

yoga

JOURNAL
CONFERENCE TOUR

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YJEVENTS.COM



Roger Cole
Seane Corn
Jason Crandell
Nicki Doane
Lilias Folan
Bo Forbes
Ana Forrest
Sharon Gannon
Alanna Kaivalya
Leslie Kaminoff
Brent Kessel
Gurmukh Kaur Khalsa
Gary Kraftsow
Judith Hanson Lasater
Cyndi Lee
David Life
Charles Matkin
Lisa Matkin
Dharma Mittra
Eddie Modestini
David Nichtern
Aadil Palkhivala
Sarah Powers
Shiva Rea
Natasha Rizopoulos
Desirée Rumbaugh
John Schumacher
Graham Schweig
Beth Shaw
David Swenson
Patricia Walden
Marsha Wenig
Colleen Saidman Yee
Rodney Yee

The Yoga Journal New York City Conference

May 15–18, 2009 | Hilton New York

CONCERT BY KRISHNA DAS | KEYNOTE BY ROBERT THURMAN
MONDAY KEYNOTE BY DR. CHRISTIANE NORTHRUP

GOLD
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Welcome to the inaugural New York Yoga Journal Conference! We are thrilled to gather a community of yogis together amid the energy, diversity, and vibrancy of this great city. Here, we are privileged to host some of the world's leading spiritual luminaries, including Tibetan Buddhist scholar Robert Thurman, yoga master Dharma Mittra, and worldwide kirtan leader Krishna Das. And that's just the beginning. You'll have access to the world's yoga innovators—living and breathing embodiments of yoga's power to heal, transform, and do good. In addition to the huge selection of classes offered in our Main Conference, we have in-depth intensives, evening classes, lectures, panel discussions, and more. So roll out your mat and get ready to move, sweat, and celebrate in this world-class city where all things are possible.

Special Events | This is total yoga immersion. Hear keynote speaker Robert Thurman, take part in an informative panel discussion on the business of yoga, destress during afterwork classes on Friday, and join our ever-growing community classes on Saturday and Sunday. *All events are open to the general public.*

Friday, May 15

1:00pm–2:00pm

Panel Discussion: "The Business of Being a Yoga Teacher" with Jason Crandell, Cyndi Lee, Susan Maier-Moul. Moderated by Terri Kennedy, chair of the board of Yoga Alliance.

Sponsored by



7:30pm

Kirtan Concert with Krishna Das
\$25 for conference attendees;
\$30 for general public

**Friday–Monday
May 15–May 18**

Visit the Yoga Marketplace!
Your One-Stop Shop
for Everything Yoga!
Free and open
to the public.

Saturday, May 16



1:30pm–2:30pm

Keynote Address by Robert Thurman: "Yoga and Tantra: Out of Body or Magic Body"
Robert A. F. Thurman is the Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies in the Department of Religion at Columbia University, a cofounder of Tibet House US, and a personal friend of the Dalai Lama for more than 40 years.
Donation requested from conference attendees; \$20 for general public. Proceeds benefit Tibet House.



5:30pm

Community Connection: Asana Demo by Ana Forrest followed by performance with MC Yogi



Sunday, May 17

1:00pm–2:00pm

Goal-Setting Seminar: It's not about figuring it all out, it's about creation. You have 30,000 days to live. Your life is up to you.

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lululemon **athletica**

1:30pm–2:30pm

Panel Discussion: "Living the Yamas and Niyamas in Daily Life" with Seane Corn, Gary Kraftsoff, Judith Hanson Lasater, and Aadil Palkhivala.



5:30pm

Closing Remarks by Dharma Mittra: "The Purpose of Yoga"

Monday, May 18



1:00pm–2:00pm

Keynote Address by Dr. Christiane Northrup: "Yoga: The Practice of Coming Home to Yourself"

Our Esteemed Conference Faculty



Roger Cole



Nicki Doane



Ana Forrest



Leslie Kaminoff



Seane Corn



Liliás Folan



Sharon Gannon



Brent Kessel



Jason Crandell



Bo Forbes



Alanna Kaivalya



Gurmukh Kaur Khalsa

Roger Cole, an accomplished scientist and internationally recognized Iyengar teacher, specializes in the anatomy and physiology of yoga, relaxation, sleep, and biological rhythms. He's known for his clear explanations of complex concepts and ability to translate them into effective actions, on and off the mat. *See pages 10, 12, 16, 17, and 20.*

Seane Corn teaches classes that are an eclectic fusion of various healing and spiritual modalities. She is the National Yoga Ambassador for YouthAIDS and trains leaders of activism through Off the Mat, Into the World—an organization she cofounded. She received the 2005 Conscious Humanitarian Award for her outreach efforts and is featured on several DVDs. *See pages 7, 13, 14, 16, and 17.*

Jason Crandell is featured in *Yoga Journal's* most recent DVDs *Yoga for Well-Being* and *Your Complete Home Practice Companion—Morning, Noon, and Night*. He's a contributing editor for *Yoga Journal* and a teacher on *YJ's* monthly Podcast. His vinyasa classes combine fluid movement, subtle detail, and inner exploration. *See pages 7, 10, 13, 14, and 16.*

Nicki Doane had a wanderlust that led her to India in 1991 to study yoga in Mysore she met her teacher, Sri K. Pattabhi Jois. Although rooted in Ashtanga, Nicki's classes combine asana, pranayama, philosophy, and poetry. Nicki lives in Sebastopol, CA, with her husband, Eddie Modestini. Together, they codirect Maya Yoga Studios in both California and Maui, HI. *See pages 12, 14, 17, and 18.*

Liliás Folan is creator and author of the highly acclaimed book and DVD *Liliás! Yoga Gets Better with Age*. Steeped in many traditions, Liliás relies on her personal experience and intuition to influence her teachings. *See pages 12, 16, and 18.*

Bo Forbes is a leading clinical psychologist, yoga teacher, and integrative yoga therapist in the Boston area. She is the founder of Elemental Yoga, director of its teacher training program, and founder of the Center for Integrative Yoga Therapeutics. Her background includes training in biopsychology and sleep disorders, behavioral medicine, and stress management. *See page 20.*

Ana Forrest is recognized worldwide as a pioneer in yoga and emotional healing. Her focus in Forrest Yoga is to guide the student in the sacred exploration of truth, healing, and "The Great Mystery." Ana's philosophy and approach are unique and powerful, drawing on her vast life experiences and over 30 years of teaching yoga. *See pages 7, 12, 13, 16, and 17.*

Sharon Gannon teaches yoga as a path to enlightenment through compassion for all beings. She is a pioneer in teaching yoga as spiritual activism and has been practicing yoga and meditation for more than 35 years. She is a cofounder, with David Life, of the Jivamukti Yoga method, which is taught worldwide. Sharon is also the author of many books, CDs, and yoga DVDs. *See page 7.*

Alanna Kaivalya's lifelong fascination with sound led her to Jivamukti Yoga, where she has immersed herself in the power of yoga, chanting, and music. Alanna teaches workshops worldwide and produces the Yoga Jam Podcast. She lives in New York City, where she leads regular kirtans and teaches classes. *See pages 12, 14, and 18.*

Leslie Kaminoff, author of the bestselling book *Yoga Anatomy*, is a yoga educator inspired by the tradition of T.K.V. Desikachar. He is an internationally recognized specialist with 29 years' experience in the fields of yoga, breath, anatomy, and bodywork. *See page 16.*

Brent Kessel is cofounder of Abacus Portfolios, a portfolio management company offering socially responsible investing and holistic financial advice. Brent earned his economics degree from UCLA and studies psychology, meditation, and Ashtanga Yoga. He is *Yoga Journal's* money columnist and author of *It's Not About the Money*. *See page 15.*

Gurmukh Kaur Khalsa is the cofounder and director of the Golden Bridge spiritual villages in Los Angeles and New York. A yoga instructor for more than 30 years, she teaches Kundalini Yoga and meditation as taught to her by Yogi Bhajan. Gurmukh is the author of several books and DVDs on Kundalini Yoga and pre- and postnatal yoga. *See pages 7, 12, 13, 16, and 17.*

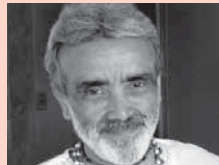
Our Esteemed Conference Faculty



Gary Kraftsow



David Life



Dharma Mittra



Aadil Palkhivala



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Patricia Walden



Rodney Yee



Desirée Rumbaugh



Beth Shaw



Marsha Wenig



John Schumacher



David Swensen



Colleen Saidman Yee

Gary Kraftsow began his study of yoga with T.K.V. Desikachar in 1974. As the founder and director of the American Viniyoga Institute, he leads workshops and trains teachers in the Viniyoga approach to yoga and yoga therapy. He is the author of *Yoga for Wellness* and *Yoga for Transformation*, and he designed the protocol for the successful National Institutes of Health study on low back pain. *See pages 8, 13, 15, 17, 18, and 20.*

Judith Hanson Lasater is president of the California Yoga Teachers Association and cofounder of *Yoga Journal*. A yoga teacher since 1971 and a practicing physical therapist, she holds a PhD in East-West psychology and is the author of *Living Your Yoga: Finding the Spiritual in Everyday Life*. *See pages 7, 10, 13, 17, and 19.*

Cyndi Lee is director of OM Yoga Center and practices both hatha yoga and Tibetan Buddhism. A yoga teacher for more than 20 years, she is the author and artist of the best-selling *OM Yoga in a Box* series as well as the books *OM Yoga: A Guide to Daily Practice* and *Yoga Body, Buddha Mind*. *See pages 7, 13, 15, 16, 17, and 20.*

David Life imbues his classes with metaphor, musicality, spirituality, and humor. With Sharon Gannon, David has created the Jivamukti Yoga method, which emphasizes vinyasa, scriptural study, devotion, music, chanting, and meditation as well as animal rights, veganism, environmentalism, and political activism. *See page 7.*

Charles Matkin, a third-generation yogi, encourages his students to celebrate freedom and self-awareness both within their practice and beyond the mat. Charles has developed therapeutic yoga programs at Beth Israel Spinal Rehabilitation Center and written about therapeutic yoga for *Yoga Journal*. *See pages 12, 13, and 16.*

Lisa Matkin finds inspiration for her teaching from her own life challenges and experiences. She is the star of Anchor Bay's *Healing Yoga* videos, a contributing editor to *Fit Yoga*, and the creator of the video *Yoga Zone: Power Yoga*. *See pages 13, 16, and 19.*

Dharma Mittra is a legendary yoga master who created the famous Master Yoga Chart of 908 Postures. He wrote the book *Asanas: 608 Yoga Poses* and created the DVDs *A Shortcut to Immortality* and *Stairway to Bliss*. Dharma, 70, represents the ethical and physical teachings that yoga can bring us all. *See pages 7, 12, 15, 16, and 18.*

Eddie Modestini has been teaching yoga since 1983. He is certified in Iyengar Yoga and has received K. Pattabhi Jois's blessing to teach Ashtanga Yoga. Well versed in both systems, his eye for detail translates to a profound ability to read students' bodies. Eddie lives in Sebastopol, CA, with his wife and teaching partner, Nicki Doane. They codirect Maya Yoga Studios in CA and Maui, HI. *See pages 12, 14, 17, and 18.*

David Nichtern, a senior teacher in the Shambhala Buddhist tradition, directs Buddhist Studies and Practice at OM Yoga Center. He and his wife, Cyndi Lee, lead retreats worldwide and are cocreators of the *OM Yoga & Meditation Workshop* DVD. An award-winning musician, David is founder of Dharma Moon Records and the world fusion band Drala. *See pages 7, 10, 15, and 17.*

Aadil Palkhivala began studying with B.K.S. Iyengar at age 7 and received an advanced teacher's certificate at 22. Devoted to Aurobindo's yoga, he is founder of Purna Yoga and founder-director of Yoga Centers in Bellevue, WA. A naturopath and Ayurvedic practitioner, he holds degrees in law, physics, and mathematics. *See pages 8, 13, 15, 18, 19, and 20.*

Sarah Powers began teaching in 1987. She weaves yoga and Buddhism into a practice to enliven the body, heart, and mind. She blends a Yin sequence of long-held poses to enhance the meridian and organ systems with a flow or Yang practice influenced by elements of Viniyoga, Ashtanga, and Iyengar. She leads retreats with her husband, Ty, and lives in Marin, CA. *See pages 7, 12, 14, and 16.*

Shiva Rea teaches and leads retreats on vinyasa flow worldwide. Her studies in the Krishnamacharya lineage, Tantra, Ayurveda, and art infuse her approach to living yoga. She is a regular contributor to *Yoga Journal* and lives with her family in Los Angeles. *See pages 8, 12, 15, 17, and 18.*

Natasha Rizopoulos has taught at YogaWorks in Los Angeles since 1997. The featured teacher in *Yoga Journal's Yoga Step-by-Step* home practice DVD series, and has appeared in magazines and on television, and in the book of photographs *Yoga: A Yoga Journal Book*. She writes *Yoga Journal's* and *Basics* column and online column Ask the Beginner's Expert. *See pages 10, 14, 18, and 19.*

Desirée Rumbaugh teaches from the experiences of two decades of practice and five decades of life. She was one of the first students to study with John Friend and become certified in his Anusara method of yoga. As a full-time teacher, Desirée travels the world offering workshops that are transformative. *See pages 13, 14, 18, 19, and 20.*

John Schumacher is the founder and director of Unity Woods Yoga Center. He has studied with B.K.S. Iyengar for the past 28 years and holds one of the few Advanced Iyengar Teaching Certificates in the United States. John's teaching brings you into the present through his precision, clarity, and humor. *See pages 13, 15, 17, and 19.*

Graham Schweig, an internationally renowned scholar, has been a heart-centered yogi since 1967. Graham earned his doctorate in comparative religion from Harvard University and is author-translator of *Dance of Divine Love* and *Bhagavad Gita: The Beloved Lord's Secret Love Song*. He focuses on classical yoga philosophy and practice that enhances asana yoga and deepens yoga meditation. *See pages 13, 14, 18, and 19.*

Beth Shaw is the founder and creator of YogaFit Training Systems, which has trained more than 100,000 fitness instructors on six continents. She is a frequent contributor to fitness magazines and is an animal-rights advocate. She is on the National Council for the Humane Society and is the chairperson of Karma Rescue's advisory board. *See pages 17 and 19.*

David Swensen made his first trip to Mysore in 1977, learning the full Ashtanga system as originally taught by Sri K. Pattabhi Jois. He is recognized today as one of the world's foremost practitioners and instructors of Ashtanga Yoga and has produced numerous videos and DVDs as well as the book *Ashtanga Yoga: The Practice Manual*. *See pages 8, 13, 15, 17, and 19.*

Patricia Walden is renowned for her international retreats, teacher trainings, and workshops. She is one of two Americans who holds a senior advanced Iyengar Yoga teaching certificate. She was named one of "25 American Yoga Originals Who Are Shaping Yoga Today" by *Yoga Journal* and was featured in *Time* for her work with yoga and healing. She has a special interest in yoga for emotional healing. *See pages 14, 15, and 19.*

Marsha Wenig, called "a yoga luminary" by the *Washington Post*, is a pioneer in the field of yoga for children. She is the award-winning author of the book *YogaKids: Educating the Whole Child Through Yoga*, and of five DVDs. After more than 20 years, her joy in bringing forth the YogaKid in children of all ages continues. *See pages 17 and 19.*

Colleen Saidman Yee has taught for 12 years and co-owns and codirects Yoga Shanti in Sag Harbor, NY. She continues her studies with her husband, Rodney Yee. Her passion for working in health care started in junior high at a geriatric center and continues today as a cochair of the Urban Zen Health and Wellness Foundation. *See pages 8, 13, 15, and 21.*

Rodney Yee, who has been practicing yoga for 27 years and teaching for 23, got his foundation from Iyengar Yoga. He continues his studies together with his wife, Colleen Saidman. Thirty DVDs and two books later, he has turned his yoga passion toward health care by cochairing the Urban Zen Health and Wellness Foundation, founded by Donna Karan. *See pages 8, 13, 14, and 21.*

Thursday, May 14—Friday, May 15

2-Day Business of Yoga Workshop



Ready to start that yoga business you've always wanted—or build on the one you already have? The time is now. Whether it's creating your budgets or branding and marketing your studio, learn how to make a yoga business thrive in this two-day workshop presented by those who have successfully blazed the trail before you. *You may register for one or both days.*

Day 1: Thursday, May 14

9:00am—9:30am

Introduction: The Growth of Yoga in America
Bill Harper, publisher, Yoga Journal
A look at the growth of the yoga market in America.

9:30am—10:30am

Yoga Studio Ownership 101
Connie Chan, founder, Levitate Yoga

A successful yoga studio starts before you even open your studio doors. Learn step-by-step tips for starting a studio, including creating an intention, defining your market niche, growing a marketing plan, and signing a lease. Set yourself up for success and manifest your dream into a reality.

10:45am—11:45am

Creating a Viable Studio
Bob Murphy, CSMO, MINDBODY, Inc.
Bob shares critical elements to improving your profitability and becoming a viable business. In this session you will learn how to create a budget, analyze operating expenses, and determine key indices that reflect the health of your business.

11:45am—12:15pm

Lunchtime demo: How to use MINDBODY software (optional)

11:45am—1:45pm *Lunch*

1:45pm—2:45pm

Common Legal Issues with Starting a Yoga Studio
Leonard D. Easter, Esq.

Learn how to choose the proper legal structure for your business, find the right space, and negotiate the best deal. Learn to navigate employment issues and obtain the best financing and appropriate insurance for your business (understanding the marketplace in today's uncertain climate).

3:00pm—4:00pm

Building Community with Yoga
Ganesh Das (aka Carlos Menjivar), managing director, Jivamukti Yoga School in New York City
Join us as we discuss empowering and proven formulas for creating a vibrant community and a solid client base in your own town through the yogic teachings. Learn what works and what doesn't, and how to "get out of your own way" to create prosperity in your spiritual life, health, and wealth.

Day 2: Friday, May 15

9:00am—10:00am

Growing Your Studio's Business
Julie Kleinman, VP of Programming, and Jessica Hinkle, general manager of Teacher Training, YogaWorks
Build on your success by expanding your workshop offerings, bringing in master teachers, cultivating your existing instructors, launching a teacher training program, or designing off-site retreats.

10:15am—11:15am

The Essentials of Marketing
Lynnann Polite, producer/business manager, Ana Forrest
Practical steps for marketing your yoga business, including creating your business look, defining target markets, market competitive differentiation, discovering niche markets, offering promotions, advertising, and pricing.

11:30am—12:30pm

Powerful Guerilla Marketing Techniques to Boost Your Bottom Line
Beverly Murphy, M.H.S. Business Consultant, MINDBODY, Inc.
Guerilla marketing strategies are the most powerful and least expensive techniques you can use to grow your business. Learn how to create and use simple collateral, newsletters, e-blasts, and websites to increase your student base and grow your bottom line.

12:30pm—1:00pm

Lunchtime demo: How to use MINDBODY software (optional)

12:30pm—2:30pm *Lunch*

2:30pm—3:45pm

Money Matters
Brent Kessel, contributor to Yoga Journal's Om column and author of It's Not About The Money
Gain an understanding of your relationship with money; set up salaries and retirement accounts to secure your future; and learn to implement sound business practices.

4:00pm—5:00pm

Greening Your Studio
Debra Pearlson Misbvole, creative director and founder, Flow Yoga Center
Learn to consider the impact on the elements in your daily decision making. Through examples, we'll gain an understanding of the benefits and methods of greening from the inside out.

For pricing information, see page 23.

Friday, May 15

All-Day Intensives | 9:00am—4:30pm

The ultimate yoga experience. Spend an unforgettable day with the yoga teacher of your dreams. Whether you are a student or teacher, a beginner or advanced, these in-depth intensives will take your practice to the next level.

{8:00am—8:45am}

Morning Meditation with Kripalu teacher Susan Maier-Moul
Open to all.

| **Jason Crandell**
Shoulders, Hips, and Breath

Refining the movements of your hips and shoulders will help cultivate greater strength, flexibility, and depth in your practice. By combining intelligent sequencing, instructive detail, and a wide-ranging asana practice, you can help shift the pieces of your body's puzzle toward greater balance and health.
Mostly asana. AICRAN

| **Seane Corn**
Detox Flow Intensive

Cleanse the vital organs through a special vinyasa sequence that stimulates the purification process within the body through Sun Salutations A and B, a detox standing-pose sequence, breathing exercises, and meditation. Explore how making conscious and responsible choices can help purify the body-mind, supporting optimal health. *Discussion and asana.*
AICORN

| **Ana Forrest**
Opening Your Heart

Opening your core gives your heart support and counsel of your other primary chakras. Heart-opening asanas help your heart and spirit become more resilient, flexible, and adept at surfing emotional waves. Learn to remove obstructive shielding from your heart so it can truly and honestly feel each new experience afresh. *The room will be heated. Pranayama and asana.* **AIFORR**

| **Sharon Gannon and David Life**
The Hot, Hip, and Holy

This is classic Jivamukti: original, sequential, inspirational, and a little wild. We'll focus on an asana practice that will enable you to become an activist on and off the mat. Expect the full Jivamukti package of tradition, music, meditation, bhakti, and challenging asana—with a taste of outrageousness. *Spiritual activist/rapper, MC Yogi, will be rapping live as well as teaching alongside David and Sharon during the all-day Jivamukti Intensive Hot, Hip, and Holy. Bring a blanket.* *Discussion and asana.* **AISGDL**

| **Gurmukh Kaur Khalsa**
Diving for the Blue Pearl: Experience Transformation

Kundalini Yoga unveils our world from the other worlds. It is our time to be joyful, give thanks, and honor our ancient path. Join us as we open to our subtle essence through asana, meditation, kriya, chanting, dancing, and absorbing the healing sounds of the sacred gong. *Active yoga, meditation, chanting, and Savasana.* **AIKHAL**

| **Judith Hanson Lasater**
Moving from the Organs

We often focus on practicing our poses from the spine, arms, and legs. But the ancient teachings of yoga also deal with opening and quieting the body's organs, such as the heart, kidneys, and liver. This class includes active and restorative practices. *Bring a bolster, three blankets, and a block.* **AILASA**

| **Cyndi Lee and David Nichtern**
Yoga Body, Buddha Mind

Integrate yoga practice with Buddhist mindfulness and compassion training. Develop strength, clarity, and stability of mind and body, and an openhearted and sympathetic attitude toward yourself and others. *Includes vinyasa, sitting and walking meditation, talks, and discussion.* **AICLDN**

| **Dharma Mittra**
A Divine Journey

This daylong intensive will cover all aspects of the spiritual practice of yoga. Students will learn pranayama, meditation, and asana techniques to energize and stimulate the flow of prana. We'll also practice Yoga Nidra and discuss the essential techniques you need for ultimate success in your practice. *Mostly lecture with some asana, pranayama, and meditation.* **AIMITT**

| **Sarah Powers**
The Architecture of Yoga Postures

Discover how to use hands-on adjustments to bring a greater awareness to the stable parts of poses. We'll focus on the combination of inner (breath and energy channels) and outer (cohesion within the bones and muscles) alignment, along with the use of touch, to assist yoga practitioners in finding an integral aliveness within yoga postures. *Morning session: standing poses; afternoon session: backbends. Bring a notebook and pen.* **AIPOWE**

All-day intensives continue on page 8.



ALL LEVELS



INTERMEDIATE



ADVANCED



THERAPEUTIC



CONTEMPLATIVE



CONTINUE YOUR EDUCATION

Friday, May 15

 | Shiva Rea

Sukha Shakti: The Yoga of Radical Happiness in a Changing World

Dive into the wisdom teachings of yoga. We'll delve into the truth that our inherent happiness is not based on material circumstance, but rather on claiming our inherent radiant light of love and consciousness that transforms all experience. Celebration includes enlivening Prana Flow vinyasa practice, joyous meditation, yogic text, community interaction, and courageous gratitude. **AISREA**

 | David Swenson

Through the Eyes of a Teacher: Learning About Ourselves Through Assisting Others

Through partner work, we'll develop an eye for alignment and energy flow in the asanas through observation and hands-on adjusting techniques. We'll start with Downward Dog and move through a sampling of asanas from the standing, seated, and closing sequences. *Mostly asana with partner work.* **AISWEN**

 | Rodney Yee and Colleen Saidman Yee

Backbending to Pranayama

How do you sequence into backbending—without overstimulating the body? As we open without aggression or fear, we set a foundation for receiving prana in a sweet and beneficial way. Join us for a day of opening to absorption and integration. *Mostly asana.* **AIRYCS**

{1:00pm–2:00pm}

Panel Discussion:

"The Business of Being a Yoga Teacher," with Jason Crandell, Cyndi Lee, and Susan Maier-Moul. Moderated by Terri Kennedy, chair of the board of Yoga Alliance. *Open to all.*

Sponsored by:

**Eight Limbs of Yoga Intensive**
8:00am–5:00pm | Gary Kraftsow and Aadil Palkhivala

Take an experiential journey through the eight aspects of yoga described by Patanjali in the Yoga Sutra, and learn how, together, they lead to a grounded, enlightening experience. *All levels.* **FEIGHT**

**8:00am–12:00pm**

Aadil Palkhivala

Limbs One through Four

The great masters believed that until aspirants had applied the yamas and niyamas—known as limbs one and two—to their lives, they weren't ready to handle asana and pranayama—known as limbs three and four. Aadil will present the yamas and niyamas from a new and deeper perspective so that the following practice of asana and pranayama is more meaningful. *Bring a mat, strap, block, and blanket. Lecture and asana.*

12:00pm–2:00pm *Lunch Break***2:00pm–5:00pm**

Gary Kraftsow

Limbs Five through Eight

Sense withdrawal (pratyahara), concentration (dharana), meditation (dhyana), and union or freedom (samadhi)—limbs five through eight—appear out of sequence in Patanjali's text. Gary Kraftsow examines why and reveals their implications for modern practitioners. *Lecture, discussion, and asana.*

Friday, May 15—Sunday, May 17

Evening and Community Classes

Sample some of New York City's rising-star instructors in these special afterwork classes on Friday and free community classes on Saturday and Sunday.

**Friday Evening Classes****6:30pm–8:00pm**

Please choose one of the following sessions:

 | Sadie Nardini

Core Strength Vinyasa Yoga: Total Mind-Body Transformation

When you're moving from center, both your yoga practice and your life become more powerful. In this open-level yet vigorous class, you'll learn Sadie's signature Core Postures and discover new ways to strengthen within every transition and asana. Gain power, flexibility, and stamina as you generate each pose from a deep core connection. *Mostly asana.* **EVNARD**

Sadie Nardini is the founder of Core Strength Vinyasa Yoga and director of East West Yoga in New York City, author of the *Road Trip Guide to the Soul*, and creator of the *Core Strength Vinyasa Yoga: Power Hour* DVD.

 | Sandhi Ferreira

Music, Movement, and Meditation

Experience how vinyasa—the flow in which we practice yoga postures—is dictated by the rhythm of music. Using a variety of cadence and lyrics, we'll witness which emotions are evoked and how our minds are able (or unable) to remain focused. Take this moment to celebrate with music, movement, and meditation! *Mostly asana.* **EVFERR**

Sandhi Ferreira's yoga practice includes Jivamukti Yoga, AcroYoga, aerial acrobatics, hoop dance, Sanskrit, and music. Each of her dynamic and vigorous classes inspires students to honor and connect to body and spirit in a playful way.

 | Joshua Rosenthal

Integrative Nutrition: No One Diet Fits All

What is really happening in the world of nutrition? Come explore the health crisis in America; learn how to eat for your specific body and lifestyle; and discover the concept of Primary Foods—the idea that relationships, career, exercise, and spirituality matter as much as the food on your plate. *Lecture.* **EVROSE**

Joshua Rosenthal is the founder and primary teacher at the Institute for Integrative Nutrition in New York City. Joshua has more than 25 years of experience in the fields of whole foods, personal coaching, curriculum development, and nutritional counseling.

For pricing information, see page 23.

Free Community Classes**Saturday, May 16****1:00pm–2:00pm** | Ashley Turner

Inner Power: Flow from Grace

When we live from truth and love, we trust a force greater than ourselves, invoke grace, and tap into our Inner Power. This creative fusion of vigorous vinyasa, profound philosophy, and deep meditation melts false limitations and sparks the spirit of joy, beauty, and power within. *Mostly asana.*

Ashley Turner is a teacher, writer, and therapist who lives and practices in Los Angeles and New York. Known for her warm authenticity and compelling integration of spirituality, psychology, and modern science, Ashley is passionate about guiding students beyond the pull of opposites to a more truthful, joyful way of life.

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Sunday, May 17**1:00pm–2:00pm** | Marco Rojas

Vinyasa Flow

Join Marco for a Vinyasa flow class with attention to alignment and exploration of poses.

Marco Rojas, a senior teacher at Pure Yoga in New York, completed his yoga teacher training in 2003 under the guidance of Chuck Miller and Maty Ezraty, creators of YogaWorks. He currently practices at the Iyengar Yoga Institute of New York and explores the philosophy of Ishta Yoga under the guardianship of Alan Finger.

Community classes are free and open to the public on a space-available basis.

**Friday Special Event {7:30pm}**

Kirtan Concert with Krishna Das

Krishna Das serves the divine through devotional chanting known as kirtan. Since 1996, he has been recording albums of traditional Indian chants. He is the founder of Karuna/Triloka Records and a leading distributor of world-music recordings, and has recorded many CDs that combine modern grooves with soulful chanting. Krishna Das conducts intensive retreats, workshops, and chanting sessions around the world.

\$25 for conference attendees; \$30 for general public



ALL LEVELS



INTERMEDIATE



ADVANCED



THERAPEUTIC



CONTEMPLATIVE



CONTINUE YOUR EDUCATION

Saturday and Sunday, May 16–17

Beginners Conference

Congratulations! You've stepped onto the path of yoga—and you won't ever be the same. But first, come learn the foundations of alignment, anatomy, and breathing so that you can travel down the path with the knowledge and skill you need to stay injury-free and motivated to reach the next level. *This is a five-class series. No substitutions or class changes are allowed. Class size is limited.*

Saturday, May 16

8:00am–10:00am

Natasha Rizopoulos

Sun Salutations: Step by Step

Explore each of the poses that make up Sun Salutations and the breathing technique that links them. We'll emphasize alignment and breath, with modifications offered at each stage. *Mostly asana.*

10:30am–12:30pm

Roger Cole

Yoga Anatomy for Beginners

This introduction to anatomy will explain what makes various yoga postures work. We'll learn to see, feel, and understand the asanas from the inside out, making practice safer and more effective. Then we'll translate what we've learned into action. *Lecture and asana.*

3:00pm–5:00pm

Judith Hanson Lasater

What Is This Thing Called Yoga?

What is yoga, and why do we do it? We'll help answer these questions by introducing the basic philosophy of asana and the wider practice of yoga. We'll also discuss what we gain from the practice and why it affects us so strongly. *Lecture and discussion.*



Sunday, May 17

10:30am–12:30pm

Jason Crandell

Learning to Love Backbends

For most beginners, backbends are a little scary. Yet when practiced with precision, patience, and care, they are some of yoga's most gracious poses. Learn to open your shoulders, hips, and spine in order to backbend with greater integrity and ease—and learn how to enjoy these poses by practicing them safely and effectively. *Mostly asana.*

3:00pm–5:00pm

David Nichtern

Meditation for Beginners

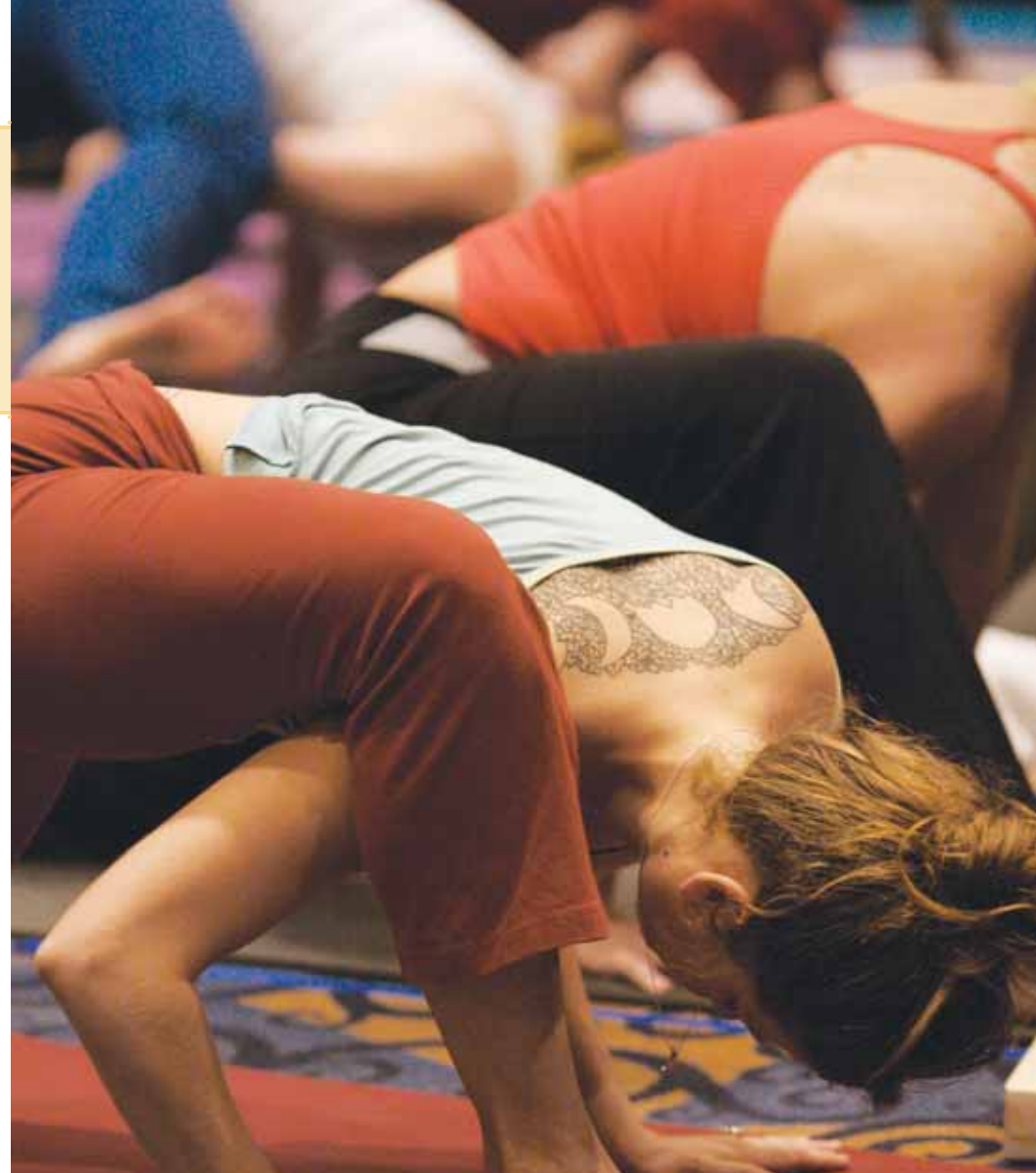
Have you always wanted to meditate but have a hard time actually getting started? Then this class is for you! We'll learn about the many benefits of meditation, the basic meditation techniques, and how to actually go about it. Jump-start your practice and start working toward a clear mind and open heart! *Discussion and meditation.*

"I expected the beginners conference to be too basic, as I have been to a number of yoga classes. I actually found it to be the perfect mixture of information and yoga technique classes. I found the background information on yoga and meditation to be invaluable. It was a very inspiring conference."

— 2008 Colorado Conference attendee



Gaiam, the exclusive sponsor of this year's Beginners Conference, is giving all Beginners Conference participants a complimentary yoga mat. Attendees will receive their mat at their first class.



Main Conference | Saturday and Sunday, May 16–17

You want it, we've got it. From Anusara to Ashtanga. From anatomy to alignment. Classes, discussions, and lectures for every level of student and in the styles that you want to learn. It's the ultimate yoga smorgasbord.

ICON KEY



ALL LEVELS Students of all abilities, from beginner to advanced, are welcome. Instructors will provide modifications to accommodate students of varying skill and flexibility as best they can. Please remember that some styles of yoga are more vigorous than others. Keep your personal level of endurance in mind when selecting classes.



INTERMEDIATE You have developed a degree of balance, flexibility, and endurance that allows you to begin refining your postures—including forward bends, backbends, twists, and inversions. You are familiar with the bandhas and pranayama techniques.



ADVANCED You are proficient in inversions and arm balances (full Bow and Headstand) and are working into deeper backbends (full Pigeon) and forward bends (Foot-Behind-the-Head Pose). You have a sustained pranayama practice.



THERAPEUTIC Students of all levels are welcome. Classes address the benefits of yoga practice from a healing perspective and are particularly relevant for people with injuries or limited abilities.



CONTEMPLATIVE Students of all levels are welcome. Classes focus less on asana practice and physical movement and more on philosophy, insight, and meditation.



CONTINUE YOUR EDUCATION These all-levels classes are designed for yoga teachers and teachers in training who wish to inform their teaching with an exploration of new techniques and/or methodologies.

Saturday, May 16

[4:30am–6:30am]**Saturday and Sunday**

Kundalini Sadhana is a daily spiritual practice to renew one's spirit and open one's connection to the divine. Join us for Kundalini Yoga and mantra meditation before the sunrise. This practice produces a positive attitude, a happy disposition, and success! *Open to all.*

[7:00am–7:45am]**Morning Meditation with Ethan Nichtern**
*Open to all.*session
1**8:00am–10:00am***Please choose one class from Session 1:***Roger Cole**
Stretching: Physiology and Practice

Learn how to use stretch reflexes and other principles of physiology to safely and efficiently increase muscle length and strength. We'll alternate between physiological explanation and active practice, progressing from the molecular structure of muscles to complex control of movement by the brain. No prior knowledge of physiology needed. *Two-thirds slide-illustrated lecture and one-third asana practice.* **M1COLE**

Nicki Doane and Eddie Modestini**Wake Up and Flow**

A dynamic vinyasa-style yoga practice can start to awaken the spirit within us all. Through an energizing sequence of postures, explore how a grounded, earth-based asana practice can be the bridge that joins the spirit body and the physical body. This class offers the perfect opportunity for you to wake up and take notice! *Mostly asana.* **M1NDEM**

Lilias Folan**Yoga Is for Every Body**

Explore beginning hatha postures, practical ways to manage stress through breathing, and guided relaxation. Learn the three R's of pain-free stretching from Lilias's highly acclaimed book, *Yoga Gets Better with Age*. Feel immediate, positive results. All sizes and shapes welcome! *Mostly asana.* **M1FOLA**

Ana Forrest**Struggle-Free Yoga**

Deepen your practice and ride the power of the breath. Learn how to relax your core and safely change fear into excitement. As we free ourselves from breathlessness, struggle, and panic, we'll learn to relate in a fresh, intelligent way to our challenging edges. Be prepared to sweat and to work in a whole new way. *The room will be heated.* *Pranayama and asana.* **M1FORR**

Alanna Kaivalya**The Essence of the Chakras**

The chakra system allows us to discover where we are holding on to false beliefs and how to explore our fullest potential as spiritual beings. By working through corresponding asanas and mantras, you'll tap into your energy centers and uncover the spirit that lies within! *Mostly asana.* **M1KAIV**

Gurmukh Kaur Khalsa**Breaking the Piscean Hypnotic Trance**

As we grow, we often live in a state of hypnosis. First, we create a nuisance in our lives, then we cover our nuisance, then we create more nuisance, and cover that—and the layers build within. Break the Piscean trance of "I want to learn," and find the freedom to be, feel, and experience. *Active yoga, meditation, chanting, and Savasana.* **M1KHAL**

Charles Matkin**Strong Core and Open Hips**

Enliven your core and dance through life! In this comprehensive workshop, learn to cultivate intelligent and integrated alignment for a stronger core and flexible hips. Dig deep into your body's resistance to soothe your mind and achieve less resistance in the world. *Mostly asana.* **M1MATK**

Dharma Mittra**Shiva Namaskar Vinyasa**

The divine ingredients in this session include vinyasa sequences (asanas), breathings (pranayamas), and restraints (yamas). The carefully selected postures are designed to twist, stretch, manipulate, and help you gain control of the body. With regular practice, gradually end weight problems and disease and attain better health and stamina. Self-realization will easily follow. *Mostly asana.* **M1MITT**

Sarah Powers**Sweet Surrender: Integrating Yin Yoga**

Yin Yoga, which consists of passive postures held for lengthy amounts of time, is an essential complement to the more active styles of yoga. It keeps the body supple at its core, while encouraging stagnate chi (prana) to flow throughout the joints and meridians, restoring and revitalizing the organ system. Suitable for anyone interested in taking their practice to an increased level of awareness and stillness, both inside and out. *Mostly asana.* **M1POWE**

Shiva Rea**Rasa: The Yoga of Liberating Love**

Learn to cultivate sringara rasa—the sensual experience of the Divine—as the union of the beloved and lover at the heart of the yogic universe. Class includes heart salutations (hridaya namaskar), a liberating backbending vinyasa flow, meditation, and visualization to liberate our natural, healing alchemy of love. *Mostly asana.* **M1SREA**

Saturday, May 16

Desirée Rumbaugh**Late Bloomers: Over 50 and Getting Stronger Safely**

Even if you've come to the practice later in life, been injured, or never felt very strong on your mat, you can regain full range of motion of your body, mind, and spirit. Experience the power of Anusara Yoga and be prepared to work intelligently and laugh loudly. *Mostly asana.* **M1RUMB**

John Schumacher**Inversions: How Yoga Turns Your World Upside Down**

Headstand and Shoulderstand are among the most beneficial poses—and some of the most feared. Learn how to gradually prepare for and perform these poses safely, and with confidence and skill. *Bring two blankets for a more comfortable experience. No neck problems, please.* *Active asana practice.* **M1SCHU**

Graham Schweig**Yoga and Sanskrit: Sounding and Pronouncing**

Feel the power of key Sanskrit words and terms and the beauty of reciting famous Sanskrit verses and mantras. Learn how to read the English transliteration system for Sanskrit and feel the energy of Sanskrit poetry in your voice and your heart. *Includes chanting, meditation, study, and guided meditation.* **M1SCHW**

David Swenson**Yoga Chikitsa: A Fully Conducted Primary Series Class**

Designed for those already familiar with the First Series of Ashtanga Yoga, this class will continuously move from the opening Sun Salutations to the closing sequence, with time at the end to enjoy a deep relaxation. *Mostly asana.* **M1SWEN**

Rodney Yee and Colleen Saidman Yee**Hips and Twists**

Opening your hips as a foundation for twists is crucial. From hip opening you connect to Mother Earth, and from the earth a natural upward spiral occurs. Come learn this natural progression. *Mostly asana.* **M1RYCS**

session
2**10:30am–12:30pm***Please choose one class from Session 2:***Seane Corn****Empower Flow**

Take a stand! This physically invigorating and moderately paced vinyasa flow yoga class will crank the heat and initiate strength, flexibility, and stability. We'll move through a creative and challenging sequence of Sun Salutations A and B, standing poses, backbends, and forward bends. Leave feeling cleansed, strengthened, motivated, and standing in your power. *Mostly asana.* **M2CORN**

Jason Crandell**Sequencing for Backbends**

The sequence of poses given in a yoga class creates specific emotional, mental, and physical effects. Learn how to awaken the shoulders, legs, and spine in ways that will allow you and your students to find greater depth, ease, and comfort. You'll also learn how to assess your students' bodies more accurately and refine your ability to teach authentically from your own voice. **M2CRAN**

Ana Forrest**Develop and Deepen Your Relationship with Your Spirit**

Create a spacious home in your body where your spirit can roam freely. Forrest Yoga teaches how to cultivate and strengthen your relationship with your spirit through intense breath, focus, and asana. Be prepared for an invigorating and challenging experience. *The room will be heated.* *Pranayama and asana.* **M2FORR**

Gurmukh Kaur Khalsa**Imprinting Self-Love: Reverse Adi Shakti Meditation**

When we can experience our Self through the experience of our own Divinity rather than through the projection of others, we can walk in confidence beyond the seesaw of emotions. The Reverse Adi Shakti is a highly technical meditation, which allows you to deeply bless yourself. Change your psyche, change your world. *Active yoga, meditation, chanting, and Savasana.* **M2KHAL**

Gary Kraftsow**The Power of Twists and Inversions**

Experience the benefits of sequencing twisting postures along with Headstand and Shoulderstand. Using the principles of breath, adaptation, and sequencing, we'll create a powerful whole-body experience of twisting and inversion. *Mostly asana.* **M2KRAF**

Judith Hanson Lasater**Freedom of the Hip Joint**

While practicing, we will focus on hip movements and deal with problems with this core joint in asana. *Lecture and asana.* **M2LASA**

Cyndi Lee**How to Teach Any Pose to Any Body**

Many different asanas have certain common patterns. We'll take some complicated poses and deconstruct them using consistent yoga principles so that you can discover how to teach any body any pose—without causing stress or injury. We'll also look at how to create beginner sequences that will lead toward more-advanced poses. *Bring a block, belt, and blanket.* **M2CLEE**

Lisa and Charles Matkin**Power and Precision**

Be prepared to wring out your mat as well as your mind with sweat and tears of joy! Immerse yourself in a sensual heat-building vinyasa yoga flow, and experience even more freedom through specific hands-on adjustment, pranayama, and meditation. *Mostly asana.* **M2MATK**

Aadil Palkhivala**Our Much-Needed Knees**

Many knee problems originate in the hips and ankles. Purna Yoga teaches you how to balance your hips and strengthen your ankles and knee joints to protect your knees and promote a smooth energy flow through your knees to facilitate healing. *Bring a mat, blanket, block, and strap, and one two-foot-long wooden dowel between one and two inches thick.* **M2PALK**

Session 2 continues on page 14.

ALL LEVELS



INTERMEDIATE



ADVANCED



THERAPEUTIC



CONTEMPLATIVE



CONTINUE YOUR EDUCATION

Saturday, May 16

 | Sarah Powers
Insight Yoga: Exploring How and Why to Meditate


We have all heard about the benefits of meditation, and yet many yoga practitioners still feel this practice is too daunting and difficult. This class will give you an opportunity to prepare the body for sitting with a few Yin poses, and then practice simple and clear methods of meditation that can open the doorway for you to begin sitting in meditation regularly. **M2POWE**

 | Natasha Rizopoulos
Arm Balances—Take Flight


For many of us, arm balances seem like a family of poses designed for another species. But as we start to understand them, the love affair begins. Combining strength, flexibility, focus, and poise, these postures become our greatest teachers as we learn to explore them from a place of curiosity and enthusiasm. *Mostly asana.* **M2RIZO**

 | Desirée Rumbaugh
A Fun Anusara Vinayasa Flow

You'll love your vinyasa practice even more when you learn how the Universal Principles of Alignment can help you flow with Grace in an ever-expanding spiral toward your highest level of awareness in joy. *Mostly asana.* **M2RUMB**

 | Graham Schweig
Philosophical Foundations of Yoga

Acquire essential intellectual tools and a philosophical background for true understanding of the teachings of the Yoga Sutra and the Bhagavad Gita. What is the nature of ultimate reality? Is it all One? And what is the yogi's relationship to the supreme state of being? Come and find out. *Includes study, chanting, meditation, and guided meditation.* **M2SCHW**

 | Patricia Walden
Backbends: Between the Earth and the Sky

Learn the joyful art of dropping back, from Tadasana (Mountain Pose) to Urdhva Dhanurasana (Wheel Pose). Practice a methodical sequence that develops strength, flexibility, and fearlessness in body and mind. Reach for the sky. Surrender to the earth. Awaken the intelligence of your heart. *Bring a bolster and a belt.* **M2WALD**

 | Rodney Yee
Sacrum Secrets

The word "sacrum" is derived from the root word "sacred." The sacrum is the central bone of the entire skeletal system. As we learn more about the natural movement, coordination, and rhythm of this bone, the entire body begins to swing and sing. Learn about the fundamentals of the sacrum in a variety of asanas and pranayamas. *Mostly asana.* **M2RYEE**



{1:30pm–2:30pm}
Keynote Address by Robert Thurman: "Yoga and Tantra: Out of Body or Magic Body"

The immortal Indic tradition of yoga as a living practice goes beyond its usual categorization as a physical discipline that fits in with the Samkhya idea of liberation. In fact, it is mirrored in the Siddhas' concept of yuganaddha (cosmic communion), with its roots in the nondualist Tantric traditions of Hinduism, Buddhism, and Jainism. This talk will work on a vision of what this might mean for the practice and performance of American yoga.

Donation requested from conference attendees: \$20 for the general public. Proceeds benefit Tibet House. Open to all.

 session 3
3:00pm–5:00pm

Please choose one class from Session 3:

 | Seane Corn
Off the Mat, Into the World: Yoga, Purpose, and Action

Get inspired to become effectively, powerfully, and joyfully active in your local and global communities. First, we'll move through a transformational vinyasa flow yoga sequence to uncover your deepest passion and motivation. Then we'll learn practical ways to bring your own unique purpose into the world with the support of your community. *Discussion and asana.* **M3CORN**

 | Jason Crandell
Home Practices for Restful Sleep, Greater Energy, and Mental Clarity

Achieve a better quality of life with five accessible home practices for sleep, energy, and clarity. You'll get tips on how to keep your home practice consistent, fresh, and effective, while learning to create your own sequences to help soothe, energize, and transform your body and mind. *Asana and discussion.* **M3CRAN**

 | Nicki Doane and Eddie Modestini
Taking Time to Look Within

How often do we really slow down and take the time to look and listen to ourselves? This slow, reflective class will focus on hip openers and inversions and act as a gentle introduction to pranayama. It is the perfect complement to a strong morning yoga practice. *Asana and pranayama practice.* **M3NDEM**

 | Alanna Kaivalya
The Art of Physical Adjustments

Learn the principles of adjustments that can be applied with any yoga student, and practice hands-on adjustments with partners. We'll cover various types of adjusting, from light to moderate, for a variety of poses. *Lecture and asana.* **M3KAIV**

Saturday, May 16

 | Brent Kessel
The Yoga of Money

Learn to apply the yogic practices of awareness, truthfulness, and balance to money—an area with virtually unmatched ability to spark our attachment, hope, aversion, envy, and fear. This workshop is the result of Brent's quest to integrate the wisdom of the spiritual and financial worlds, including what he's learned from meeting with Thich Nhat Hanh, the Dalai Lama, and leading financial experts. *Lecture and meditation.* **M3KESS**

 | Gary Kraftsow
Exploring the Chakras for Emotional Health

The ancient chakra system is a complex model of the integrated human being in which deep dimensions of our personality are revealed. We'll explore the relationship between physical and emotional health using the chakra model and develop practices to restore equilibrium. *Discussion and asana.* **M3KRAF**

 | Cyndi Lee
Changing the World, Breath by Breath

Svadyaya, or self-study, shows us that all actions have results, beginning with our thoughts. Since the breath is the horse and the mind is the rider, we'll begin with mindful pranayama. Our calm internal environment will then provide the ground to step into asana—and life—with awareness and kindness. *Meditation, pranayama, and asana.* **M3CLEE**

 | Dharma Mittra
Divine Secrets of Yogic Purification

Learn how to create an invaluable cleansing and detoxification program. Dharma will incorporate holy discourses on the yamas and niyamas, karma, reincarnation, and yogic diet, and will explain why yogis must be vegetarian. Such purification leads to higher states of physical and mental health, culminating in self-realization. *Mostly lecture.* **M3MITT**

 | David Nichtern
Taming the Mind

It is possible to work directly with our minds to develop clarity, stability, and focus. This workshop will introduce the principles and practice of shamatha (mindfulness) meditation—a powerful tool for developing a stronger relationship with our own present. *Mostly meditation.* **M3NICH**

 | Aadil Palkhivala
The Breath of Life: Teaching Pranayama


Pranayama focuses mental energy and calms the nerves, but it can damage the nervous system when done improperly. Learn how to safely and effectively teach the basic practices of pranayama so that you and your students breathe easier. We'll cover Ujjayi Pranayama and Viloma I Pranayama. *Bring a mat and two blankets.* **M3PALK**

 | Shiva Rea
Nataraja: The Yoga of a Dancing Universe

We are all born with an innate love of movement that connects us with the intrinsic flow of our life force and nataraja, the understanding that we live in a "dancing universe" of continual vibration. Experience Yoga Trance Dance, which flows into an exploration of free-form, breath-driven movement to liberate our creative life force and cultivate embodied freedom. *Mostly asana.* **M3SREA**

 | John Schumacher
Legs, Legs, Legs

Your legs are karmendriyas, or organs of action. How you use your legs determines the health of your back and the freedom of your spine. Through a variety of different poses, we'll discover the truth and value of that statement. *Active asana practice.* **M3SCHU**

 | David Swenson
Inversions, Backbends, and Sitting with Your Breath

Turn your world upside down! Learn inversions by building a solid foundation from which to grow. Redefine backbends as front openings. Explore sitting quietly as an active participation in self-exploration. Develop a relationship with your lifelong companion, the breath. *Mostly asana.* **M3SWEN**

 | Patricia Walden
Forward Bends: A Meditative Practice

Explore the different stages of forward bends with a methodical progression of poses that takes you from the physical through the physiological and into refined states of mind. Learn to use the qualities of rajas and tamas in forward bends to cultivate insight, clarity, and deep peace. *Bring two blankets and a belt; they are essential to this practice.* **M3WALD**

 | Colleen Saidman Yee
Natural Vinyasa

Certain sequences arise from deep-seated intelligence. Many years of distilling the flow create vinyasa that leaves the body at ease, awake, and present. With music that embodies the rhythms of our times, we'll rock and roll our consciousness into the art of being. *Mostly asana.* **M3SAID**

{5:30pm}

Community Connection: Asana Demo by Ana Forrest followed by performance with MC Yogi
Open to all.



Sunday, May 17

{4:30am–6:30am}

Kundalini Sadhana

Open to all. **{7:00am–****7:45am}**Morning Pranayama
with Leslie Kaminoff

Open to all.

session

4

8:00am–10:00am

Please choose one class from Session 4:

 | Roger Cole**Hips and Knees:
Anatomy and Practice**

Explore a powerful sequence of yoga postures to safely mobilize, align, and strengthen the knees and hips. We'll combine clear anatomical explanations with thorough practice. *Asana and lecture.* **M4COLE**

 | Seane Corn

Yogini

This class explores the feminine aspect of spirituality; the role of women today as seeker, householder, worker, and activist; and the element of self-responsibility as a key to transcendence. Come use the vinyasa practice to cultivate an inner journey toward healing, acceptance, and empowerment. *Women only. Discussion and asana.* **M4CORN**

 | Jason Crandell**Finding Ease at Your Edge**

Learn to approach advanced poses with greater poise, awareness, and attention to detail. By relaxing and letting go of tension, you'll develop your ability to do (and approach) Lotus, splits, arm balances, and backbends. This process will expand your edge, deepen your practice, and help you stay connected to your essence in challenging situations. *Mostly asana.* **M4CRAN**

 | Liliás Folan**Yoga Gets Better with Age**

Midlife is the ideal time to connect with what is really important in your life and to restore health, renew joy, and inspire your spiritual journey. Awaken your sacred witness Self through key asanas, breathing, relaxation, and meditation techniques. Leave the class feeling refreshed, positive, and heart centered. **M4FOLA**

 | Ana Forrest**Forrest Yoga Sequencing**

Forrest Yoga gives you the knowledge to sequence your classes for optimal benefits, including healing, self-discovery, and inspiration. With a precise practice of sequencing, learn how to give your students a thorough warm-up, an exciting apex (highlight poses), and a group of relevant warm-down poses for a safe and challenging class. *The room will be heated. Pranayama and asana.* **M4FORR**

 | Leslie Kaminoff**Demystifying the Bandhas**

Recently, the yogic locks of Mula, Uddiyana, and Jalandhara Bandha have become a subject of much interest, misinformation, and confusion. Clarify the anatomical basis and proper use of these powerful yet widely misunderstood tools. By clearly linking the bandhas with their corresponding anatomical structures and learning a few simple, powerful exercises, you'll gain a direct experience of these vital practices. *Discussion and asana.* **M4KAMI**

 | Gurmukh Kaur Khalsa**Becoming Strong as Steel**

Build inner and outer strength, energy, commitment, and self-discipline by creating muscular balance, strengthening the nervous system, and building a strong magnetic field. Through Kundalini Yoga, meditation, the gong, and pranayama, awaken and experience the vitality and strength you have within. *Active yoga, meditation, chanting and Savasana.* **M4KHAL**

 | Cyndi Lee**Rise Up and Purify**

Working from the sole of the foot upward develops our practice. Moving from the crown downward purifies it. Through dynamic sequences involving the leg shushumna, powerful twists, and throat openers, our prana will rise—creating strength and confidence. Inversions will begin our path down the spine through a cleansing earthward-moving sequence. *Mostly asana.* **M4CLEE**

 | Lisa and Charles
Matkin**Partner Yoga**

Have fun and discover parts of your self that you can't experience on your own. In a welcoming environment, give and receive support in creative adaptations of classic yoga postures and, ultimately, reach new heights in your own practice. *No partner necessary. Mostly asana.* **M4MATK**

 | Dharma Mittra**Divine Secrets of
Yogic Purification**

Learn how to create an invaluable cleansing and detoxification program. Dharma will incorporate holy discourses on the yamas and niyamas, karma, reincarnation, and yogic diet and will explain why yogis must be vegetarian. Such purification leads to higher states of physical and mental health, culminating in self-realization. *Mostly lecture.* **M4MITT**

 | Sarah Powers**Insight Yoga: Integrating
Yin and Yang Yoga with
Mindfulness Meditation**

Yin Yoga is an essential complement to more-active yoga styles and offers an opportunity to develop our contemplative nature. The flow practice helps maintain core stability while enhancing creative, active energy. We'll focus on the integration of these two states, creating a practice that values both vitality and insight. Suitable for anyone who has been practicing yoga for at least one year and has a strong interest in meditation. **M4POWE**

Sunday, May 17

 | Shiva Rea**Kalari Shakti: The Yoga
of Embodying Power**

Experience a dynamic introduction to the ancient Indian martial art form Kalarippayatu, or Kalari, and to its roots within yoga and Ayurveda. Exploration of the fluid spiral strength of Kalari includes Shiva's Prana Flow vinyasa forms for embodying the instinctual shakti of yoga. *Mostly asana.* **M4SREA**

 | John Schumacher**Backbends: Moving from
the Known to the Unknown**

In backbends, your awareness begins to move from the known, visible front of the body and brain to the unknown, invisible back body and brain. Through challenging backbending poses, begin to explore the deeper aspects of your mind and body. No back problems, please. *Rigorous asana practice.* **M4SCHU**

 | Beth Shaw**Safe Yoga**

Explore the essentials of hatha yoga biomechanics and related anatomy to keep your body safe while practicing yoga. Learn about YogaFit's Seven Principles of Alignment to build strength and flexibility safely during practice. *Discussion and asana.* **M4SHAW**

 | David Swenson**Flying, Floating,
and Handstanding**

One of the greatest challenges of the Ashtanga flow is the vinyasa. We'll explore the elements of handstands and arm balances, and break the vinyasa down into its components. *Mostly asana with partner work.* **M4SWEN**

 | Marsha Wenig**The YogaKids Way: Raising
Magical, Compassionate,
and Flexible Children**

Learn to weave character, education, and creativity into the daily lives of kids through asana, meditation, and visualization. Explore how to expand their potential and boost their confidence. *Mostly asana.* **M4WENG**

session

5

10:30am–12:30pm

Please choose one class from Session 5:

 | Roger Cole**Gentle Inversions
and Alternatives**

Learn a series of safe, gentle inversion alternatives to accommodate neck and shoulder injuries, menstrual cycles, high blood pressure, and other challenges. Depending on your needs, you may practice supported variations of Headstand, Shoulderstand, or a variety of other poses. *Lecture and asana.* **M5COLE**

 | Seane Corn**Chakra Flow**

Take a journey through the chakras. Through vinyasa, breath, visualization, intention, and prayer, gain insight on how these energy centers, when blocked, can affect your physical health and emotional clarity. Get a glimpse into the possibilities of personal transformation through wisdom, self-responsibility, and forgiveness. *Discussion and asana.* **M5CORN**

 | Nicki Doane and
Eddie Modestini**Surya Namaskar C**

This dynamic, flowing sequence of standing postures is the root of all flow yoga classes taught in America today. The beauty lies in its spontaneity—it's always different! Depending on students' needs, the postures are linked together using a vinyasa sequence and conscious breathing. Dynamic backbends will complete the flow. *Mostly asana.* **M5NDEM**

 | Ana Forrest**Unraveling the Mysteries of
the Neck, Shoulders, and Hips**

Create freedom and strength in the neck, shoulders, and hips. Learn to safely unlock habitually held tension by using focused breathwork and asana, including inversions, standing poses, and vinyasa. Strengthen and lengthen the muscles and create space in these areas so you can walk through your life with grace and freedom. *The room will be heated. Pranayama and asana.* **M5FORR**

 | Gurmukh Kaur Khalsa
**Keys to Unlock the Unlimited
Infinite Power Within**

Join us in Kundalini Yoga, chanting, and meditation so that you may experience your calm, intuitive, magnificent Self. Releasing childhood anger will renew your nervous system and build stamina, thereby freeing your energy so your heart will stay open and you can reach your mental richness and spiritual strength. *Active yoga, meditation, chanting and Savasana.* **M5KHAL**

 | Gary Kraftsow**Patanjali's Keys to the
Art of Personal Practice
and Self-Transformation**

Using the Yoga Sutras of Patanjali as a foundation, we'll examine conditions and patterns in the body and mind, investigate ways of eliminating circular thoughts, and initiate new patterns. In this lecture-based class, we'll learn to chant the teachings from the Sutras. *Lecture and chanting.* **M5KRAF**

 | Judith Hanson Lasater
Moving from the Organs

We usually focus on practicing our poses from the spine, arms, and legs. But the ancient teachings of yoga also deal with opening and quieting the organs. We'll focus on specific poses that create a healthy balance of the organs, and explore the theories of why these poses work. *Mostly asana.* **M5LASA**

 | Cyndi Lee and
David Nichtern**Yoga Body, Buddha Mind**

Integrate yoga practice with Buddhist mindfulness and compassion training. Develop strength, clarity, and stability of mind and body, and an openhearted and sympathetic attitude toward yourself and others. *Includes vinyasa, sitting and walking meditation, talks, and discussion.* **M5CLDN**

Session 5 continues on page 18.



ALL LEVELS



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CONTINUE YOUR
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Sunday, May 17


 | **Dharma Mittra**
Concentration and Meditation
 Strengthen your powers of concentration and discover divine techniques to prepare your mind for practice. Learn how to draw your attention away from the noisy, restless world and place it within, where the truth lies. Instructions from Dharma, an illuminated teacher, are partially telepathic in order to impart spiritual and psychic knowledge that words cannot convey. *Mostly lecture.* **M5MITT**


 | **Aadil Palkhivala**
Backbends: Moving the Past into the Present
 Doing backbends safely requires a special movement of absorbing the back body into the shushumna nadi, or the central spinal channel. Learn how to do backbends in the tradition of Purna Yoga by opening your throat, heart, and pelvic chakras. *Bring a mat, foam block, and strap. At least six months' asana practice recommended. Discussion and asana.* **M5PALK**

 | **Shiva Rea**
Prana Shakti: The Yoga of Liberating Flow
 Learn specific navigation methods within Prana Flow, an energetic approach to vinyasa that releases the “doing” of yoga and brings greater ease and vitality into “being” yoga, which is the liberating key to living flow. This class includes Shiva's fluid namaskars and a fully integrated Prana Flow yoga practice. *Mostly asana.* **M5SREA**

 | **Natasha Rizopoulos**
Fearless Upside Down
 Learn how to practice, teach, and sequence inversions so that everyone in the room has a good time and a safe and enlightening experience. *Mostly asana.* **M5RIZO**

 | **Desirée Rumbaugh**
Anusara Yoga: Adjustments That Align with Nature
 Anusara Yoga offers an elegant and grace-filled method of teaching yoga that helps instructors train their students to listen to their own inner wisdom. Come and feel for yourself the magical and radically liberating application of the Universal Principles of Alignment, which you can apply to your own practice and teaching. **M5RUMB**

 | **Graham Schweig**
The Yoga Sutra: The Secret Yoga
 Patanjali describes pure thought in yoga as “the brilliance of a jewel.” What does that mean? He describes the “magic ointment” of yoga. What is this? Discover the secret teachings that directly nourish your practice of yoga. *Includes study, chanting, meditation, and guided meditation.* **M5SCHW**

 | **Patricia Walden**
Cultivate Willpower and a Fierce Heart Through Asana
 What you do with your mind affects your body, and vice versa. We will practice 10 poses to cultivate willpower, build confidence, and awaken the intelligence of the heart. We will focus on the muscular power of these poses—and then how to integrate this power with the qualities of sensitivity and intelligence. Learning to cultivate willpower and determination on the mat will help you to create them off the mat. *Mostly asana.* **M5WALD**

{1:00pm–2:00pm}

Goal-Setting Seminar: Open to all.

Sponsored by:
 

{1:30pm–2:30pm}

Panel Discussion: “Living the Yamas and Niyamas in Daily Life” with Seane Corn, Gary Kraftsow, Judith Hanson Lasater, and Aadil Palkhivala.
Open to all.

session
6

3:00pm–5:00pm

Please choose one class from Session 6:

 | **Nicki Doane and Eddie Modestini**

Standing Poses: From the Ground Up

Get your feet on this earth. This class includes detailed work on transforming the feet and using the legs in standing poses—something that all vinyasa yogis need to know. A fun, strong class that will help you build heat without Sun Salutations. *Mostly asana.* **M6NDEM**

 | **Lilias Folan**
Awaken Yoga in Midlife

Practicing hatha yoga does more than just free the body. Explore key asanas, learn creative breathing techniques, and discover ways to manage stress. Experience the pleasure of relaxation and meditation. Leave with an inner smile, a quiet mind, and a renewed enthusiasm for your personal practice. **M6FOLA**


 | **Alanna Kaivalya**
Sacred Vibration: The Power of Nada Yoga

According to science and yoga philosophy, we are vibration. Experience positive vibrations through chanting, kirtan, asana, and meditation. Feel the power of sound and learn how deep listening can create harmony in body, mind, spirit, and the world. *Asana and chanting with live music.* **M6KAIV**

 | **Gary Kraftsow**
Meditation: Understanding and Practice

Meditation is the unparalleled means to tap into our higher potential. We'll begin with a brief lecture and discussion, followed by a practice incorporating asana, pranayama, mantra, and self-reflective meditation techniques. We'll end with a discussion on how to integrate meditation into daily life. *Lecture, asana, and meditation.* **M6KRAF**

Sunday, May 17

 | **Judith Hanson Lasater**
Restorative Yoga
 Explore the theory and the practice of restorative yoga. *Bring at least three blankets, an eye cover, a strap, and if possible, a bolster. The more props, the more relaxation.* **M6LASA**

 | **Lisa Matkin**
Deepening Your Practice: A Physical Journey Through the Yamas and Niyamas


Awaken the yamas and niyamas—restraints and observances—in your practice and life. By weaving this revitalizing philosophy into energetic asana and pranayama, you'll purify, enhance, and align with the essence of yoga. *Asana and meditation practice.* **M6MATK**


 | **Aadil Palkhivala**
Padmasana: The Lotus of Yoga


Padmasana grounds the legs and pelvis, creating a stable foundation for meditation and pranayama. Yet Padmasana has caused more knee injuries than any other pose. Learn Purna Yoga techniques to open your hips so that your Padmasana comes from the hip joints, keeping your knees safe. *Bring a mat, block, blanket, and strap.* **M6PALK**


 | **Natasha Rizopoulos**
Wring It Out: Joyous Twists


Stabilize your base and free your soul! Twists are some of the most exhilarating poses in yoga. Learn to establish a steady base, and let your spirit soar as we awaken the spine through a series of standing and seated postures that will leave you feeling alert, spacious, and detoxified. *Mostly asana.* **M6RIZO**


 | **Desirée Rumbaugh**
Anusara Yoga: Change Your Body, Change Your Mind
 Find lasting inner peace by reprogramming your body, mind, and heart through your yoga practice. Work smarter and get better, more-long-lasting results with Anusara's Universal Principles of Alignment. Even though it's not always easy, life should be fun, and “enlightenment” should therefore also mean to “lighten up”! *Mostly asana.* **M6RUMB**


 | **John Schumacher**
Observing and Correcting Alignment
 Alignment is a hallmark of B.K.S. Iyengar's teaching. Proper alignment optimizes the benefits and safe performance of the poses and refines the quality of awareness. We'll practice observing and correcting alignment in a number of basic poses. *Some discussion; moderately active.* **M6SCHU**

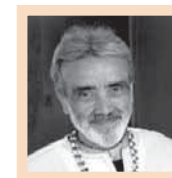
 | **Graham Schweig**
The Bhagavad Gita: The Secret Yoga
 Journey into the key sacred verses of the Gita and recognize the special power of yoga as a calling from within the heart. Discover what the Gita calls “the supreme secret of yoga” and the secrets of connecting intimately with the hearts of others and with all of life. *Includes study, chanting, meditation, and guided meditation.* **M6SCHW**

 | **Beth Shaw**
Communication for Instructors
 Everyone learns and retains information differently. Discover how to be a better communicator and instructor by using VAK learning styles. Learn how to find out if your students are visual, auditory, or kinesthetic learners—and adapt your communication style to suit their individual needs. *Discussion and asana.* **M6SHAW**

 | **David Swenson**
Eight Limbs and Daily Life
 How does yoga apply within the context of daily living? Underlying the mystery and complexity of Patanjali's description of yoga exists a truly profound simplicity. We'll discuss the eightfold path and talk about how we can use it in our modern lives. *Lecture.* **M6SWEN**

 | **Patricia Walden**
Hip Openers: Doorways to Space and Freedom
 Learn two sequences that will lead you to a practical understanding of your hips: one to prepare for forward bends, and the other to prepare for backbends. By opening your hips, you also will release the pelvic floor and bring awareness to the root chakra. *Bring a blanket and belt; they are essential to this practice.* **M6WALD**

 | **Marsh Wenig**
YogaKids Tools for Schools: Yoga in the Classroom
 Discover poses and techniques that teach children to be calm, compassionate, and clever. YogaKids can enhance academics and learning potential, engage proven techniques that children love, and provide innovative ways to explore and appreciate yoga and movement across the K–5 curriculums. *Lecture with some asana.* **M6WENI**



{5:30pm}

Closing Remarks by Dharma Mittra: “The Purpose of Yoga” Open to all.



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CONTINUE YOUR EDUCATION

Monday, May 18

Yoga As Medicine All-Day Intensives | 9:00am–4:30pm

All-day programs to give you the edge on yoga therapy. Our cutting-edge intensives will give you the knowledge and understanding of this rapidly growing intersection of the yoga, health, and medical worlds.

Sponsored by: 

Please choose one of these intensives:

 | Roger Cole

The Science of Sleep and Insomnia

Good sleep keeps you healthy and helps you look, feel, and perform better. Learn the fascinating science of sleep and how to get the most out of it, including practical, drug-free, state-of-the-art techniques proven to alleviate insomnia. Bring several blankets and an eye cover. *Slide-illustrated lecture, discussion, gentle asana, and relaxation.* **AMCOLE**

 | Bo Forbes

Accessing the Mind-Body Matrix: Healing Anxiety and Depression through Yoga

The mind-body matrix is an intricate network that includes the nervous system, immune system, and emotional body. Balancing the nervous system opens the gateway to this matrix, logging in to your healing freedom. Come explore ways to balance the nervous system, alleviate anxiety, and enhance life force. *Bring a bolster or two to three blankets, a strap, an eye pillow, and two blocks.* **AMFORB**

CE credits offered for psychologists and social workers
Elemental Yoga is approved by the American Psychological Association to sponsor continuing education for psychologists. Elemental Yoga maintains responsibility for this program (course code AMFORB) and its content. This program offers 3 CE hours for psychologists. This program is also approved by the National Association of Social Workers (Provider #886459124) for 6 continuing education contact hours.

 | Gary Kraftsow

Viniyoga Therapy: The Lower Back, Sacrum, and Hips

Experience the successful National Institutes of Health-recognized Viniyoga protocol for lower back pain as we investigate the biomechanics of the lower back, sacrum, and hips and learn about the types of problems that can affect these areas. *Lecture, demonstration, and asana.* **AMKRAF**

 | Cyndi Lee

OM Yoga Breast Cancer Survivor Teacher Training

This workshop is a specialized teacher training for yoga teachers eager to gather critical information and cultivate skills for designing a healing class for breast-cancer survivors. We'll look at different diagnoses, treatments, and long-term effects; discover poses that offer specific benefits to people undergoing treatment for breast cancer; and create short, simple vinyasa sequences that provide emotional and physical support. *Discussion and asana.* **AMCLEE**

 | Aadil Palkhivala

The Neck: Bridge Between Mind and Body

Pain in the upper back is often caused by our inability to release or express what we feel in our heart. Learn Purna Yoga sequences to release chronic tension held in the neck, shoulders, and upper back. *Bring two straps, a block, a sticky mat, one blanket, and one two-foot-long wooden dowel between one and two inches thick. At least six months' asana practice recommended.* **AMPALK**

 | Desirée Rumbaugh

Anusara Yoga: Yoga to the Rescue

Learn how Anusara Yoga's Universal Principles of Alignment can help alleviate pain and lessen the chance of injury. In the morning, we'll focus on hips, lower back, knees, and feet. In the afternoon, we'll work on the neck, shoulders, upper back, and wrists. **AMRUMB**

**{1:00pm–2:00pm}**

Keynote Address by Dr. Christiane Northrup
"Yoga: The Practice of Coming Home to Self"
Open to all.

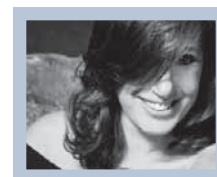
Christiane Northrup, MD, is a visionary pioneer and beloved authority in the field of women's health and wellness. Recognizing the unity of body, mind, and spirit, she helps empower women to tune in to their innate inner wisdom to transform their health and truly flourish. Dr. Northrup is the author of several best-selling books, has hosted six highly successful public television specials, and has been featured on the *Oprah Winfrey Show*, the *Today Show*, *NBC Nightly News*, *The View*, the *Rachael Ray Show*, and *Good Morning America*.

CHRISTIANE NORTHRUP PHOTO CREDIT: BARBARA PEACOCK

Monday, May 18

Urban Zen Presents: Integrative Therapies for Care Providers—Caring for Ourselves and Others

At some point in our lives, we will all become caregivers for people we love, whether family or friends, in hospital or at home. Let's explore together how we can use the foundation of a yoga practice to help loved ones who are going through illness or other challenging life situations. We will investigate five essential integrative therapies we can use to care for others and to take care of ourselves as care providers. We will learn specific techniques in the modalities of yoga therapy, aromatherapy, reiki, nutrition, and contemplative care that can be used to address the common patient symptoms of PANIC—pain, anxiety, nausea, insomnia, constipation/confusion—and fatigue. This day is based on curriculum presented in the 12-month Urban Zen Integrative Therapist Program.

Sponsored by: 

Donna Karan

8:00am–8:30am

Meditation and Pranayama

Colleen Saidman Yee and Rodney Yee

Colleen and Rodney will lead us through a practice that can be shared with patients, guiding us into relaxation and rejuvenation through breath awareness and body scanning.



Dr. Christiane Northrup

8:30am–9:30am

Asana Practice: Working with In-Bed Movements

Colleen Saidman Yee and Rodney Yee

We will explore how to isolate basic asana movements so that they are appropriate for a simple in-bed yoga practice for patients with various levels of capacity.



Colleen Saidman Yee

9:30am–9:50am

Film: Voice of the UZIT

Dr. Jamie Naughton, UZIT Director

Brief presentation on the Urban Zen Integrative Therapist Program.



Rodney Yee

9:50am–10:10am

Welcome, Introduction of Urban Zen Foundation, and Message on the Importance of the Care Provider

Donna Karan, cofounder; Urban Zen Foundation

10:20am–11:15am

Use of Aromatherapy: Caring for Yourself and Your Loved Ones

Young Living Essential Oils specialists

11:15am–12:10pm

Use of Reiki Techniques for Patient Care and Self Care

Pamela Miles, Reiki master

12:10pm–12:30pm

Caring for Ourselves and Others with Healthy Food Alternatives

Jill Pettijohn, professional chef, owner of Jill's Cafe in Brooklyn

{1:00pm–2:00pm}

Keynote Address by
Dr. Christiane Northrup
Open to all.

2:30pm–3:30pm

A Physician's Perspective on Care Providers

Dr. Christiane Northrup

Dr. Northrup will speak on the importance of the care provider from a physician's standpoint and how we as care providers can take care of ourselves while taking care of others.

3:30pm–4:30pm

A Class for Participants: Let Us Treat You To Yoga Therapy, Aromatherapy, and Reiki

Colleen Saidman Yee and Rodney Yee, with other UZIT faculty and staff

4:30pm–5:00pm

A Buddhist Approach to Providing Care and Preserving Our Own Health

5:00pm–5:30pm

Panel Discussion: How to Bring the Practice Home

Donna Karan, Colleen Saidman Yee, Dr. Christiane Northrup, Pamela Miles, Young Living Essential Oils, Professor Robert Thurman, and Jamie Naughton. Facilitated by Rodney Yee

For more information on Urban Zen and its initiatives, visit urbanzen.org



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CONTINUE YOUR EDUCATION

How to Register

There are four ways to register:

- 1) Online:** Visit yjevents.com to register on this secure site.
- 2) By fax:** Fax the completed registration form (page 23) to 303-447-3946.
- 3) By mail:** Send the completed registration form (page 23) with payment to:
Horizon Conferences
1107 Pearl Street
Boulder, CO 80302
- 4) By telephone:** Call **800-561-9398** (United States and Canada) or **720-406-7407** (International). Please have your first, second, and third selections (when appropriate) and your Visa, MasterCard, American Express, or Discover card information ready before calling.

Questions may be emailed to:
yoga@horizonconferences.com

Fees are listed on the registration form on page 23. Classes fill on a first-come, first-served basis. Payment in full must accompany registration. Registration forms must be postmarked by the deadlines listed in order to qualify for discounts.

Session Selections

Course codes appear at the end of each course description. When registering by fax, mail, or phone, you must indicate a first, second, and third choice for each session. We will make every effort to place you in your first choice. For your convenience, we recommend online registration at yjevents.com, which shows up-to-the-minute availability, so second and third choices are not required. A confirmation email will be sent to you immediately after your registration is processed.

Refunds and Cancellations

All cancellations must be made in writing to Horizon Conferences, 1107 Pearl Street, Boulder, CO 80302, or via email to yoga@horizonconferences.com. You will receive an email confirming receipt of your cancellation; keep this confirmation of your cancellation. **Cancellations received on or before April 27, 2009, will merit a refund, minus a \$100 processing fee. All requests for refunds must acknowledge an understanding of the \$100 processing fee.** Cancellations received after April 27, 2009, will not merit a refund but may be under consideration for a voucher toward a future Yoga Journal conference valid for one year, minus a \$100 processing fee. Last-minute cancellations must be received via email before your first scheduled class to be under consideration for a voucher. All voucher considerations will be completed after the conference, and all supporting documentation for voucher requests must be received by May 25, 2009. No refund or voucher will be given for no-shows.

Class Changes

There is a \$10 fee for each class change made after registration.

Waiver of Liability

Registrants of this conference and all Yoga Journal events must understand that there are serious risks associated with all physical activity and that when practicing yoga one may suffer minor or serious injury. Registrants must understand these inherent risks and assume that for all such risks associated with participation in any activities in conjunction with the Yoga Journal conference, all employees, Active Interest Media, volunteers, instructors, and agents are exempted from liability.

Hotel Information

The conference will be held in Midtown Manhattan at the newly redesigned Hilton New York, 1335 Avenue of the Americas, NYC 10019 (6th Avenue between W. 53rd and W. 54th). The Hilton New York is a sophisticated international hotel conveniently located at Radio City Music Hall and Rockefeller Center, and in the midst of business headquarters and media centers. The hotel is also near Broadway theatres and Times Square, one block from Fifth Avenue shopping, and steps from legendary attractions such as the Museum of Modern Art, Central Park, and Carnegie Hall.

All lodging must be booked with the hotel by calling 212-586-7000 or 1-800-HILTONS. Mention the Yoga Journal conference to receive the special group rate of \$299 (plus tax) per night for single or double occupancy. You must book by April 14, 2009, to receive this special rate. Space is limited; we encourage you to make your reservation early. This special group rate is on a space-available basis only. Rooms may sell out before April 14, 2009. A nonrefundable first-night deposit must be made with your credit card when you secure your reservation. Meals at the conference are not included. There are four restaurants on the premises and many dining options in the surrounding area.

Transportation Information

The Hilton New York can be easily reached from La Guardia, John F. Kennedy, and Newark airports. Taxi fair ranges from \$35 (La Guardia) to \$65 (Newark) not including tolls/gratuities. With advance reservations through the Hilton Transportation Desk at 212-247-0897, a return shuttle service is available from the hotel for under \$25.

Sponsors

If you are interested in sponsoring this event, or any upcoming conference, visit yjevents.com/sponsors, email Sara Mesing at smesing@yjmag.com, or call 415-591-1123.

Exhibitors

If you would like to rent exhibit space at this conference, please visit yjevents.com/exhibitors. Apply early; space is limited.

Work Exchange/Volunteer Program

Join our conference management team and work behind the scenes. Work exchange volunteers do not register for classes but can participate in classes on a space-available basis when not fulfilling their assigned duties. Positions are limited; apply early. For more information, contact Horizon Conferences via email at yoga@horizonconferences.com.

Scholarship Program

Our scholarship program, Share Your Yoga, is for yoga teachers with limited income who currently teach yoga to underserved populations within their community. This program is funded through donations by attendees and matched by Yoga Journal. For more information about the application process, visit yjevents.com/scholarships.

YJeEvents.com

For more information about discounts, message board, updated information, Continuing Education Credits, and more, visit yjevents.com.

Yoga Gear and Props

We strongly suggest that you bring a yoga mat, blanket, and strap. See course descriptions for other required items. Some of these items may also be available for sale on-site during limited marketplace hours.

Registration

NAME *(please print)*

ADDRESS

CITY STATE ZIP

PHONE *(day)* *(evening)*

EMAIL ADDRESS

We respect your privacy and the environment. In an effort to save paper, important information regarding Yoga Journal conferences will be sent electronically to the email address provided. Additionally, from time to time, we will email information from Yoga Journal conference partners. Your information will never be shared or sold.

Please check here if you do not want to receive correspondence from Yoga Journal conference partners.

REGISTER:

- Online:** yjevents.com
By phone: 800-561-9398
By fax: 303-447-3946
By mail: Send this form to:
Horizon Conferences
1107 Pearl Street
Boulder, CO 80302

Registration must be made on or before March 20, 2009, to qualify for the early-registration discounts. There is a \$3.50 processing fee for each registration.

To help us serve you better at future conferences, please answer the following:

Sex: Male Female
 Age: under 25 25-35 36-45 46-55
 56-65 66+

I am a yoga teacher I am a studio owner

How long have you been practicing yoga? _____

How many Yoga Journal conferences have you attended? _____

- Visa MasterCard
 American Express Discover
 Check (payable to HORIZON CONFERENCE(S))

ACCOUNT NUMBER

EXP. DATE SECURITY CODE

SIGNATURE

NAME ON CARD *(please print)*

By signing above, I indicate that I have read the refund policy and agree to its provisions.

All refund requests must be made in writing to Horizon Conferences. A refund, minus a \$100 processing fee, will be made for all cancellation requests postmarked by April 27, 2009. **Cancellations received after April 27, 2009, will not merit a refund but may be under consideration for a voucher toward a future Yoga Journal conference valid for one year, minus a \$100 processing fee.**

See page 22 for full refund policy.

yoga 2009 New York Conference

Please fill in your first, second, and third choices for the time periods indicated using the course code that appears after each class or workshop. Please choose carefully; there is a \$10 fee each time a change is made after registration.

Class changes will not be permitted in the the Beginners Conference.

2-Day Business of Yoga Workshop

Thursday, May 14 Day 1 Only Check here
Friday, May 15 Day 2 Only Check here
Thursday-Friday, May 14-15 Day 1 and 2 Check here

Friday All-Day Intensives

DATE	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
Friday, May 15	AI.....	AI.....	AI.....

Eight Limbs of Yoga Intensive Check here

Friday Evening Classes

DATE	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
Friday, May 15	EV.....	EV.....	EV.....

Beginners Conference

Saturday-Sunday, May 16-17 Check here

Main Conference

DATE	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
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Saturday, May 16

Session 1	8:00am-10:00am	M1.....	M1.....	M1.....
Session 2	10:30am-12:30pm	M2.....	M2.....	M2.....
Session 3	3:00pm-5:00pm	M3.....	M3.....	M3.....

Sunday, May 17

Session 4	8:00am-10:00am	M4.....	M4.....	M4.....
Session 5	10:30am-12:30pm	M5.....	M5.....	M5.....
Session 6	3:00pm-5:00pm	M6.....	M6.....	M6.....

Yoga As Medicine All-Day Intensives

DATE	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
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Monday, May 18

Urban Zen Intensive Check here

Conference Fees (tuition only)

	EARLY-BIRD*	REGULAR**	AMOUNT
Business Workshop: Day 1 or Day 2 only	\$225	\$275	\$_____
Business Workshop: Both Days	\$325	\$375	\$_____
Friday All-Day Intensives	\$225	\$275	\$_____
Eight Limbs of Yoga Intensive	\$275	\$325	\$_____
Friday Evening Classes	\$25	\$40	\$_____
Beginners Conference	\$299	\$309	\$_____
Main Conference	\$450	\$495	\$_____
Yoga As Medicine All-Day Intensives	\$225	\$275	\$_____
Urban Zen Day	\$275	\$325	\$_____
Day Pass (Saturday OR Sunday; limited availability)	\$250	\$285	\$_____

Special Discounts

Full Conference Price	\$820	\$965	\$_____
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(Includes Friday All-Day Intensive, Main Conference and a Monday All-Day Intensive)
(Excludes Business Workshop, Beginners Conference, Urban Zen Day, and Eight Limbs of Yoga)

Senior (over 65) and Student (ID required)

Main Conference	\$405	\$445	\$_____
Beginners Conference	\$260	\$279	\$_____

*Registered or postmarked on or before March 20, 2009.

**Registered or postmarked after March 20, 2009.

Special Events

	ATTENDEES	GENERAL PUBLIC	
Keynote by Robert Thurman	see below	\$20	\$_____
Kirtan Concert with Krishna Das	\$25	\$30	\$_____

Yoga Journal Products

One-year Subscription (new subscribers only)	\$14	\$_____
Commemorative Conference T-Shirt (organic) (\$25 on-site)	\$20	\$_____

Please check size: Women's: Small Medium Large X-Large
 Men's: Medium Large X-Large

Scholarship Fund Donation-Share Your Yoga (optional)

\$10 \$25 Other _____ \$_____

Donation to benefit Tibet House \$15 \$_____

Nonrefundable processing fee \$ **3.50**
TOTAL \$_____

Thursday, May 14

9:00am-4:00pm Preconference Business of Yoga Workshop-Day 1

Friday, May 15

8:00am-8:45am Morning Meditation
 8:00am-5:00pm Eight Limbs of Yoga Intensive
 9:00am-5:00pm Business of Yoga Workshop-Day 2
 9:00am-4:30pm Friday All-Day Intensives
 1:00pm-2:00pm Panel Discussion: "The Business of Being a Yoga Teacher"
 6:30pm-8:00pm Friday Evening Classes
 7:30pm Kiritan Concert with Krishna Das

Saturday, May 16

4:30am-6:30am Kundalini Sadhana
 7:00am-7:45am Morning Meditation
 8:00am-10:00am Main Conference, Session 1
 8:00am-5:00pm Beginners Conference
 10:30am-12:30pm Main Conference, Session 2
 1:00pm-2:00pm Free Community Yoga Class
 1:30pm-2:30pm Keynote Address by Robert Thurman
 3:00pm-5:00pm Main Conference, Session 3
 5:30pm Community Connection: Asana Demo by Ana Forrest followed by performance with MC Yogi

Sunday, May 17

4:30am-6:30am Kundalini Sadhana
 7:00am-7:45am Morning Pranyama
 8:00am-10:00am Main Conference, Session 4
 10:30am-5:00pm Beginners Conference
 10:30am-12:30pm Main Conference, Session 5
 1:00pm-2:00pm Free Community Yoga Class
 1:00pm-2:00pm Goal-Setting Seminar
 1:30pm-2:30pm Panel Discussion: "Living the Yamas and Niyamas in Daily Life"
 3:00pm-5:00pm Main Conference, Session 6
 5:30pm Closing Remarks by Dharma Mittra

Monday, May 18

8:00am-5:30pm Urban Zen Intensive
 9:00am-4:30pm Yoga As Medicine All-Day Intensives
 1:00pm-2:00pm Keynote Address by Dr. Christiane Northrup



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For updated special event information, visit yjevnts.com.