

BEING YOGA 2008  
CONTINUING EDUCATION

First	Last	Title	Day	Date	Start	End		Hrs	CEs?
Gurmukh Kaur	Khalsa	Living in Peace (with Gurushabd Singh Khalsa)	Friday	10/10/2008	9:00 AM	4:30 PM	A01	6.5	None
David	Life	The Yogi as Radical Cultural Hero	Friday	10/10/2008	9:00 AM	4:30 PM	A02	6.5	None
Dharma	Mittra	Maha Sadhana: A Divine Journey	Friday	10/10/2008	9:00 AM	4:30 PM	A03	6.5	C, F
Aadil	Palkhivala	Living the Practice of Yoga	Friday	10/10/2008	9:00 AM	4:30 PM	A04	6.5	F
Shiva	Rea	Tending the Sacred Flame	Friday	10/10/2008	9:00 AM	4:30 PM	A05	6.5	F
Rod	Stryker	ParaYoga®, Vinyasa & Ayurveda: Principles of Deepening Practice	Friday	10/10/2008	9:00 AM	4:30 PM	A06	6.5	F
David	Swenson	Ashtanga Yoga Inside & Out	Friday	10/10/2008	9:00 AM	4:30 PM	A07	6.5	F
Matthew	Taylor	From Body to Mind & Mind to Body: The Tools of Yoga Therapy (with Kelly McGonigal)	Friday	10/10/2008	9:00 AM	4:30 PM	A08	6.5	C, F
<b>Simmons</b>	<b>Russell</b>	<b>Yoga &amp; Social Action</b>	<b>Friday</b>	<b>10/10/2008</b>	<b>8:45 PM</b>	<b>9:30 PM</b>	<b>XXX</b>	<b>0.75</b>	None
David	Life	Tantric Duet (with Sharon Gannon)	Friday	10/10/2008	8:15 PM	8:45 PM	XXX	0.5	None
Gurushabd	Khalsa	Sadhana (with Gurushabd Singh Khalsa)	Saturday	10/11/2008	4:00 AM	6:00 AM	XXX	2	None
Maya	Breuer	Sacred Rhythm Yoga (with Jana Long)	Saturday	10/11/2008	7:00 AM	8:30 AM	B1A	1.5	None
Lilias	Folan	Greeting the Day in a Sacred Way: Morning Meditation Class	Saturday	10/11/2008	7:00 AM	8:30 AM	B1B	1.5	None
Leslie	Kaminoff	Pranayama: Releasing the Diaphragm for Pranayama Practice	Saturday	10/11/2008	7:00 AM	8:30 AM	B1C	1.5	F
Gurmukh Kaur	Khalsa	Magnificent Grace (with Gurushabd Singh Khalsa)	Saturday	10/11/2008	7:00 AM	8:30 AM	B1D	1.5	F
David	Life	Jivamukti Yoga: Twists	Saturday	10/11/2008	7:00 AM	8:30 AM	B1E	1.5	F
Kelly	McGonigal	From Body to Mind & Mind to Body	Saturday	10/11/2008	7:00 AM	8:30 AM	B1F	1.5	C, F
Seane	Corn	Detox Flow	Saturday	10/11/2008	7:00 AM	11:00 AM	B11	3.5	F
Kofi	Busia	Asana & Purification	Saturday	10/11/2008	9:00 AM	11:00 AM	B2A	2	F
Tevis	Gale	Corporate Yoga That Works!	Saturday	10/11/2008	9:00 AM	11:00 AM	B2B	2	F
Sharon	Gannon	Women of Yoga	Saturday	10/11/2008	9:00 AM	11:00 AM	B2C	2	F
Mark	Lilly	Challenging Yourself to Be of Service (with Katie Arrants)	Saturday	10/11/2008	9:00 AM	11:00 AM	B2D	2	C, F
Tias	Little	Sideways	Saturday	10/11/2008	9:00 AM	11:00 AM	B2E	2	F
Aadil	Palkhivala	God & the Meaning of the Universe	Saturday	10/11/2008	9:00 AM	11:00 AM	B2F	2	F
Shiva	Rea	Prana Flow: Becoming One with Prana	Saturday	10/11/2008	9:00 AM	11:00 AM	B2G	2	F
Rod	Stryker	ParaYoga® Vinyasa: Awakening Rajas to Empower & Expand	Saturday	10/11/2008	9:00 AM	11:00 AM	B2H	2	F
David	Swenson	Flying, Floating & Handstands: A Fun-Filled Exploration of Vinyasa & Arm Balances	Saturday	10/11/2008	9:00 AM	11:00 AM	B2J	2	F
Gurmukh Kaur	Khalsa	The Power of Kundalini Yoga to Awaken the Soul & Raise the Kundalini (with Gurushabd Singh Khalsa)	Saturday	10/11/2008	12:30 PM	2:30 PM	B3A	2	F
Swami	Lalitananda	Meditation on Light & Vibration	Saturday	10/11/2008	12:30 PM	2:30 PM	B3B	2	None
Cyndi	Lee	Opening the Gates: The Foot Chakra	Saturday	10/11/2008	12:30 PM	2:30 PM	B3C	2	None
David	Life	Jivamukti Yoga: Get Up, Stand Up, Don't Give Up the Fight!	Saturday	10/11/2008	12:30 PM	2:30 PM	B3D	2	None
Tias	Little	The Dew Drop Meditation	Saturday	10/11/2008	12:30 PM	2:30 PM	B3E	2	None
Dharma	Mittra	Divine Secrets of Yogic Purification	Saturday	10/11/2008	12:30 PM	2:30 PM	B3F	2	None
Deb	Neubauer	Be the Change You Wish For the World	Saturday	10/11/2008	12:30 PM	2:30 PM	B3G	2	F
Mark	Whitwell	The Deep Dimensions of Yoga	Saturday	10/11/2008	12:30 PM	2:30 PM	B3H	2	None
Duncan	Wong	Yogic Arts: Flying Format	Saturday	10/11/2008	12:30 PM	2:30 PM	B3J	2	F

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	<b>Mirra</b>	<b>Soul Food: Meditation in Purna Yoga™</b>	<b>Saturday</b>	<b>10/11/2008</b>	<b>12:30 PM</b>	<b>5:00 PM</b>	B31	<b>4</b>	F
<b>Bobby</b>	<b>Clennell</b>	<b>Essential Poses for Women's Health</b>	<b>Saturday</b>	<b>10/11/2008</b>	<b>3:00 PM</b>	<b>5:00 PM</b>	B4A	<b>2</b>	F
Chip	Hartranft	Freedom From the Self: Awakening to the Yoga-Sutras	Saturday	10/11/2008	3:00 PM	5:00 PM	B4B	2	C
Gary	Kraftsow	Yoga for Healing Upper Back, Neck, and Shoulders	Saturday	10/11/2008	3:00 PM	5:00 PM	B4C	2	C, F
David	Life	Jivamukti Yoga: Hot, Hip & Holy	Saturday	10/11/2008	3:00 PM	5:00 PM	B4D	2	F
Charles	Matkin	The Power & Precision of Yoga (with Lisa Matkin)	Saturday	10/11/2008	3:00 PM	5:00 PM	B4E	2	F
Shiva	Rea	Dance for Life: Yoga Trance Dance	Saturday	10/11/2008	3:00 PM	5:00 PM	B4F	2	None
Alón	Sagee	Growing Your Business Without Selling Your Soul	Saturday	10/11/2008	3:00 PM	5:00 PM	B4G	2	F
David	Swenson	Ashtanga Yoga: An Introduction	Saturday	10/11/2008	3:00 PM	5:00 PM	B4H	2	F
<b>Gurmukh Kaur</b>	<b>Khalsa</b>	<b>Being Yoga: The Changing Face of Yoga (with Mark Lilly, Maya Breuer, Shiva Rea, Tevis Gale)</b>	<b>Saturday</b>	<b>10/11/2008</b>	<b>7:30 PM</b>	<b>9:00 PM</b>	XXX	<b>1.5</b>	None
<b>Deva</b>	<b>Premal</b>	<b>The Yoga of Mantra &amp; Chant: Deva Premal &amp; Miten in Concert</b>	<b>Saturday</b>	<b>10/11/2008</b>	<b>9:00 PM</b>	<b>11:00 PM</b>	XXX	<b>2</b>	None
<b>Gurmukh Kaur</b>	<b>Khalsa</b>	<b>Sadhana (with Gurushabd Singh Khalsa)</b>	<b>Sunday</b>	<b>10/12/2008</b>	<b>4:00 AM</b>	<b>6:00 AM</b>	XXX	<b>2</b>	None
<b>Bobby</b>	<b>Clennell</b>	<b>Backbend Basics</b>	<b>Sunday</b>	<b>10/12/2008</b>	<b>7:00 AM</b>	<b>8:30 AM</b>	C5A	<b>1.5</b>	F
Chip	Hartranft	Embodying the Yoga-Sutra	Sunday	10/12/2008	7:00 AM	8:30 AM	C5B	1.5	F
Jana	Long	Spirit of Sankofa	Sunday	10/12/2008	7:00 AM	8:30 AM	C5C	1.5	None
Dharma	Mittra	Concentration & Divine Meditation	Sunday	10/12/2008	7:00 AM	8:30 AM	C5D	1.5	None
Deb	Neubauer	Auspicious Wisdom	Sunday	10/12/2008	7:00 AM	8:30 AM	C5E	1.5	F
Rod	Stryker	Asana & Bandha: Gateways to Glory	Sunday	10/12/2008	7:00 AM	8:30 AM	C5F	1.5	F
<b>Aadil</b>	<b>Palkhivala</b>	<b>The Power of Dynamism, the Healing of Relaxation</b>	<b>Sunday</b>	<b>10/12/2008</b>	<b>7:00 AM</b>	<b>11:00 AM</b>	C51	<b>3.5</b>	F
<b>Seane</b>	<b>Corn</b>	<b>Yogini</b>	<b>Sunday</b>	<b>10/12/2008</b>	<b>9:00 AM</b>	<b>11:00 AM</b>	C6A	<b>2</b>	C, F
Lilias	Folan	Awakening Yoga in Midlife	Sunday	10/12/2008	9:00 AM	11:00 AM	C6B	2	F
Sharon	Gannon	Chakra Purification Through Asana & Mantra	Sunday	10/12/2008	9:00 AM	11:00 AM	C6C	2	F
Swami	Lalitananda	The Inner Life of Asanas: Opening to the Mystical	Sunday	10/12/2008	9:00 AM	11:00 AM	C6D	2	C
Tias	Little	The Front of the Back	Sunday	10/12/2008	9:00 AM	11:00 AM	C6E	2	F
Shiva	Rea	Creative Core Within Yoga	Sunday	10/12/2008	9:00 AM	11:00 AM	C6F	2	F
David	Swenson	Eight Limbs & Daily Life	Sunday	10/12/2008	9:00 AM	11:00 AM	C6G	2	C
Matthew	Taylor	Bridging from Yoga to Yoga Therapy: From Concept to Sustainable Career	Sunday	10/12/2008	9:00 AM	11:00 AM	C6H	2	C, F
Mark	Whitwell	Meditation Arising	Sunday	10/12/2008	9:00 AM	11:00 AM	C6J	2	C, F
<b>Kofi</b>	<b>Busia</b>	<b>Yoga &amp; Union: What's the Object, Who's the Subject</b>	<b>Sunday</b>	<b>10/12/2008</b>	<b>1:00 PM</b>	<b>3:00 PM</b>	<b>C7A</b>	<b>2</b>	F
Leslie	Kaminoff	The Warrior Series: A Breath-Centered Vinyasa	Sunday	10/12/2008	1:00 PM	3:00 PM	C7B	2	F
Gurmukh Kaur	Khalsa	Keys to Unlock the Unlimited Power Within You With Kundalini Yoga (with Gurushabd Singh Khalsa)	Sunday	10/12/2008	1:00 PM	3:00 PM	C7C	2	C, F
Gary	Kraftsow	Yoga for Emotional Health: Focus on Anxiety & Depression	Sunday	10/12/2008	1:00 PM	3:00 PM	C7D	2	C, F
Cyndi	Lee	Shamatha: Calm Abiding	Sunday	10/12/2008	1:00 PM	3:00 PM	C7E	2	C

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Mark	Lilly	Portable, Compact, Real & Immediate: How to Teach Yoga to Anyone Anywhere (with Katie Arrants)	Sunday	10/12/2008	1:00 PM	3:00 PM	C7F	2	C, F
Deva	Premal	Satsang: Devotional Singing with Deva Premal & Miten	Sunday	10/12/2008	1:00 PM	3:00 PM	C7G	2	None
Rod	Stryker	Meditation & Six Gems of ParaYoga®	Sunday	10/12/2008	1:00 PM	3:00 PM	C7H	2	F
Duncan	Wong	Yogic Arts: The Prana-Bandha Relationship	Sunday	10/12/2008	1:00 PM	3:00 PM	C7J	2	F
Aadil	Palkhivala	Sri Aurobindo's Yoga & the Evolution of Consciousness	Sunday	10/12/2008	3:15 PM	4:00 PM	XXX	0.75	F
Seane	Corn	Off the Mat, Into the World™: Yoga, Purpose & Action	Monday	10/13/2008	9:00 AM	4:30 PM	D01	6.5	F
Gary	Kraftsow	Viniyoga for Emotional Health	Monday	10/13/2008	9:00 AM	4:30 PM	D02	6.5	C, F
Tias	Little	Sacred Skull	Monday	10/13/2008	9:00 AM	4:30 PM	D03	6.5	F