

# being 2010 Yoga Weekend

Weekend

Conference Retreat • August 20-22 • 2010 • Rhinebeck, New York • Conference Schedule

Tracks: ■ Asana ■ Beginner ■ Advanced ■ Teacher ■ Meditation/Discussion ■ Other Practices

Friday

6:00-7:15 pm	Dinner									
7:30-10:00 pm	What Yoga Means: A Practice & Conversation With Being Yoga Faculty									

Saturday

4:00-6:00 am	Gurushabd Singh Khalsa Sadhana									
7:00-8:45 am	Breakfast									
8:30-10:00 am <i>Choose 1 Class</i>	Shiva Rea Rasa: The Yoga of Liberating Love <b>B1G</b>	Seane Corn Empower Flow <b>B1A</b>	Vinnie Marino Vinyasa Flow Yoga <b>B1E</b>	Colleen Saidman Yee and Rodney Yee Balancing the Hip Joints With Arm Balances <b>B1K</b>	Lilias Folan Dynamic Morning Meditation: Greeting the Day in a Sacred Way <b>B1B</b>	Amy Ippoliti Anusara Yoga® Hands-On Assists <b>B1D</b>	Kelly McGonigal Safe Space, Sacred Practice <b>B1F</b>	Mark Whitwell The Principles of Yoga According to T. Krishnamacharya, the "Teacher of Teachers" <b>B1J</b>	Robert Turner Introduction to Vegan Cooking <b>B1H</b>	Hemalayaa Bollywood Dances 101 <b>B1C</b>
10:30 am-Noon <i>Choose 1 Class</i>	Biff Mithoefer Yin Yoga: Finding Peace <b>B2E</b>	Colleen Saidman Yee and Rodney Yee The Sacrum <b>B2K</b>	Pandit Rajmani Tigunait The Ancient Practice of Tantric Yoga <b>B2H</b>	Beryl Bender Birch Yoga Beyond Asana: The Next Level <b>B2A</b>	Kelly McGonigal Yoga for Back Pain <b>B2D</b>	Aadil Palkhivala The Upside Down World of Inversions in Purna Yoga™ <b>B2F</b>	Gary Kraftsow The Science of Safe & Effective Sequencing <b>B2C</b>	Sharon Salzberg Lovingkindness Meditation <b>B2G</b>	Gurushabd Singh Khalsa Rebirthing the Nervous System <b>B2B</b>	Robert Turner Introduction to Vegetarian Cooking <b>B2J</b>
12:45-1:30 pm	Service Lunch With the Yoga Service Council									
2:00-3:30 pm <i>Choose 1 Class</i>	Shiva Rea Breathe for Change: Collective Vinyasa Ritual <b>B3H</b>	Gurmukh Kaur Khalsa Living Beyond Duality <b>B3C</b>	Aadil Palkhivala The Secret Energy of the Soul in Asana <b>B3G</b>	Sadie Nardini Core Strength Vinyasa Yoga's Core Trinity: Hara, Sacrum & Belly <b>B3F</b>	Colleen Saidman Yee and Rodney Yee From Twists to Backbends <b>B3K</b>	Gary Kraftsow Preparation for Pranayama Using Breath & Asana <b>B3D</b>	Beryl Bender Birch What Is This Thing Called Yoga? <b>B3A</b>	Sharon Salzberg Equanimity Meditation <b>B3J</b>	Biff Mithoefer Yin Yoga & Qi <b>B3E</b>	Kaline Alayna Kelly The Sacred Dance of Thai Massage: Opening the Hips, Pelvis & Lower Back <b>B3B</b>
4:00-6:00 pm <i>Choose 1 Class</i>	Gurmukh Kaur Khalsa Polish Your Body, Shine Your Soul: Set Yourself for the Aquarian Age <b>B4E</b>	Sri Dharma Mittra Maha Shakti: Dharma I & II The Illuminated Path of Dharma Yoga <b>B4H</b>	Sharon Gannon and David Life The Wild Child of Yoga <b>B4C</b>	Pandit Rajmani Tigunait Yoga & the Healing Power of Breath <b>B4K</b>	Jenn Brown Yin Yoga: For Lower Back, Sacrum & Hips <b>B4A</b>	Seane Corn Detox Flow® Yoga <b>B4B</b>	Vinnie Marino Yoga & 12-Step Recovery <b>B4G</b>	Gary Kraftsow From Vedic Revelation to Yoga & Science: Resolving the Nondualistic/Dualistic Enigma <b>B4F</b>	Shiva Rea Yoga Trance Dance: Liberating & Harnessing Creative Flow <b>B4J</b>	Hemalayaa Bollywood Vinyasa Yoga <b>B4D</b>
6:00-7:15 pm	Dinner									
9:00-11:00 pm	Kirtan Celebration With Wah!									

Sunday

4:00-6:00 am	Gurushabd Singh Khalsa Sadhana									
7:00-8:45 am	Breakfast									
8:30-10:30 am <i>Choose 1 Class</i>	Lilias Folan Awakening Yoga in Midlife <b>C5B</b>	Seane Corn Yogini: Yoga for Women <b>C5A</b>	Mark Whitwell Advanced Yoga for Everyone: Developing a Personal Yoga Practice <b>C5K</b>	Sadie Nardini Core Strength Vinyasa Yoga's Three Suns <b>C5H</b>	Amy Ippoliti Anusara Yoga® Therapeutic Relief: For Low Back, Hips & Knees <b>C5C</b>	Sri Dharma Mittra Maha Sadhana: Dharma III & IV, The One Great Eternal Practice <b>C5G</b>	Aadil Palkhivala The Energy Behind Being a Yoga Teacher <b>C5J</b>	Gurushabd Singh Khalsa Self-Hypnosis for Good Health & Better Relationships <b>C5F</b>	Gurmukh Kaur Khalsa Reality Is What We Make of It <b>C5E</b>	Kaline Alayna Kelly The Sacred Dance of Thai Massage: Open Your Heart & Free Your Shoulders & Neck <b>C5D</b>
11:00 am-Noon	Conscious Connecting: Celebrating & Activating Your Purpose With Seane Corn & Kelly McGonigal									
12:00-2:00 pm	Lunch									

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