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Letitia Walker SA4WAL pg 34 Happy, Healthy Hips Opening Series	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Marla Erickson SA4ERI pg 63 Yang Yoga With A Yin Attitude	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Megan Marie Gates SA4MMG pg 24 Sound Therapy for Yoga Teachers	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Melanie (Madhuri) Phillips SA4PHI pg 39 Creating New Neuropathways Through the Art of Presence	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Missy White SA4WHI pg 8 Funky Transitions Workshop	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Rodney Yee and Colleen Saidman Yee SA4YEE pg 6 Arm Balances, Hip Openers And Inversions	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Sandy Rueve SA4RUE pg 53 Astrology & Alchemy: The Planets In The Chart	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Seane Corn SA4COR pg 4 Revolution of the Soul	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSSA3 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 3:15 PM - 5:15 PM

Tamika Schilbe & Carolyn Burke SA4HRY pg 44 The Emotional Balancing Act: Supporting Youth Experiencing Anxiety, Depression & Trauma	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Tracey Soghrati SA4SOG pg 16 The Science of Meditation	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Travis Eliot SA4ELI pg 13 Yin "Super Spine"	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
SATURDAY, APRIL 4TH 5:30 PM - 6:30 PM	
Pilates Mat - Body Harmonics PILSA2 pg 57 Pilates	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Surfset and the Bliss Yoga Team SURSA4 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
SATURDAY, APRIL 4TH 5:30 PM - 7:30 PM	
Adrienne Enns IDLSA2 pg 64 Intentional Daily Living: Create Your Life on Purpose	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Andrea Peloso SA5PEL pg 21 Backbends That Make Your Back Feel Better	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Annie Langlois SA5LAN pg 52 "Mandala" Breathwork—Essence Of Breath	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Barrie Riseman SA5RIS pg 10 Yoga Teacher as Community Leader: Holding the Sacred Circle	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Cassidy Thedorf MINSA4 pg 62 Mindfulness Through the Arts	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Christine Bizer SA5BIZ pg 50 Learn 3 Ways to Access the Infinite Possibilities in Life, Yoga and Business	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Clarity Barton SA5BAR pg 33 Tantric Yoga for Sexual Empowerment	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Cory Sterling SA5STE pg 50 Six Things You Must Know To Grow and Protect Your Yoga Business Legally	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>

SATURDAY, APRIL 4TH 5:30 PM - 7:30 PM

Devinder Kaur SA5KAU pg 22 Sacred Breath of Life	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Kathryn Flynn SA5FLY pg 20 Clear Cueing For Teaching Yoga	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Liz Diaz SA5DIA pg 35 Restorative Yoga with Crystal Healing for Chakra Balancing	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Margot McKinnon SA5MCK pg 56 Sacroiliac Joint: The Critical, Functional Link	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Marla Erickson SA5ERI pg 63 Yoga Prehab	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Melanie (Madhuri) Phillips SA5PHI pg 39 The Ayurvedic & Yogic Approach to Transforming Stress & Anxiety	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Sandy Rueve SA5RUE pg 53 Talisman Ceremony	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Suspension Yoga SUSSA4 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Tamika Schilbe & Carolyn Burke SA5HRY pg 44 A Lifetime Love of Yoga: Absolute Essentials for Children's Yoga Teachers	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Todd Norian SA5NOR pg 15 Nourish Yourself Through Calming Poses, Restorative Yoga And Deep Relaxation	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
Tracey Eccleston SA5ECC pg 51 Yoga for Joint Challenges & Limited Range of Motion	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>
SATURDAY, APRIL 4TH 8:30 PM - 10:30 PM	
Megan Marie Gates & Liz Diaz SA7RAV pg 24 Yoga Rave: Tropical Heat	YES <input type="checkbox"/> MAYBE <input type="checkbox"/>



SUNDAY, APRIL 5TH 9 AM - 11 AM

Ann Swanson SU1SWA pg 7 Science of Qi Gong	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Antonia Cartwright SU1CAR pg 14 The Scientific Benefits of Meditation	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Barrie Riseman SU1RIS pg 10 Homecoming: The Yoga of Self-Honouring	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Blake Martin SU1MAR pg 19 The Embodied Yogi: How Re-Creating the Body Creates the Mind	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Christine Felstead SU1FEL pg 36 Yoga for Runners: Hips & Hamstrings	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Corrina Choe SU1CHO pg 27 Shamanic Munay-Ki Rites for Healers and Lightworkers	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Devinder Kaur SU1KAU pg 22 Unstuck Yourself - Move from Fear to Freedom	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ella Isakov SU1ISA pg 41 Mobile Joints, Mobile Body	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jenn Pike SU1PIK pg 40 Fusion Fire: A Yoga and Pilates Infusion	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jill Miller SU1MIL pg 9 Roll to be Swole: Soft Tissue Mobilization & Recovery for Athletes	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Megan Marie Gates SU1MMG pg 24 Creating a Mantra Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Missy White SU1WHI pg 8 Funky Flow & Float Master Class	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Rodney Yee and Colleen Saidman Yee SU1YEE pg 6 Lower Back Therapeutics	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Seane Corn SU1COR pg 4 The Yoga of Awakening	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSSU1 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Todd Norian SU1NOR pg 15 Happy Hips, Happy Life: A Therapeutic Yoga Class for the Hips and Lower Back	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SUNDAY, APRIL 5TH 9 AM - 11 AM

Travis Eliot SU1ELI pg 13 Yang & Yin	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
SUNDAY, APRIL 5TH 9 AM - 6:30 PM		
Hillary Faye SU8FAY pg 18 Reiki Level I Certification and Attunement	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
SUNDAY, APRIL 5TH 11:30 AM - 12:30 PM		
Core Ball - Body Harmonics COBSU1 pg 57 Core Ball - Stabilize & Strengthen	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Surfset and the Bliss Yoga Team SURSU1 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
SUNDAY, APRIL 5TH 11:30 AM - 1:30 PM		
Acro Buddhas - Miranda and Ryan SU2ACR pg 26 Healing With Therapeutic Acro Yoga + Essential Oils	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Blake Martin SU2MAR pg 19 The Brain in an Asana	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cassidy Thedorf MINSU1 pg 62 Mindfulness Through the Arts	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Christine Felstead SU2FEL pg 36 Muscle Mass and Aging	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
J-P Tamblyn-Sabo SU2JPT pg 32 Free Your Fascia	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Julie Lockhart Thompson MALSU1 pg 61 Mala Bead Making - Set Your Intention	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Kathryn Flynn SU2FLY pg 20 Integrating Functional Movements for Effective Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Letitia Walker SU2WAL pg 34 Support Your Low Back	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Michelle Tamblyn-Sabo SU2MTS pg 30 Goddess Restore	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>



SUNDAY, APRIL 5TH 11:30 AM - 1:30 PM

Missy White SU2WHI pg 8 Stoke your Agni Discussion and Detox	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Rodney Yee and Colleen Saidman Yee SU2YEE pg 6 Healthy Sequencing of Standing Poses within Vinyasa	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Seane Corn SU2COR pg 4 Mystics on the Mat	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSSU2 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Todd Norian SU2NOR pg 15 Root To Rise: The Art Of Flying: Mastering Hand Balances	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Travis Eliot SU2ELI pg 13 Moving into Stillness	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SUNDAY, APRIL 5TH 11:30 AM - 6:30 PM

Andrea Peloso SU5PEL pg 21 Introduction to Teaching Restorative Yoga: 10 Poses	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Mindy Eisenberg SU5EIS pg 42 Adaptive Yoga Moves Any Body	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Scott Davis SU5DAV pg 23 The Art of Rest: How Restorative Yoga and Traditional Chinese Medicine combine to nurture deep rest states and create greater vitality and clarity.	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Tracey Soghrati SU5SOG pg 16 Yin Yoga & Psychology	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SUNDAY, APRIL 5TH 2 PM - 3 PM

Pilates Mat - Body Harmonics PILSU1 pg 57 Pilates	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Surfset and the Bliss Yoga Team SURSU2 pg 59 Surfset - Reinvent Your Yoga	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>

SUNDAY, APRIL 5TH 2 PM - 4 PM

Adrienne Enns IDLSU1 pg 64 Intentional Daily Living: Create Your Life on Purpose	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Ann Green SU3BLI pg 58 Let's Get Social! IG To FB To LinkedIn: How To Guru Your Own Social Efficiently	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Barrie Riseman SU3RIS pg 10 Fierce, Fearless & Free: Discover the Liberating Power of Backbends	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cassidy Thedorf MINSU2 pg 62 Mindfulness Through the Senses	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Cynthia Cooperstone SU3COO pg 12 The Art of the Theme: Finding Language to Enrich Your Teaching	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Hugh Peacock SU3PEA pg 49 Sanskrit Phonetics	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Jenn Pike SU3PIK pg 40 Hormone Detox Flow	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Kathryn Flynn SU3FLY pg 20 The Beautiful Intelligence Of Breath	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Letitia Walker SU3WAL pg 34 Rest, Restore, & Rejuvenate: Cultivating Simple Practices to Soothe the Nerves	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Lisa Greenbaum SU3GRE pg 28 Teaching Trauma-Informed Yoga: Post-Traumatic Growth-Moving Beyond Healing	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Margot McKinnon SU3MCK pg 56 No More Neck Tension or Strain	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Melanie (Madhuri) Phillips SU3PHI pg 39 Sacred Healing Ceremony for Powerful Transformation	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Michelle Tamblyn-Sabo SU3MTS pg 30 Rooted In You: A Meditation and Natural Movement Workshop	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>
Suspension Yoga SUSSU3 pg 60 Suspension Yoga - Training & Practice	YES <input type="checkbox"/>	MAYBE <input type="checkbox"/>



SUNDAY, APRIL 5TH 4:30 PM - 5:30 PM

Core Ball - Body Harmonics

COBSU2 pg 57

Core Ball - Stabilize & Strengthen

YES MAYBE



SUNDAY, APRIL 5TH 4:30 PM - 6:30 PM

Annie Langlois SU4LAN pg 52

Softening The Armoring With
Essence Flow Yoga & Breathwork

YES MAYBE



Clarity Barton SU4BAR pg 33

Kali Yoga

YES MAYBE



Devinder Kaur SU4KAU pg 22

Introduction to Meditation

YES MAYBE



SUNDAY, APRIL 5TH 4:30 PM - 6:30 PM

Ella Isakov SU4ISA pg 41

Restorative Yoga for Anxiety and Depression

YES MAYBE



Lisa Greenbaum SU4GRE pg 28

Trauma-Sensitive Yoga: Yin + Restore:
Feeling Safe in Stillness

YES MAYBE



Liz Diaz SU4DIA pg 35

Crystal Meditation - Restoring Harmony to
Mind & Spirit

YES MAYBE



Michael Eisen SU4EIS pg 45

Root2Rise Workshop: Laying the Foundation
to Launch or Expand Your Yoga Business

YES MAYBE



Sandy Rueve SU4RUE pg 53

Astrology & Alchemy:
The Houses & The Wheel

YES MAYBE



OLD MAT NEW LIFE

1 Bring your old mat to The Yoga Show

2 Receive \$10 OFF a new mat from:

3 Your OLD MAT will have a NEW LIFE in a GTA school

JADE|YOGA

Booth# 721/723



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FOR THE LOVE OF YOGA

Booth# 427

Pretty
FIERCE

Booth# 806/907



Booth# 307/309



Booth# 515

SCORIA

Booth# 314

corq.

Booth# 1326

WELLNESS

Booth# 1617



Booth# 1210

YOUR NEXXT

Booth# 102

EVENING EVENTS — \$15 EACH

Includes Show Floor Admission

FRIDAY EVENING KIRTAN CONCERT WITH GAURA-SHAKTI

Friday, April 3rd 8:30 PM-10:30 PM

FR7SHA

Gaura-Shakti is a Toronto-based Kirtan yoga group with experienced musicians that hail from various parts of the world, including Russia, India and Canada. The group presents musical mantra meditation, called kirtan. Kirtan is a form of devotional chanting whose roots go back over 500 years to India. It is a form of bhakti-yoga (the yoga of devotion) and has the power to open the heart. The singing is accompanied by musical instruments and rhythmic drumming and the audience is encouraged to participate by chanting, clapping and dancing.

www.gaura-shakti.com



SATURDAY EVENING YOGA RAVE: TROPICAL HEAT WITH MEGAN MARIE GATES & LIZ DIAZ

Saturday, April 4th 8:30 PM-10:30 PM

SA7RAV

Inspired by tropical heat and jungle beats, Megan Marie and Liz will set the scene to light up your soul with ecstatic dance, electronic music, and a crystal bowl sound meditation.

Note: This event is exclusively drug and alcohol free. Please do not consume these substances before coming to this event.

All ages and abilities welcome. No dance experience required.





DON'T MISS THE SHOW FLOOR



300 EXHIBITORS AND 28 HRS
OF YOGA IN THE YOGA SPACE

FRIDAY APRIL 3 10 AM – 8 PM

SATURDAY APRIL 4 10 AM – 8 PM

SUNDAY APRIL 5 10 AM – 6 PM

**SHOW FLOOR
SCHEDULE**

**COMING
FEBRUARY 2020**



Hi!

Nice to meet you. I'm Ruth van der Voort and I have led the Toronto Yoga Conference and Show since its inception in 2005.

Like many people, my Yoga discovery was a long and winding journey. It began when I was 14 when a high school supply teacher introduced my class to a Meditation practice. That 60-minute lesson propelled me to deepen my understanding of Yoga Meditation, Asana, and Philosophy.

The next step in my journey was a television program. Like so many of us, my first Yoga teacher was Lilias Follan, whose program *Lilias, Yoga and You* aired on City TV just before the infamous 20-Minute Workout.

Then, in 1990, in the heat of the Gulf War, I packed up my life, quit my job, left my fiancé, and went to Southeast Asia for a year to learn, study, and immerse myself in as many forms of meditation as I could. This was the step that cemented Yoga as my life's work.

Yoga is not a class or something that can be instructed. Instead, Yoga is unique to each soul, just like Love. My personal definition of Love is, to give someone the power to destroy you and trusting they won't. For me, Yoga is Love. I don't just Love Yoga. I feel and live the power of everything Yoga has to offer every day. The power of the community, the practice, the movement, the breath, and—most importantly—the narrative of the mind and the ability and skill we have to manage that narrative through Meditation practice. When you feel that immense power, you come to trust yourself so deeply that you know nothing can destroy you. You come into this place of Love. It is beyond compassion because it is compassion.

My vision, prayer, and objective of running The Toronto Yoga Conference and Show is to provide a platform for people to start or continue their own Yoga journeys. I want to offer a place where we can come together as one like-minded community, Grow, Learn and Share together. And simply remember who we are.

GROW - LEARN - SHARE





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DON'T MISS THE 2020 YOGA SHOW

Toronto Yoga Show
GROW LEARN

128	TROPICAL KONA COFFEE
129	TBA

APRIL 3rd - APRIL 5th 2020

MINDFULNESS THROUGH THE ARTS & SENSES

MALA BEADS & MAY YOU KNOW JOY

CORE BALL PILATES MAT

F01 TBA	F02 JUST CATERING HEALTHY	F03 TBA	F04 TBA	F05 GOVINDAS	F06 TBA	F07 FENNEL ORGANIC EATERY	F08 TBA
126 ALLBAMBU	122 ICR INSTITUTE FOR CONSCIOUSNESS RESEARCH	120 TBA	118 WASTENOT FARM INC.	116 TBA	114 FREQUENCY FREEDOM	110 WILHELMINA SALES	108 TBA
227 LACKNER MCLENNAN INSURANCE	223 NOPAUAGIES ATHLEISUREWEAR	221 ZENDAGI INC	219 SHOCKINGLY HEALTHY INC.	217 THE GOOD SOY	215 BREATHE IN DETROIT	211 LITTLE BY LITTLE	209 BHAKTI MARGA CANADA INC.
226 SHANTINOMAD/ JOLIE JUPE	220 CENTRE FOR APPLIED NEUROSCIENCE	218 PRETTY FIERCE WOMENS APPAREL	216 SKUTA	214 ROSE BUDDHA INC	210 IDO YOGA AND THREE FARMERS FOODS	208 TRANQUIL YOGI	206 TENFED
327 ENDLESS KNOT	323 YAHVI JUTE	321 SOUVENIRS OF TIBET	319 GEMLET	317 TBA	315 ASTRO SCIENCE	311 SAMATA STONES	309 & 307
328 TBA	322 PAIN CARE U	320 SOY PURPOSE CANDLES	318 ZEN MAMA	316 SHASHI CANADA	314 SCORIA WORLD	310 WHISPERING SONG SCHOOL OF ENERGY MEDICINE	308 & 306
329 TBA	326 YOUNG LIVING ESSENTIAL OILS	421 SUBURBZEN	419 PROVINCE APOTHECARY	417 LINDA LEE CHOCOLATES	415 LAVENDER'S BLUE	411 HAPPINESS IS INC.	409 THE BALANCED SNACK BOX
330 TBA	427 CORE ASANA	420 TRAVELONLY	418 TBA	416 GOODLIFE FITNESS	414 LOOP MISSION	410 COCONUT QUARTZ	407 YOGA MOVES MS
426 ECOIDEAS INNOVATION INC	523 MATCHA NINJA	521 EQUILIBRIO GEMS	519 SPIRITUAL GEMS	517 SOUP GIRL	515 YOGA BREAK FOR CHILDREN™	489 VIE GEMS & COMMUNITY	406 POPEYES SUPPLEMENTS
527 STERLING STONES	523 MATCHA NINJA	520 & 518 PRANIC HEALING	516 MEDIUM GISELLE	516 TIBETAN PAPER AND HANDICRAFT	514 SWEAT EQUITY MAGAZINE	511 SHARONNIE DESIGNS	507 SUBJECT TO PRANA
530 FIT CRICKET NUTRITION	528 HAPPY BEES APIARY	522 ATELIER SYP	623 WAX & FIRE CO.	621 & 619 SURBHI ORIGINALS LTD	617 INSPIRED SOAP WORKS LIMITED	510 COCCOON INC	508 BOHO BARS
635 TBA	629 CHIC MADE CONSCIOUSLY	627 AMBASSADOR YOGA	626 TIBETAN ARTS	620 ELEMENT EARTH ENVIRONLIV INC. (BEEBAGZ)	614 TOESOX CANADA	611 YOGA MEDITATION	609 LOVBOARD LIVING INC.
634 MISTY RIVER INTRODUCTIONS	630 & 628 LOVE MY MAT	726 ELEMENT EARTH	727 NEW MILLENNIUM LIVING	723 & 721 JADE YOGA	610 TENZING COLLECTION	608 THE YOGA LIGHT STUDIO	606 PRO+TECH
735 TBA	731 UNIVERSAL STONE	729 SUNFLOWER KITCHEN			711 SIDDHINWEAR	709 ROXY LAMA	707 SWEAT MATTERZ
736 TBA	730 LOVE NOT FEAR	728 THE INSTITUTE OF HOLISTIC NUTRITION			614 TOESOX CANADA	706 NATURE'S SOURCE INC.	706 NATURE'S SOURCE INC.
834 OH BEHAVE: BEEWAX FOOD WRAPS	831 SAMYOGA	829 TBA	827 TBA		702 HEALTHY LIFECYCLED	702 HEALTHY LIFECYCLED	702 HEALTHY LIFECYCLED
830 HONEYBEA DESIGNHIVE	828 TBA	826 TIBETAN ARTS			808 MOGA MONS	806 CORO YOGA	800 NU2 COLLECTION
					810 NOMINOU		1605 NAMAKA FLASKS

SURFSET SESSIONS

SUSPENSION YOGA

107 DAYDREAM DRINKS	109 NUTRILICIOUS FOODS
105 CRAZY'S ALL NATURAL LABS INC	103 SOUL DREAM COLLECTIVE

104
NORTHERN
EDGE ALGONQUIN

203
ENDLESS KNOT

201
SWEAT SOCIETY

301
USA MAXWELL
JEWELRY

300
STRAY
& WANDER

401
ROAD TO HAPPY

400
LITOS LIGHT
CRYSTALS

501
KARMA COLLECTIVE

500
ALISON GORDON STUDIO

601
HIMALAYAN
CREATION

602
FRIENDLY
CRYSTALS

701
ASIRIS
TREASURES

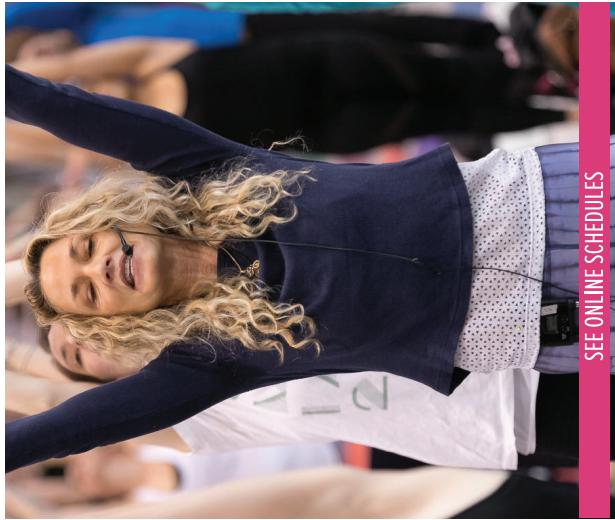
600
KARMALA
DESIGNS

703
JOYOUS
HEALTH INC.

1603
ADRENALINE
INC.



935 GINA LAY	931 PELLARA INC	929 TBA	927 LIBRE TEA
934 SHINTSU THERAPY SOCIETY			
1034 ELIAN ELA	930 SONAM'S COLLECTION	928 TBA	926 CONSONANT SKINCARE
1035 BUZZAR	1031 CRATE 61	1029 VAN DYK'S HEALTH JUICE PRODUCTS LTD.	1027 ONE FIRE CLOTHING
1036 TOFUTOWN NORTH AMERICA	ORGANICS INC	1028 108 MALA PROJECT	1026 & 1127 ORIGINS GLOBAL VILLAGE
1134 BLACK MOON JEWELRY	1030 HEAL FROM YOUR PAST	1129 TBA	1131 AR BEAUTY & LIFESTYLE
1135 MALAS BY LAUREN			
1136 ARTBYNAMI			
1234 BALANCE & BLISS			
1235 FUNKY BUDDHA COLLECTION	1130 LISA TAI	1128 SECOND SPRING FOODS	1126 PASSION FRUIT BEACHWEAR
1236 THE BIG RED BARN	1231 AYURVEDIC RITUALS STUDIO	1229 NU YOGA	1227 WHOLLY VEGGIE
1335 THE FAIRIES PYJAMAS			
1230 STAR SOUL METAPHYSICS	1228 OMBASE MEDITATION BENCHES	1220 SARIKNOTSARI	1218 T-ZONE HEALTH
1334 TRANQUILITY MATTERS	1327 J.A.Y. HOLDINGS INC	1321 TBA	1216 CAMP YOGA & TAGULAN
1331 YOUNGFOCUS PRODUCTS CORP.	1329 SPROSOS	1319 EVE'S CRACKERS	1214 ACUBALL
1336 BLOOM'S BAUBLES			
1434 INSPIRE	1328 GOODSTUFF MIX BY VIRZONE	1326 ISOLA	1316 BESTFIT
1536 ETHNIC MANTRA INC.	1429 TIBET GALLERY	1427 KLENO PHOTOGRAPHY	1320 & 1318 CHURCH OF SHAMBHALA
1534 THE JEWEL TREE	THE SANKALPA PROJECT	AIR & EARTH DESIGN	RISE KOMUCHA
1428 & 1430 HAMSA HEAVEN		1426 THIRU'S GOURMET	1314 PLEASEROTES
1531 & 1529 COMFORT CORNER CORP.		1422 TIBETAN VILLAGE STORE	1417 RGFINFOODS INC
		1420 JF WOODWORKING	1416 ATLAS TROVE
		1418 KIND KARMA COMPANY	1414 ENDLESS KNOT
		1519 ANNALAY ACCESORIES	1515 AGA AZRA ART + DESIGN
			1511 CHAMIGOS
			1509 ALIVE INTENTION
			1507 PYRAMID REIKI OASIS
			1505 OLENA MANDRYK
			1503 & 1501 GREAT MASSAGER/BIKINI BAY



SEE ONLINE SCHEDULES

1606 NYAMA YOGA WELLNESS			909 RASA AYURVEDA & SUDSATORIUM	907 RASA AYURVEDA & SUDSATORIUM
1607 FAUXMAGERIE ZENGARRY				
1608 RENEW BY MARTIN & CO.			910 FIT BODIES	906 BUDDHA PANTS
1609 MOON CHILD MALA			1025 VITALITY VACATIONS -CRANBERRY	1023 REAL POPS
1610 SUPERIOR SHEA BUTTER BLEND			1025 VITALITY VACATIONS -CRANBERRY	1021 THE GOOD FAT CO. LTD.
1611 BEARDHOOD				
1612 HAPPY JACK YOGA				
1613 STATION COLD BREW				
1614 THE SIMPLICITY PROJECT				
1615 MADE WITH LOCAL				
1616 BUDA JUICE				
1006 HEALTHY PLANET CANADA				
1026 ORIGINS GLOBAL VILLAGE				
1127 GLOBAL VILLAGE				
1208 ZEN NOMAD				
1206 EMPOWERED LIVING INC				
1309 KING THAI MASSAGE HEALTH CARE CENTRE				
1311 SARAFINO				
1210 HUN YOGA & MEDITATION ESSENTIALS				
1211 ACUBALL				
1317 AUMNIE CANADA				
1308 BEEKEEPERS NATURALS				
1306 LA VILLA GOODS				
1304 LEAFII				
1407 THE VORTEX CENTER				
1405 AZULBE NATURAL INC.				
1403 HENNA YAU				
1622 OSUMEX NATURAL ALTERNATIVES LTD				
1621 TBA				
1506 NAMASTE DECOR INC.				
1508 HELLOFRESH				
1510 SANCTUARY INNERWEAR				
1512 AFFINITY CAPITAL MANAGEMENT INC				
1514 MAPLE + LOVE				
1516 LOVE & LIGHT JEWELS				
1518 CASSANDRA ELIZABETH				
1520 MELANIE WONG				
1524A BLACKIRIS DESIGN				
1524B BAY HARBOUR NATURAL SKINCARE PRODUCTS				
1526A ASHERA ARMOUR				
1526B HEAVENLY DATES				
1528A TBA				
1528B UFORIA				
1530A SAT YOGA LIFE				
1530B LIVING SHAMANIC				
1532A NATALIE (THE ANGEL ADVOCATE)				
1532B CASA LOVINA				
1500 MICHAEL MOON				
1502 FOREVER YOUNG ORGANIC SCRUBS				
1504 UNALUNE				

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under any circumstances. All accepted vouchers are only valid for 2021. In the unlikely event that a session is cancelled or the instructor is unable to attend, participants **MUST** be aware that NO refunds can be provided. YOGA the Conference and Show will permit participants to either change to another session during the April 2-5, 2020 event or be provided with a full credit of the equivalent hours on their account for use in the March 25-28, 2021 event only.

CLASS CHANGES – CERTIFICATE OF ATTENDANCE To make class changes, return to your Registration and make your modifications. YOGA, the Conference and Show will issue you a Certificate of Attendance that you may be able to use for Continuing Education Units. Most Certificate Hours of this conference will be commensurate with various governing bodies. A \$15.00 fee will be charged. You must check with your professional organization for further information.

MEALS – HOTEL ACCOMMODATIONS A variety of food vendors are available on the show floor April 3-5, 2020 to delight in offering you a delicious hot or cold healthy meal or snack. Please see show floor hours. Meals are not included in conference prices and must be purchased separately. Vegan meals will be available.

Hotel Accommodations: Visit www.theyogaconference.com Select INFORMATION

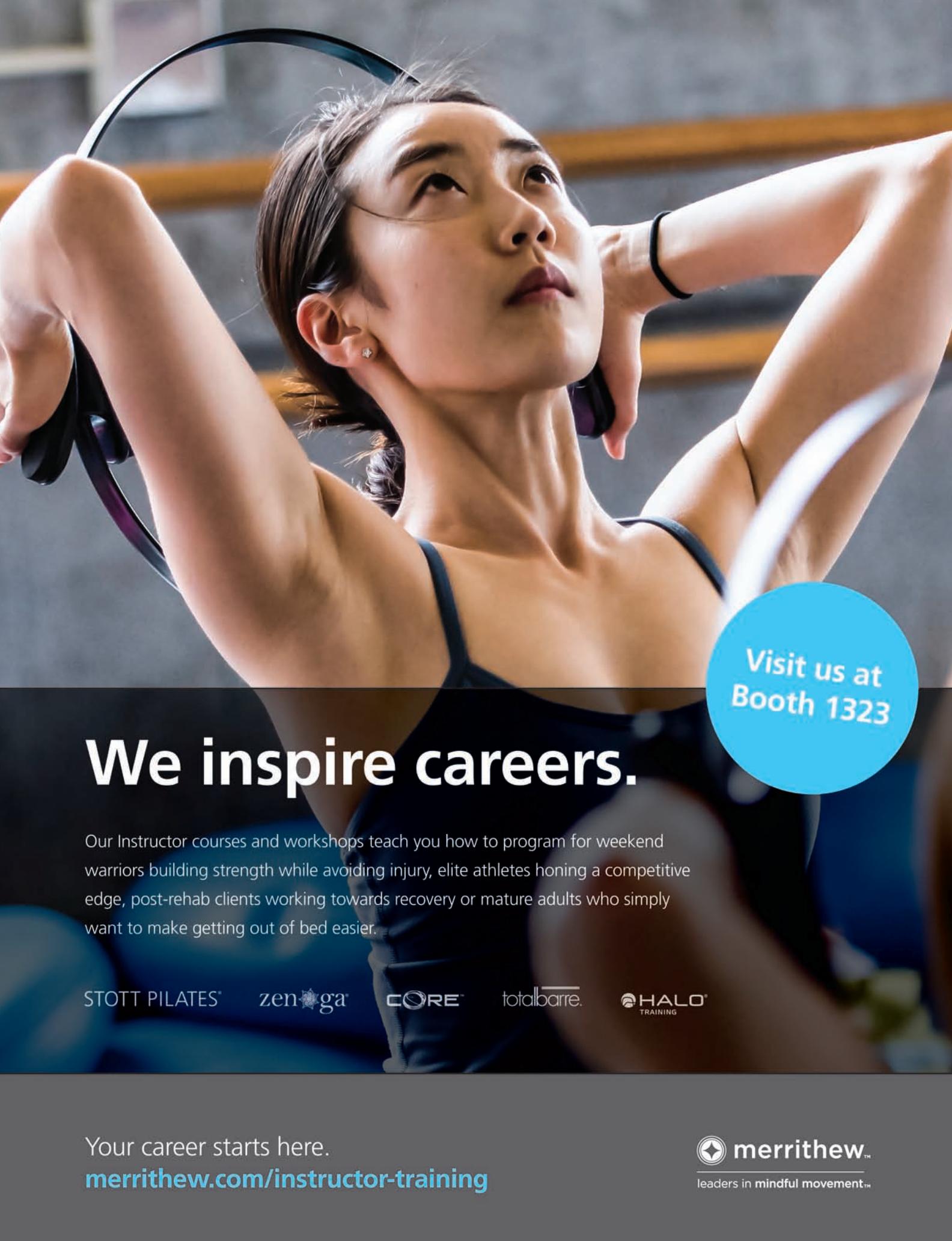
GETTING THERE AND AWAY, AND PARKING There is parking in and around the MTCC. For MTCC parking go to www.mtcc.com/parkingandmaps.cfm or use Google maps with the address of 255 Front St W, Toronto ON. Further information for accessing the event:

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For GO Train information, visit www.gotransit.com (Union Station stop)

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A woman with dark hair tied back is performing a Pilates exercise. She is wearing a dark sports bra and dark leggings. She is holding a black Pilates ring with both hands, arms raised above her head. Her legs are also raised and bent at the knees, feet held by the ring. She is looking upwards and slightly to the side. The background is a gym setting with wooden floors and walls.

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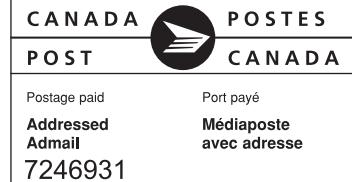
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