

Yoga Journal Boston Conference ACE APPROVED CLASSES

Yoga Journal is recognized by the American Council on Exercise (ACE) as a continuing education specialist. Stop by the Registration Desk for information on CECs provided by ACE. Certificates will be available for \$15 each. For Yoga Alliance credits, simply save a copy of your class record (either your badge or a confirmation email). Separate certificates are not needed for Yoga Alliance. Certificates of completion are available at the Registration Desk and must be requested and picked up at the conference. Any certificate not picked up at the conference will be mailed on request for a \$5 fee.

(ONLY THE FOLLOWING MAIN CONFERENCE SESSIONS ARE APPROVED FOR CEC's)

Saturday, April 10 - Main Conference

8:00am-10:00am (Session 1)

Boomer Yoga: Keeping Your Body Young, Your Mind Vibrant, and Your Spirit Soaring
Gut Wisdom: Awakening the Intelligence of the Core Body
Sun Salutations: Find Your Breath and Awaken Your Spine
Prana Flow: Energetic Vinyasa

Teacher

Beryl Bender Birch
Bo Forbes
Natasha Rizopoulos
Shiva Rea

CEC

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10:30am-12:30pm (Session 2)

Anatomy for Beginners
Joyous Backbends: Set Your Spine Free
Rasa: The Yoga of Liberating Love

Teacher

Julie Gudmestad
Natasha Rizopoulos
Shiva Rea

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3:30pm-5:30pm (Session 3)

What Is This Thing Called Yoga?
The Yoga Teacher's Guide to the Post-Savasana Meltdown
Getting to Know Your Rotator Cuff
Tantra Vidya, Kundalini, and the Subtle Body

Teacher

Beryl Bender Birch
Coral Brown
Julie Gudmestad
Rod Stryker

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Sunday, April 11 - Main Conference

8:00am-10:00am (Session 4)

Awakening the Power of Transformation Through Asana
ParaYoga Vinyasa: Awakening the Fire

Teacher

Beryl Bender Birch
Rod Stryker

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10:30am-12:30pm (Session 5)

Core Strengthening
Take Flight: Arm Balances

Teacher

Julie Gudmestad
Natasha Rizopoulos

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3:30pm-5:30pm (Session 6)

Classical Raja Yoga Training for Teachers
Yoga and Arthritis
Wring It Out: the Thrill of Twisting
Yoga and Meditation

Teacher

Beryl Bender Birch
Julie Gudmestad
Natasha Rizopoulos
Rod Stryker

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