



Being Yoga Conference
Course #3902-748
August 21-23, 2009

We look forward to seeing you soon at Omega Institute's *Being Yoga* conference. The following information will be helpful as you prepare to join us on our beautiful Rhinebeck campus. We wish you safe travels.

Things to Bring

Please bring the yoga props that you require to practice yoga safely. All classes will require a yoga mat. Classes with Aadil Palkhivala will additionally require one block, one blanket, and one strap. You may purchase mats, blocks, and straps at our Bookstore or in our Exhibitor's space when you arrive. See note below for more information about Exhibitors.

Conference Community

You can sample a variety of yoga styles and meet new friends. Enjoy the outdoors, quiet nights, and delicious, nutritious, vegetarian meals that make Omega a renowned destination for all those interested in wellness and personal growth. Explore sustainability by touring our new Omega Center for Sustainable Living, Participate in service projects we are offering during the conference at our Karma Yoga Station; share your experience with other participants.

Sponsors & Exhibitors

During your stay on campus be sure to visit the Conference Marketplace, which will be home to more than 20 vendors and 10 sponsors offering everything from eco-friendly yoga mats and blocks to the latest in yoga fashion to complete Body Tuning sessions.

Continuing Education Credits (CEs) and Certificates of Attendance

Information is available regarding CEs and Certificates of attendance on our website: eomega.org and on-site at the Conference. Please note that all sessions listed below which receive CEs will be marked with an asterisk (*). Please note that you must register for CEs or Certificates of Attendance and submit all fees and paperwork (if applicable) by the conclusion of the Conference. Failure to do so will disqualify you from receiving a certificate.

Conference Sessions

Friday, August 21, 2009

2:30 p.m. – 6:00 p.m.

Pre-Conference Intensives

Seane Corn (3901-749)*, Kaline Alayna Kelly (3901-750), Gurmukh Kaur Khalsa & Gurushabd Singh Khalsa (3901-751)*, Tias Little (3901-752)*, Aadil Palkhivala (3901-753)*, Shiva Rea (3901-754)*, Sharon Salzberg (3901-755)*, David Swenson (3901-756)*, Robert Turner (3901-757), Rodney Yee & Colleen Saidman Yee (3901-758)*, Skip Backus & John Todd (3901-759)

Awakening the Best in the Human Spirit

8:00 p.m. – 10:00 p.m. **Opening Ceremony**
Building a Yoga Community, All Faculty

Saturday, August 22, 2009

4:00 a.m. – 6:00 a.m. **Morning Sadhana**
Gurmukh Kaur Khalsa & Gurushabd Singh Khalsa

8:30 a.m. – 10:00 a.m. **Session 1**
Queen Afua (B1A), Rev. Jaganeth Carrera (B1B)*, Rachel Fleischman (B1C), Amy Ippoliti (B1D)*, Gurmukh Kaur Khalsa (B1E)*, Tias Little (B1F)*, Dharma Mittra (B1G)*, Omega Faculty (B1H), Sharon Salzberg (B1J)*, David Swenson (B1K), Rodney Yee & Colleen Saidman Yee (B1L)*

10:30 a.m. – 12:00 p.m. **Session 2**
Marla Apt (B2A)*, Skip Backus (B2B), Glenn Black (B2C)*, Seane Corn (B2D)*, Kaline Alayna Kelly (B2E), Gurushabd Singh Khalsa (B2F), Kelly McGonigal (B2G)*, Shiva Rea (B2H)*, Robert Turner (B2J), Mark Whitwell (B2K)*, Rodney Yee & Colleen Saidman Yee (B2L)*

2:00 p.m. – 3:30 p.m. **Session 3**
Marla Apt (B3A)*, Seane Corn (B3B)*, Kaline Alayna Kelly (B3C), Gurushabd Singh Khalsa (B3D), Omega Faculty (B3E), Shiva Rea (B3F)*, David Swenson (B3G)*, Robert Turner (B3H), Steven A. Weiss (B3J)*, Mark Whitwell (B3K)*, Rodney Yee & Colleen Saidman Yee (B3L)*

4:00 p.m. – 6:00 p.m. **Session 4**
Queen Afua (B4A), Brett Bevell (B3B), Glenn Black (B4C)*, Annie Bond (B4D), Rev. Jaganeth Carrera (B4E)*, Rachel Fleischman (B4F), Sharon Gannon (B4G)*, Amy Ippoliti (B4H)*, Gurmukh Kaur Khalsa (B4J)*, Dharma Mittra (B4K)*, Aadil Palkhivala (B4L)*

9:00 p.m. – 11:00 p.m. **Evening Event**
Kirtan with Wah!

Sunday, August 23, 2009

4:00 a.m. – 6:00 a.m. **Morning Sadhana**
Gurmukh Kaur Khalsa & Gurushabd Singh Khalsa

9:00 a.m. – 10:30 a.m. **Session 5**
Jennifer Brown (C5A)*, Seane Corn (C5B)*, Michael Craft (C5C)*, Manna Jo Greene (C5D), Gurmukh Kaur Khalsa (C5E)*, Tias Little (C5F)*, Kelly McGonigal (C5G)*, Aadil Palkhivala (C5H)*, Shiva Rea (C5J)*, Sharon Salzberg (C5K)*, Robert Turner (C5L)

11:00 a.m. – 12:00 p.m. **Closing Ceremony**
Lovingkindness & Joy with Sharon Salzberg and Gurmukh Kaur Khalsa