

YOGA JOURNAL CONFERENCE: COLORADO - CLASSES APPROVED FOR ACE CECs

Yoga Journal is recognized by the American Council on Exercise (ACE) as a continuing education specialist for CECs. 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.

(ACE approved for .2 CECs per class. 1.4 total credits possible in Main Conference)

<u>Friday, September 23 - Main Conference: Session 1 (8:00am-10:00am)</u>		Class Code
Seane Corn	Vinyasa Flow Yoga: Establishing a Strong Foundation	M1CORN
Tias Little	Anatomy of Breathing	M1LITT
Kiersten Mooney	The Eight Universal Principles for Stepping Up to Your Edge	M1MOON
Rod Stryker	Tantra Yoga Vinyasa: Asana, Bandha, Mudra	M1STRY
Mas Vidal	The Royal Path: Yoga & Ayurveda	M1VIDAL
<u>Friday, September 23 - Main Conference: Sessions 2a (10:30am-12:30am) & 2b (11:00am-1:00pm)</u>		Class Code
Baron Baptiste	Foundations in Action	M2BAPT
Roger Cole	Yoga Anatomy for Beginners	M2COLE
Jason Crandell	Awaken Your Core for Greater Steadiness and Integration	M2CRAN
Elise Miller	Teaching and Sequencing for Inversions	M2EMIL
Bo Forbes	Gateway to Prana: Empowering the Neck/Shoulder Axis in Vinyasa CE	M2FORB
Tias Little	Every Pose is a Mountain	M2LITT
Desiree Rumbaugh	The Lightness of Being: A Vinyasa Flow Class to Connect to Your Heart	M2RUMB
Shiva Rea	Kalari Flow: An Introduction to the Yoga of Kalarippayatu	M2SREA
<u>Friday, September 23 - Main Conference: Session 3 (3:30pm-5:30pm)</u>		Class Code
Baron Baptiste	Journey into Power	M3BAPT
Roger Cole	Hips and Knees: Anatomy and Practice	M3COLE
Seane Corn	Everyday Miracles	M3CORN
Desiree Rumbaugh	Standing Poses for Beginners	M3RUMB
Shiva Rea	Energy Flow: Consciousness in Action Yoga Energy Activism: Learning How to Unplug,	M3SREA
Janet Stone	Maha Bhutas: Flowing within the Five Elements	M3STON
Rod Stryker	Yoga Nidra: The Science of Destiny and The Yoga of Fulfillment	M3STRY
Mas Vidal	The Tempo of Yoga Therapy with Ayurveda	M3VIDA
<u>Saturday, September 24 - Main Conference: Session 4 (8:00am-10:00am)</u>		Class Code
Baron Baptiste	Ignite and Inspire	M4BAPT
Shiva Rea	Prana Flow: Energetic Vinyasa	M4SREA
Janet Stone	Chid Rasa: Liquid Awakening	M4STON
Rod Stryker	The Secrets of Pranayama	M4STRY
Mas Vidal	Detox Yoga & Ayurveda	M4VIDA
<u>Saturday, September 24 - Main Conference: Sessions 5a (10:30am-12:30am) & 5b (11:00am-1:00pm)</u>		Class Code
Baron Baptiste	Being of Power	M5BAPT
Roger Cole	Science Meets Practice: Backbends	M5COLE
Seane Corn	Shakti Flow	M5CORN
Jason Crandell	Taking Refuge: Sidebends, Twists, and Forward Bends	M5CRAN
Bo Forbes	Mind-Body Flow: Crafting a Therapeutic Vinyasa Practice CE	M5FORB
Desiree Rumbaugh	Balancing Act: A Vinyasa Flow Class to Sweep You Off Your Feet	M5RUMB
Shiva Rea	Primal Vinyasa: Awakening the Instinctual Body	M5SREA
Janet Stone	Svaha Vinyasa: Fire & Fly	M5STON
<u>Saturday, September 24 - Main Conference: Session 6 (3:30pm-5:30pm)</u>		Class Code
Roger Cole	Stretching: Physiology and Practice	M6COLE
Elise Miller	Iyengar Vinyasa	M6EMIL
Gary Kraftsow	Viniyoga Therapy: The Lower Back, Sacrum, and Hips	M6KRAF
Tias Little	The Art of Savasana	M6LITT
Kiersten Mooney	Yoga for Athletes	M6MOON
Desiree Rumbaugh	Anusara Yoga: No Pain, All Gain for Stiff Hips	M6RUMB
Mas Vidal	Yoga and Ayurveda for Weight Loss	M6VIDA
<u>Sunday, September 25 - Main Conference: Session 7 (3:30pm-5:30pm)</u>		Class Code
Jason Crandell	Replacing Force with Understanding: Arm Balances with Greater Ease	M7CRAN
Bo Forbes	Gut Wisdom: Awakening the Intelligence of the Core Body CE	M7FORB
Rod Stryker	Yoga and Ayurveda: The Vital Essences	M7STRY