

The mind, body &
YOGA
CONFERENCE & SHOW
THE EVOLUTION OF AWARENESS

3 DAYS
50 WORKSHOPS
20 MASTER TEACHERS
200 EXHIBITORS

MARCH 22nd – MARCH 24th, 2024 | Metro Toronto Convention Centre



PRESENTER PROPOSAL 2024

This application is due back by November 17th, 2024..

Dear Applicant,

Thank you for your interest in presenting at the 19h annual Toronto Mind, Body & Yoga Conference. Our Focus for 2024 is 'The Evolution of Awareness'

This event has grown from its inception in 2005 and we are excited to continue to be part of the Evolution of Awareness, expand our curriculum and continue to present topics in a variety of fields designed to support prosperity, growth and community.

WELCOME!

We have held 20 Conference and Show events in two provinces which collectively have brought together over 275,000 thousand Attendees, with 3,300 Unique Workshops, 900 Faculty and 3,100 Exhibitors. Now, in 2024, we are extremely excited to expand our platform to both in person and online and to further Evolve, by including and providing a more diverse range of opportunities for the Mind, Body, Yoga, Movement, Pilates and Alternative Medicine and Therapies fields. We are super excited to be able to bring this opportunity to you.



Photography: tonyphotography.com Graphic Design: [Blended Ink - vrussell@gmail.com](mailto:vrussell@gmail.com) and [Aftershock - aftershockcreative.com](http://aftershockcreative.com)

WHAT WE ARE LOOKING FOR

We understand that the opportunity for you to present, speak and/or teach at a national conference is significant and that completing this application requires time and energy on both our parts: for you to submit and for us to review. In recognizing this, we want to ensure the communication between us is clear.

Before completing the requested information in this package, please read the following carefully:

- All Applicants must have some previous experience presenting. This can be Workshops, Trainings, part of a Teacher Training or other related Mind/Body Movement Training, such as lecturing and/or presenting in their professional field or presenting to a review board. This must have occurred in an environment outside of their own personal studio environment, at a National or International Conference, in an academic setting and/or via direct experience presenting workshops or training to Mind, Body or Yoga teachers.
- Applicant's schedule should be available for the entire 3-day conference (March 22 - March 24, 2024).
- Applicant agrees to use, have and be prepared with their own equipment if providing sessions online. This includes but is not limited to;
 - A Bluetooth or lapel microphone
 - A high-resolution camera
 - A clean and clutter free area in which to present
 - Any props you will require to present
- An ability to practice and record your presentation, using a good camera.
- The Applicant understands that submission of a completed proposal form does not in any way guarantee them a speaking slot in the program, nor is the form intended to create a legally binding relationship between the presenter, submitter, and the event. Please be advised that any offer to speak, present, lecture or teach in the event will be subject to the terms and conditions to be agreed upon later through a separate document and waiver release.
- Applicant understands that incomplete applications cannot be accepted and will not be reviewed.
- Applicant agrees to resubmit presenter application should reconsideration occur.
- As an Applicant, you understand that you must maintain your own liability insurance, regardless of whether you will be presenting online or in-person.
- All sessions are reviewed. Sessions are selected to fit with the vision, mission and core values of the event as well as the current theme of the event, 'The Evolution of Awareness' and the rubric, and the application as a whole.

WHAT WE ARE LOOKING FOR (cont'd)

- Some onsite presentations will be filmed and recorded during the in-person event and all online sessions will be recorded. Both will be published online by the event afterwards. By submitting a proposal, you agree for your presentation to be filmed and published in this manner.
- Funding for travel and accommodations is not provided to online speakers or general speakers presenting in person for the March 22 - March 24, 2024, event.
- Funding for lighting, studio space or camera equipment is not provided to online speakers.



ESSENTIAL CREDENTIALS

- **Applicants applying to present Yoga Therapy Sessions, Trainings or Classes** must be IAYT certified or equivalent and able to provide APD's (Approved Professional Development) for IAYT or equivalent.
- **Applicants applying to present Pilates Sessions, Trainings or Classes** must be NPCP, PTA, PMA or equivalent certified and be able to provide proof of certificate completion.
- **Applicants applying to present in various other categories** related to Mind, Body, Spirit, Personal Growth, Coaching, Psychotherapy, Psychology or other must be able to provide proof of credentials of education, curriculum or course completion.
- **Applicants applying to present Anatomy or Physiology Sessions, Training or Classes** must be prepared to submit proof of completion of classes in an undergraduate or recognized and regulated school related to their knowledge and learning of Anatomy or Physiology.
- **Applicants applying to present content relating to Alternative Medicine, Homeopathic, Naturopathic, Ayurveda, Holistic Medicine or Health Sciences** must be able to provide proof of completion of studies or board certification. Examples include, but are not limited to, CAND, OAND, OHMA, AAC, AAPNA.
- **Applicants applying to present in Yoga Sessions, Trainings or Classes must be YA , IYA, CA** or equivalent certified and be able to provide proof of certification of completion.
- CEUs: While the event fully welcome presenters and teachers able to offer Continuing Education Units (CEUs) through their professional organizations or schools, it is not mandatory. But if you are able to provide CEUs, be sure to include this in your application.
- It is our intention that attendees (who will be students, teachers, or participants in their field) will be able to acquire CEUs at this conference. Therefore, special consideration will be given to applicants who are Continuing Education Providers in their respective Professional Development Field.
- You will be required to provide a minimum of two letters of support from industry peers or professionals who can comment on your previous workshop presentations or training delivery. This does not include testimonials. This can be a studio owner/manager, colleague, your teachers or others who can verify your abilities to present, and your relevant professional credentials, experience and knowledge.

We accept applications at any time for our online sessions, trainings and conference components which we are preparing to host later in 2024.

Applications can take up to a week to review and process. We appreciate your patience and understanding.

ABOUT US

Our focus is connecting our vast array of presenters and teachers with their respective community members.

As it happened to me, one teacher can change a life and positively affect others, both directly and indirectly. We all have the ability to create a legacy of knowledge and understanding. I believe in supporting my presenters and teachers in building and nurturing this community connection.

We highly encourage you to Teach Your Strengths and also Dare To Dream and design new, creative sessions, aligned with continuing education and the evolution of the body mind. We remind you that your passion and drive comes from somewhere and we welcome your personal and professional explorations in application. Do not be afraid to share your inspirations and bold new thoughts. We find this Celebratory and Exciting!

Since March of 2020, teaching and learning has undergone unprecedented changes. What was once a thriving in-person, teaching and hands on practice of education and community co-action moved into isolation and online instruction platforms. As we collectively navigate the continuing shifts in how we teach, educate, connect, guide practitioners, and develop ourselves, we uncover great opportunities. Together we can provide each other, our students and general practitioners with a high-quality practice and education in a new learning environment.

I am deeply passionate about the power of this conference and how it supports connection, learning, growth, development, interconnection, experiences, and the exciting new opportunities this platform brings to our community. It is how we gather, learn, connect, grow, communicate, and celebrate our art and practice.

It's not just about the 'gathering'. There are literally countless reasons why this conference is so important. Working collectively and synergistically will be key for our community to resurrect itself and evolve.

EVENT OBJECTIVE:

To offer rich content, continuing education and a community forum to help every Mind, Body, Health Sciences, Yoga and Pilates practitioner to grow, evolve and unite.

EVENT VISION:

To support a world in which the practices and philosophies of Mind, Body, Health Sciences, Yoga, mindful movement and Pilates are widely embraced and accepted, and are easily and readily available to any/all who seek guidance in optimizing the most important relationship we will ever have in life - the one we have with ourselves.

OUR MISSION STATEMENT:

We strive, in every action and choice we make, to provide a platform for solutions and systems to assist our participants, partners and community to evolve their awareness in the arena of Mind, Body and Yoga practices and philosophies. To accomplish this goal, we suggest your time and interest to submit an application.

TIPS FOR A SUCCESSFUL APPLICATION ABOUT YOU (What you'll need to provide)

1. Curriculum Vitae:

- Name, Address, Phone Number(s)

- Education

- Teaching experience and years teaching

- Previous Presentation

- References

2. Please share a bit about yourself, your biography and where you have been presenting.

3. Any additional information that you feel would be beneficial to the Conference Director in the selection process.

4. Please list or describe how you, your topic, your organization, or studio will draw interest and generate attendance to your workshop, the conference and the show.

5. If you work or teach within 100 kilometers of the Metro Toronto Convention Centre, please describe how your topic of conference presentation, submission, differs from what you teach currently.

6. Please describe what actions you and your team will undertake to increase attendance at the conference and to further bolster awareness of your specific class offering.

Presentations can fit into the following Type and Time Categories

TYPE'S OF CATEGORIES FOR PRESENTING

1. An instructional movement class/session
2. A Lecture, Workshop or Presentation
3. A Certification Program

TIME CATEGORIES

1. An instructional movement class/session can be either; show floor.

- a) 30 minutes
- b) 60 minutes

2. A Lecture, Workshop or Presentation can be either;

- a) Two hours
- b) Six hours
- c) Eight hours

3. A Certification Program;

- a) Any length of time. If it is either your personal certification or you are registered or licensed too host, please continue with the format below.
- Movement based classes can be Yoga, Meditation, Pilates, Tai Chi, mindful fitness movements or weight training with at home equipment or any other Mind/Body Movement based exercise. There is no remuneration for these classes.



A LECTURE, WORKSHOP OR PRESENTATION

- Lecture based classes can be themed on topics aiming to Evolve Awareness and Education in the realm of Health Sciences, Mind, Body, Spirit and Yoga and Movement practice. Although this is a broad topic, please keep suggestions within the time guidelines.
- A 120-minute workshop or presentation focused on a continuing education concept representing a tool, system or structure which supports the Evolution of Awareness of one's self or practice and is related to Mind, Body, Spirit, Movement or information relevant to these areas. Topics can include, but are not limited to:
 - Applied Anatomy
 - Applied Physiology
 - Cognitive Behaviour Therapy
 - Any aspect of the 8 Limbs of Yoga Philosophy, such that the content involves a system of both learning and application
 - Any aspect of a 500 hour yoga teacher training component which can be broken down into a 2-hour workshop
 - A new technique, system or application for aid in movement or therapy
 - An application on a particular segment of a yoga posture, breathing or meditation
- A 6-hour workshop focusing on a qualified or quantified learning component designed to support a shift, transition or educational component for either teachers or practitioners to and/or must be scheduled to fit the break and rolling lunch schedules that exist in the downtown businesses. The focus of the instruction will also have to be tailored to a clientele that will be seeking maximum relief from the pressure of work and then returning to their workplace. If TYCS can create a noticeable difference in the customers' sense of well-being, then the customer will come to depend on instruction as an escape during the day. This type of experience will create tremendous word-of-mouth and bring in more first time students.

LECTURES & PRESENTATIONS:

Lectures/Presentations are either 2, 6, 8 hours or other hours. These workshops will be scheduled throughout the days as appropriate. Six hour workshops will be primarily scheduled on Friday March 22nd, 2024.

CERTIFICATION PROGRAMS:

If you are proposing to submit a full certification application. Please continue to fill in accordingly and share your time frame.

Section 1: Proposed Application Details

Please complete all information.

If you have more than one workshop, presentation, session, class or certification, please complete the additional forms. Simply 'COPY' this form and complete only pages 10 - 13 and submit all of your workshop proposals in one email.

1. Workshop Title: the title should be evocative and short.

2. Type Category:

- a. An instructional movement class/session
 b. A Lecture, Workshop or Presentation
 c. A Certification Program

3. Time Category

- 2 hours 6 hours 8 hours Other (please indicate time frame.)

4. What is your 'Hook Point' title for your workshop? Please use 8 words or less.

5. Workshop Description: Succinctly illustrate the issue(s) or problem you wish to address and state what your attendees will learn. Kindly note, your word count here is not limited, as we will edit this content if your application is accepted. Please feel free to be descriptive.

6. Workshop Learning Objective: What attendees will learn or what skills will they acquire by participating in the workshop.

7. Workshop Abstract: Provide specific details you will employ to demonstrate and/or deliver the learning objective. This can be your presentation (power point), previous training you have taken to support your knowledge, or a study guidebook.

8. Workshop Outline: Show how you aim to accomplish the learning objective.

9. Do a timeline of your presentation time, for example, if you are proposing a 2 or 6 hour workshop, break down the minutes with a brief description of the flow.

10. Experiential Application: State the training or specific skills you have relevant to your presentation and how it relates to the learning objective.

11. Handouts are essential for the Mind, Body & Yoga Event. Ensure you will have handouts for your presentation. Handouts will be required 40 days prior to your scheduled time, should your application be accepted.

12. If you are making a 'claim', ensure that you have applicable and relevant scientific evidence to support and validate your stated claim. For example, if you are saying 'meditation helps you sleep better', ensure you include peer reviewed, valid, scientific studies that verify your claim. *Please provide websites or links. Tables or documents can be emailed to support any claims.*

13. Why are you passionate about your topic and why do you feel the need for people to hear and understand it?

14. What problem do you feel you are solving for our shared audience?

15. Should your application be accepted, to help us to better market and present your topic(s), please help us understand:

To whom does your topic relate? For example, help us understand your target audience. If you have created a marketing persona or 'avatar', please feel free to describe it to us.

How will your session change people?

SUPPORTING DOCUMENTATION/EVIDENCE

Please provide:

1. List any books or training manuals that you have authored or co-authored. We do not require that you provide the actual materials, books or manuals at this time. For the purpose of the application, a list will suffice.

2. Kindly provide some video footage via DVD, YouTube, Vimeo or another relevant platform, of yourself giving a previous presentation or delivery and any other books or training material that you have written or collaborated on. Please be advised that if you physically send in these items, they cannot be returned but will remain entrusted confidentially to The Mind, Body & Yoga Conference and Show.

COMPUTERS, PROJECTORS AND HEAD-SETS - A/V & MEDIA

Please indicate all room prop equipment needs.

- Foam Blocks Blankets Additional Mats 6" Foam Rollers Meditation Cushions
 Bolsters Straps Canvas Straps Physio Balls Towels

Please list any other equipment needs:

Please indicate all Audio-Visual equipment needs:

- Projector Computer Mic Head Set Extension Cord

- The event does have a limited number of projectors. If you require a projector, please be prepared to bring one with you. You can request a projector in this application but if supply runs short, ensure you are prepared to bring one. For those who do request a projector, the event will inform you whether or not one will be available to you, 4 weeks in advance of your on-site presentation.
- Computers are not provided
- The conference's A/V coordinator cannot guarantee to have the correct cable connections for your specific computer hardware (Mac, PC or other computers). To be sure you can connect properly, we suggest you bring the correct cable to link your Mac, PC or computer to a standard LCD projector, and test it to ensure it works.
- A cordless headset microphone will be provided in your lecture/presentation room if:
 - o You request one in the body of this application
 - o There are more than 40 people in your in-person session
 - o White boards and markers will be provided by the event, if requested in the body of this application

SELECTION CRITERIA RUBRIC

Applications will be reviewed by our team, using the following rubric to evaluate all proposals:

- Do the title and description clearly describe the session?
- Is the proposed topic timely, relevant, appropriate, aligned with the event mission, vision, core values and objective?
- Will it assist practitioners, teachers and the community to evolve in their continuing education and awareness in an applicable manner?
- Will this session positively contribute to the conference themes and objectives and to the field of Mind, Body and Yoga and Health Sciences continuing education?
- Is the session or class designed to be interactive, influential, educational and engaging?

SPECIFIC CRITERIA

- Relevance to the Conference
- Clarity
- Audience Appeal
- Relevance to Potential Research/Theory/Practice

OUTSIDE PRESENTER FEES

If you charge a fee for speaking, presenting, or giving a workshop, please tell us your fee and provide additional details in the comment field of the application. We will be contacting you directly to confirm or to negotiate.

Fee:

Details:

ACCEPTANCE

If your proposal is accepted, you will be asked to:

- Sign a presenter's contract of presentation.
- Sign a waiver of release and liability.
- Submit a copy of your insurance.
- Work with the event to determine what can be hosted online and what can be hosted in person.
- Transmit your Power Point slides, Handout (PDF files), data charts, and other materials required. for your presentation well in advance of your session.
- Submit your profile information, which will include:
 - o A professional headshot, clear of background distractions.
 - o Your website information.
 - o Your social media account links or 'handles'.
 - o Your profile/biography, in both a 50 and 80 word version, fully edited for proper grammar and spelling.



MORE ABOUT US

Target Market of the Toronto Yoga Conference and Show



At this time, the event is tailored specifically to work within the economic and time constraints of both its target customer and the event itself.

Our target market skews with roughly 70% identifying as female and 30% identifying as male. Their economics have a full range as every human is seeking systems, methods and communities to relieve stress, connect to self and evolve their personal paradigms. Our target market is always seeking scientific ways to develop professionally and personally. Many of them are seeking to find alternative methods to heal, grow and evolve coping mechanisms for PTSD, trauma, addictions and social isolation situations. We are not an organization which focuses specifically on the current political climate. Although we support the necessary shifts that are unfolding, it is not the focus of our event offerings.

Thank you for your interest in sharing your expertise!

OTHER HELPFUL DETAILS

Fulfillment of purpose and intent:

- We are looking for your presentation to have a sharp, distinct focus of intent, purpose and objective.
- Ensure you have used the appropriate English language and vocabulary (as opposed to an over-use of Sanskrit words, which may distract from the learning content).
- The scope of your presentation should demonstrate depth in topic research and originality. Your knowledge of presenting such content is relevant to your experiential understanding.
- Your presentation needs to comfortably fit your time frame (2, 6, 8 hours or a lengthier intensive).

In Terms of Content:

- Your presentation should be substantial, specific and well-illustrated (via handouts or slides).
- Include examples that demonstrate practical, applicable, and experiential ways for participants to learn and apply the learning objective. This may apply to both online and in person events.

