

PROGConferenceSessions

YG09 Conference 3902-748

First	Last	Title	Day	Date	Start	End	Type	Length	Course ID	Ces?	NATABOC Level
Seane	Corn	Detox Flow	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-749	F	Level Advanced
Kaline Alayna	Kelly	The Sacred Dance of Thai Massage	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-750	None	
Gurmukh Kaur	Khalsa	Training the Mind: A Life Beyond Our Fear as We Enter Into the Golden Age (with Gurushabd Singh Khalsa)	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-751	C	
Tias	Little	Lumbar-Sacral Blues	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-752	F	Level Essential
Aadil	Palkhivala	Using Inner Guidance in the Practice of <i>Purna Yoga</i> ™	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-753	F	Level Advanced
Shiva	Rea	Sukha Shakti: The Yoga of Radical Happiness in a Changing World	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-754	F	Level Essential
Sharon	Salzberg	Tools for Awakening Courage, Faith & Compassion	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-755	C	
David	Swenson	Ashtanga Yoga: A Guided Tour: A Thorough Exploration of the Practice of Ashtanga Yoga	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-756	F	Level Essential
Robert	Turner	Omega Vegetarian Cooking	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-757	None	
Rodney	Yee	Asana, Pranayama & Meditation (with Colleen Saidman Yee)	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-758	F	Level Essential
Skip	Backus	OCSL Intensive (with Jonathan Todd)	Friday	8/21/2009	2:30 PM	6:00 PM	Intensive	3.5	3901-759	None	
Queen	Afua	A Yogic Lifestyle Based on the 5 Elements	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1A	None	
Rev. Jaganath	Carrera	Explore the Heart of Yoga	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1B	C, F	Level Essential
Rachel	Fleischman	Dance Your Bliss	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1C	None	
Amy	Ippoliti	Anusara Yoga: Upside Down You're Turning Me	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1D	F	Level Advanced
Gurmukh Kaur	Khalsa	Moving from Karma to a Life of Dharma: Entering the Aquarian Age	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1E	C, F	Level Essential
Tias	Little	Karma & the Legs	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1F	F	Level Essential
Dharma	Mittra	Mada Sadhana: A Divine Journey with Sri Dharma Mittra	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1G	F	Level Essential
	Omega Faculty	Low Carbon Diet	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1H	None	
Sharon	Salzberg	Lovingkindness	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1J	C	
David	Swenson	Exploring the Mantra of Ujjayi & the Mysteries of Energy Locks	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1K	None	
Rodney	Yee	Caring for the Patient Through Yoga (with Colleen Saidman Yee)	Saturday	8/22/2009	8:30 AM	10:00 AM	Concurrent	1.5	B1L	F	Level Essential
Marla	Apt	Yoga from the Ground Up	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2A	F	Level Essential
Skip	Backus	Pushing the Green Envelope: The Living Building Challenge	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2B	None	
Glenn	Black	Ultimate Asana: Natural Human Movement (Advanced)	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2C	F	Level Advanced
Seane	Corn	Collective Soul: In the Flow of Grace	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2D	F	Level Essential
Kaline Alayna	Kelly	The Sacred Dance of Thai Massage: Opening the Hips, Pelvis & Lower Back	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2E	None	
Gurushabd Singh	Khalsa	Power of Mantra, Connect Up to Infinity	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2F	None	
Kelly	McGonigal	Befriending the Body (IAYT)	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2G	C, F	Level Essential
Shiva	Rea	Kalari Shakti: The Yoga of Embodying Power	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2H	F	Level Advanced
Robert	Turner	Introduction to Vegetarian Cooking	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2J	None	
Mark	Whitwell	Yoga Is Peace: A Day of Yoga Understanding & Deep Practice	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2K	C, F	Level Essential
Rodney	Yee	The Pillars of Backbends (with Colleen Saidman Yee)	Saturday	8/22/2009	10:30 AM	12:00 PM	Concurrent	1.5	B2L	F	Level Essential
Marla	Apt	Refinement Through Kriya Yoga	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3A	F	Level Advanced
Seane	Corn	Svadhya: Self-Examination & Yoga	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3B	F	Level Essential
Kaline Alayna	Kelly	The Sacred Dance of Thai Massage: Open Your Heart, Free Your Shoulders & Neck	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3C	None	
Gurushabd Singh	Khalsa	Strength & Balance to Be Yourself	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3D	None	
	Omega Faculty	Low Carbon Diet	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3E	None	

PROGConferenceSessions

Shiva	Rea	Nataraja: The Yoga of a Dancing Universe	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3F	F	Level Essential
David	Swenson	Ashtanga Yoga: An Introduction: Exploring the Fundamentals	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3G	F	Level Essential
Robert	Turner	Introduction to Vegan Cooking	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3H	None	
Steven A.	Weiss	Yoga Anatomy	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3J	F	Level Advanced
Mark	Whitwell	The Yoga of Peace, Intimacy, Sex & Relationship: Method & Understanding	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3K	F	Level Advanced
Rodney	Yee	Balancing the Hip Joints with Arm Balances (with Colleen Saidman Yee)	Saturday	8/22/2009	2:00 PM	3:30 PM	Concurrent	1.5	B3L	F	Level Advanced
Queen	Afua	The 7 Kitchens of Consciousness	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4A	None	
Brett	Bevell	Introduction to Reiki	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4B	None	
Glenn	Black	Anatomy of Yoga	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4C	F	Level Advanced
Annie	Bond	Making a Change: Taking Sustainability Home	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4D	None	
Rev. Jaganath	Carrera	Through the Eyes of the Enlightened	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4E	C, F	Level Essential
Rachel	Fleischman	Dance Your Bliss	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4F	None	
Sharon	Gannon	Hot-Hip & Holy (with David Life)	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4G	F	Level Essential
Amy	Ippoliti	Anusara Yoga: Getting Ready for Prime Time: A Journey Into the Yamas & Niyamas	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4H	F	Level Essential
Gurmukh Kaur	Khalsa	Reality is What We Make It	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4J	C, F	Level Essential
Dharma	Mitra	Divine Secrets of 8 Limbs Purification with Sri Dharma Mitra	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4K	F	Level Advanced
Aadil	Palkhivala	Hip Openers & Twists in <i>Purna Yoga</i> TM	Saturday	8/22/2009	4:00 PM	6:00 PM	Concurrent	2	B4L	F	Level Advanced
Jennifer	Brown	Yin Yoga	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5A	F	Level Essential
Seane	Corn	Off the Mat Into the World®	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5B	C, F	Level Essential
Michael	Craft	Tai Chi	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5C	F	Level Essential
Manna Jo	Greene	Becoming an Activist	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5D	None	
Gurmukh Kaur	Khalsa	Experience Joy in the Coming Aquarian Age	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5E	C, F	Level Essential
Tias	Little	No Fear in Yoga	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5F	C, F	Level Essential
Kelly	McGonigal	The Yogic Warrior	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5G	F	Level Essential
Aadil	Palkhivala	<i>Purna Yoga</i> TM Master Backbend Class (Intermediate)	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5H	F	Level Advanced
Shiva	Rea	Sukha Shakti: The Yoga of Radical Happiness in a Changing World	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5J	F	Level Essential
Sharon	Salzberg	Equanimity	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5K	C	
Robert	Turner	Building Flavor for a Seasoned Vegetarian	Sunday	8/23/2009	9:00 AM	10:30 AM	Concurrent	1.5	C5L	None	