

YOGA JOURNAL FLORIDA CONFERENCE - 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. 1.2 total credits possible in Main Conference)

Saturday, Nov. 13 - Main Conference: Session 1 (8:00am-10:00am)

Teacher	Title	Class Code
Roger Cole	Introduction to Stretching: Physiology and Practice	M1COLE
Ana Forrest	Basics of Forrest Yoga	M1FORR
Emily Large	Yoga Therapy for the Upper Back, Neck, and Shoulders	M1LARG
Natasha Rizopoulos	Sun Salutations: Find Your Breath and Awaken Your Spine	M1RIZO
Rod Stryker	Theory and Application of Bandha: Deepening Your Practice	M1STRY

Saturday, Nov. 13 - Main Conference: Session 2 (10:30am-12:30am)

Teacher	Title	Class Code
Cyndi Lee	OM Yoga Teacher Training: How to Unpack a Pose and Create Sequences for Beg.	M2CLEE
Roger Cole	Yoga Anatomy for Beginners	M2COLE
Seane Corn	Detox Flow	M2CORN
Ana Forrest	Heal Your Back	M2FORR
Aadil Palkhivala	Freeing the Heart in Standing Poses in Purna Yoga	M2PALK

Saturday, Nov. 13 - Main Conference: Session 3 (3:30pm-5:30pm)

Teacher	Title	Class Code
Jason Crandell	Awakening, Strengthening, and Integrating Your Core	M3CRAN
Tias Little	Lymphatic Yoga: Supporting the Immune System	M3LITT
Natasha Rizopoulos	Take Flight: Teaching Arm Balances	M3RIZO
Desirée Rumbaugh	Anusara Yoga: Change Your Body, Change Your Mind	M3RUMB
Patricia Walden	Hip Openers: Doorways to Space and Freedom	M3WALD

Sunday, Nov. 14 - Main Conference: Session 4 (8:00am-10:00am)

Teacher	Title	Class Code
Cyndi Lee	OM Yoga: Up to Strengthen, Down to Cleanse	M4CLEE
Jason Crandell	Opening Your Hips and Aligning Your Shoulders	M4CRAN
Ana Forrest	Forrest Yoga Sequencing	M4FORR
Emily Large	Yoga for Stiff People	M4LARG
Nicki Doane & Eddie	Wake Up and Flow!	M4NDEM

Sunday, Nov. 14 - Main Conference: Session 5 (10:30am-12:30am)

Teacher	Title	Class Code
Coral Brown	Fluid Power	M5BROW
Seane Corn	Vinyasa Flow: Building the Foundation	M5CORN
Tias Little	Prajna Yoga: Releasing the Neck	M5LITT
Nicki Doane & Eddie	Standing Poses: From the Ground Up	M5NDEM
Patricia Walden	The Art of Twisting: From the Outside In	M5WALD

Sunday, Nov 14 - Main Conference: Session 6 (3:30pm-5:30pm)

Teacher	Title	Class Code
Ana Forrest	Unraveling the Mysteries of the Neck, Shoulders, and Hips	M6FORR
Emily Large	Yoga Therapy for the Lower Back, Sacrum, and Hips	M6LARG
Aadil Palkhivala	The Healing of the Hips	M6PALK
Desirée Rumbaugh	Anusara Yoga: Adjustments That Align with Nature	M6RUMB
Patricia Walden	Forward Bends: A Meditative Practice	M6WALD