

PROGConferenceSessions

YG10 Conference 3902-330

Last	First	Title	Day	Date	Start	End	Type	Length	Course ID	Ces?	NATABOC Level
VARIOUS		What Yoga Means: A Practice & Conversation With Being Yoga Faculty	Friday	8/20/2010	7:30PM	10:00PM	Opening	2		No	
Khalsa	Gurushabd Singh	Sadhana	Saturday	8/21/2010	4:00AM	6:00PM	Sadhana				
Corn	Seane	Em power Flow	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1A	F	Essential
Folan	Lilias	Dynamic Morning Meditation: Greeting the Day in a Sacred Way	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1B	No	
Hemalayaa		Bollywood Dances 101	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1C	No	
Ippoliti	Amy	Anusara Yoga® Hands-On Assists	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1D	F	Advanced
Marino	Vinnie	Vinyasa Flow Yoga	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1E	F	Essential
McGonigal	Kelly	Safe Space, Sacred Practice	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1F	F	Advanced
Rea	Shiva	Rasa: The Yoga of Liberating Love	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1G	No	
Turner	Robert	Introduction to Vegan Cooking	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1H	No	
Whitwell	Mark	The Principles of Yoga According to T. Krishnamacharya, the "Teacher of Teachers"	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1J	No	
Yee & Yee	Rodney & Colleen Saidman	Balancing the Hip Joints With Arm Balances	Saturday	8/21/2010	8:30AM	10:00AM	Concurrent	1.5	B1K	F	Essential
Beryl Bender	Birch	Yoga Beyond Asana: The Next Level	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2A	No	
Khalsa	Gurushabd Singh	Rebirthing the Nervous System	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2B	No	
Kraftsow	Gary	The Science of Safe & Effective Yoga Sequencing	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2C	F	Advanced
McGonigal	Kelly	Yoga for Back Pain	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2D	F	Essential
Mithoefer	Biff	Yin Yoga: Finding Peace	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2E	No	
Palkhivala	Aadil	The Upside Down World of Inversions in Purna Yoga™	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2F	F	Advanced
Salzberg	Sharon	Lovingkindness Meditation	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2G	C	
Tigunait	Pandit Rajmani	The Ancient Practice of Tantric Yoga	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2H	No	
Turner	Robert	Introduction to Vegetarian Cooking	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2J	No	
Yee & Yee	Rodney & Colleen Saidman	The Sacrum	Saturday	8/21/2010	10:30AM	12:00PM	Concurrent	1.5	B2K	F	Essential
Beryl Bender	Birch	What Is This Thing Called Yoga?	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3A	No	
Kelly	Kaline Alayna	The Sacred Dance of Thai Massage: Opening the Hips, Pelvis & Lower Back	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3B	No	
Khalsa	Gurmukh Kaur	Living Beyond Duality	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3C	No	
Kraftsow	Gary	Preparation for Pranayama Using Breath & Asana	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3D	F	Advanced
Mithoefer	Biff	Yin Yoga & Qi	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3E	No	
Nardini	Sadie	Core Strength Vinyasa Yoga's Core Trinity: Hara, Sacrum & Belly	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3F	F	Advanced
Palkhivala	Aadil	The Secret Energy of the Soul in Asana	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3G	No	
Rea	Shiva	Breathe for Change: Collective Vinyasa Ritual	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3H	No	
Salzberg	Sharon	Equanimity Meditation	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3J	C	
Yee & Yee	Rodney & Colleen Saidman	From Twists to Backbends	Saturday	8/21/2010	2:00PM	3:30PM	Concurrent	1.5	B3K	F	Essential
Brown	Jenn	Yin Yoga: For Lower Back, Sacrum & Hips	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4A	No	
Corn	Seane	Detox Flow® Yoga	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4B	No	
Gannon & Life	Sharon & David	The Wild Child of Yoga	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4C	No	
Hemalayaa		Bollywood Vinyasa Yoga	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4D	No	
Khalsa	Gurmukh Kaur	Polish Your Body, Shine Your Soul: Set Yourself for the Aquarian Age	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4E	No	

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Kraftsow	Gary	From Vedic Revelation to Yogic & Science: Resolving the Nondualist/Dualistic Enigma	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4F	No	
Marino	Vinnie	Yoga & 12-Step Recovery	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4G	C	
Mittra	Sri Dharma	Maha Shakti: Dharma I & II: The Illuminated Path of Dharma Yoga	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4H	F	Essential
Rea	Shiva	Yoga Trance Dance: Liberating & Harnessing Creative Flow	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4J	No	
Tigunait	Pandit Rajmani	Yoga & the Healing Power of Breath	Saturday	8/21/2010	4:00PM	6:00PM	Concurrent	2	B4K	C	
<b>Wah!</b>		<b>Kirtan Celebration With Wah!</b>	<b>Saturday</b>	<b>8/21/2010</b>	<b>9:00PM</b>	<b>11:00PM</b>	<b>Evening</b>	<b>2</b>		<b>NO</b>	
Khalsa	Gurushabd Singh	Sadhana	Saturday	8/21/2010	4:00AM	6:00AM	Sadhana			No	
Corn	Seane	Yogini: Yoga for Women	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5A	No	
Folan	Lilias	Awakening Yoga in Midlife	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5B	No	
Ippoliti	Amy	Anusara Yoga® Therapeutic Relief: For Low Back, Hips & Knees	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5C	F	Essential
Kelly	Kaline Alayna	The Sacred Dance of Thai Massage: Open Your Heart & Free Your Shoulders & Neck	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5D	No	
Khalsa	Gurmukh Kaur	Reality Is What We Make of It	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5E	C	
Khalsa	Gurushabd Singh	Self-Hypnosis for Good Health & Better Relationships	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5F	C	
Mittra	Sri Dharma	Maha Sadhana: Dharma III & IV: The One Great Eternal Practice	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5G	F	Advanced
Nardini	Sadie	Core Strength Vinyasa Yoga's Three Suns	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5H	No	
Palkhivala	Aadil	The Energy Behind Being a Yoga Teacher	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5J	F	Advanced
Whitwell	Mark	Advanced Yoga for Everyone	Sunday	8/22/2010	8:30AM	10:30AM	Concurrent	2	C5K	F	Advanced
McGonigal & Corn	Kelly & Seane	Conscious Connecting: Celebrating & Activating Your Purpose	Sunday	8/22/2010	11:00AM	12:00PM	Closing	1		No	