

Yoga Journal Colorado Conference - September 20-27, 2009

ACE APPROVED CLASSES (CEP20073)

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 of completion will be available for \$15 each 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)

Friday, Sept 25 - Main Conference

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

Stretching: Physiology and Practice

Teacher

Roger Cole

0.2 CEC

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

Laughter Yoga for Health and Healing
Practicing Yoga to Save Your Knees

Teacher

Madan Kataria

0.2 CEC

Judith Hanson Lasater

0.2 CEC

11:00am-1:00pm (Session 2b)

Yoga and the Science of Stress Reduction
Breathe for Change: Collective Vinyasa Ritual

Teacher

Timothy B. McCall

0.2 CEC

Shiva Rea

0.2 CEC

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

Sacroiliac Joint: Twists and Forward Bends Without Pain
The Science of Yoga
Inner Spirit of Laughter for Challenging Times
Fire and Flow: Agni Namaskar

Teacher

Judith Hanson Lasater

0.2 CEC

Timothy B McCall

0.2 CEC

Madan Kataria

0.2 CEC

Shiva Rea

0.2 CEC

Saturday Sept 26 - Main Conference

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

Kalari Shakti: The Yoga of Embodying Power

Teacher

Shiva Rea

0.2 CEC

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

Breathing: Physiology and Practice

Teacher

Roger Cole

0.2 CEC

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

Restorative Yoga
Move for Change: Yoga Trance Dance

Teacher

Judith Hanson Lasater

0.2 CEC

Shiva Rea

0.2 CEC

Sunday, Sept 27 - Main Conference

10:00am-12:00pm (Session 7)

Inversions from the Ground Up

Teacher

Roger Cole

0.2 CEC