

yoga

JOURNAL
CONFERENCE TOUR

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PHOTO: DAVID MARTINEZ. MODEL: CATHERINE DE LOS SANTOS

- Jim Bennett
- Scott Blossom
- Manoj Chalam
- Edward Clark
- Elesa Commerce
- Seane Corn
- Jason Crandell
- Nicki Doane
- Richard Freeman
- Daren Friesen
- James Gordon, MD
- Julie Gudmestad
- Emily Large
- Cyndi Lee
- Tias Little
- Ian Lopatin
- Martin McDougall
- Dharma Mittra
- Eddie Modestini
- Wade Imre Morissette
- Steve Nakon
- Jason Nemer
- Aadil Palkhivala
- Natasha Rizopoulos
- Desirée Rumbaugh
- Colleen Saidman
- Matthew Sanford
- Jenny Sauer-Klein
- David Swenson
- Mary Taylor
- Paul Weitz
- Marsha Wenig
- Deborah Williamson
- Rodney Yee
- Paulie Zink

The 2009 Grand Geneva Conference

March 26–29, 2009

Grand Geneva Resort & Spa | Lake Geneva, Wisconsin

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Welcome to our 4th Grand Geneva Yoga Journal conference! With lush landscapes, lakeside views, and stunning scenery, this is the perfect place to unwind and enjoy the best of the yoga world. Choose from intensives, classes, panels, workshops, and lectures on topics that matter most to the modern yogi. We are constantly honing our programs based on your feedback, and this year we've added even more choices: a new Ashtanga track, more choices for teachers each day of the conference, and a 2-day business workshop. But don't take our word for it—unfurl your mat, reunite with old friends and meet new ones, and immerse yourself in yoga's transformative powers.

Our Esteemed Conference Faculty



Jim Bennett



Edward Clark



Jason Crandell



Daren Friesen



Scott Blossom



Elesa Commerse



Nicki Doane



James Gordon, MD



Manoj Chalam



Seane Corn



Richard Freeman



Julie Gudmestad

Special Events | Round out your conference experience by attending our carefully selected special events. Come hear Saturday's keynote address by Dr. James Gordon, founder of the Center for Mind-Body Medicine, and Sunday's panel discussion: "Yoga as a Life Tool: How the Practice Can Help You Through Challenging Times." And don't miss the fast-paced and funny Yoga Comedy Show on Saturday night with Tripsichore's Edward Clark and Martin McDougall, plus special guests.

Friday, March 27

1:00pm–2:00pm

Panel Discussion:
"The Business of Being a Yoga Teacher," with Jason Crandell, Debra Hennesy, Cyndi Lee, and David Swenson. Moderated by Terri Kennedy from Yoga Alliance.

Sponsored by:



7:30pm



Keynote by Rodney Yee:
"Our Responsibility as Yogis"
A perspective of where yoga is today in America and where it is going, with a special focus of yoga in the context of the health care system.

Saturday, March 28

1:30pm–2:30pm



Keynote by James Gordon, MD:
"Unstuck: Using Mind-Body Medicine to Move Through Depression and Beyond Anxiety"

7:30pm

Tripsichore Presents Standup Comedy vs. Yoga
It's no cosmic joke! Join us for an evening of cutting-edge yoga comedy with Tripsichore's Edward Clark and Martin McDougall. The event includes a visit by the immortal Cococlarkanana, a performance of never-before-seen asanas, and a hilarious battle pitting Highbrow against Lowbrow to see who wins the title of Entertainment Champion of the Yoga Universe. \$15 for conference attendees; \$20 for general public.

Sunday, March 29

1:30pm–2:30pm

Panel Discussion:
"Yoga as a Life Tool: How the Practice Can Help You Through Challenging Times," with Seane Corn, Aadil Palkhivala, Matthew Sanford, and David Swenson

5:45pm–6:15pm



Closing Event:
Guided Meditation and Group Savasana with David Swenson
Savasana is much more than a deep sleep: it's an opportunity to let go of fatigue, assimilate the benefits from your yoga practice, and adopt a state of profound meditation. You'll be guided through a simple inward journey designed to show you how to relax, release, and unwind while drinking deep from the internal glow of prana after a weekend of yoga immersion. *All levels welcome—including Savasana snorers!*

Jim Bennett inspires students to see their practice as a sacred ritual. His classes weave bandha, mudra, purification, vinyasa, and pranayama—techniques often forgotten in today's fast-paced culture. Jim has studied Ashtanga Yoga, Viniyoga, and Universal Yoga. He counts ParaYoga's Rod Stryker as his most important influence and mentor. *See pages 14 and 15.*

Scott Blossom's teaching of hatha yoga, vinyasa, and yoga therapy is informed by his training as a doctor of traditional Chinese medicine and his study of Ayurveda, Tantra, and ritual. Scott is known for his down-to-earth approach and his ability to make yoga accessible to a wide variety of students. He is blessed to have the guidance of Dr. Robert Svoboda, Zhander Remete, and Erich Schiffmann. *See pages 7, 10, 13, 14, and 15.*

Manoj Chalam uses humor and everyday experiences in his workshops. Indian-born Manoj, a scientist with a PhD from Cornell University, has compiled a book on Hindu and Buddhist symbolism. He presents workshops on symbolism and Vedanta for Anusara Yoga, Deepak Chopra, and other yoga studios. *See pages 11 and 14.*

Edward Clark is the creator of Tripsichore Yoga Theatre. Hailed as being among the most innovative practitioners of vinyasa yoga, Tripsichore has worked daily for the past 15 years to refine yoga techniques of asana, pranayama, pratayahara, dharana, and dhyana. *See pages 10, 11, 15, and 16.*

Elesa Commerse is the founder of the Deep Calm meditation program and the nonprofit organization Forever Whole and the creator of the DVD *Finding Your Way*. She teaches therapeutic meditation in hospitals to cancer patients, patients suffering from chronic pain, and cardiac rehab patients, and leads teacher trainings at Moksha Yoga in Chicago and Prajna Yoga in Santa Fe, New Mexico. *See page 8.*

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 in several DVDs. *See pages 8, 10, 13, 14, and 15.*

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 8, 9, 11, 13, 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 co-direct Maya Yoga Studios in both California and Maui, HI. *See pages 8, 10, 12, 13, 14, and 15.*

Richard Freeman has practiced yoga and meditation since 1968 and has extensively studied the Ashtanga vinyasa yoga of Sri K. Pattabhi Jois. He is founding director of the Yoga Workshop in Boulder, CO. *See pages 8, 10, 12, 14, 15, and 17.*

Daren Friesen is the director and founder of the Moksha Yoga Center in Chicago. He has developed his own challenging style of vinyasa flow that encourages students to integrate yin and yang (softness and strength) into their practice and, ultimately, their lives. *See pages 10, 12, 14, and 17.*

James Gordon, MD, is a world-renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is a clinical professor at Georgetown Medical School, and recently served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. *See page 2.*

Julie Gudmestad, a certified Iyengar Yoga teacher and a licensed physical therapist, integrates the healing powers of yoga with Western medical knowledge. She is director of the Gudmestad Yoga Studio in Portland, OR, and wrote *Yoga Journal's* Anatomy column for seven years. *See pages 8, 9, 10, 12, and 17.*

**Thursday, March 26
through
Sunday, March 29**

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

Our Esteemed Conference Faculty



Emily Large



Ian Lopatin



Eddie Modestini



Jason Nemer



Cyndi Lee



Martin McDougall



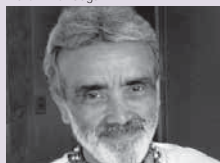
Wade Imre Morissette



Aadil Palkhivala



Tias Little



Dharma Mittra



Steve Nakon



Natasha Rizopoulos

Emily Large has been practicing physical therapy for 15 years and is a graduate of the American Viniyoga Institute's 1,000-hour yoga therapy program directed by Gary Kraftsow. Founder of Living Large Therapeutics, Emily combines the science of physical therapy with the practice of Viniyoga. See *pages 9, 10, 14, and 15*.

Cyndi Lee, director of OM Yoga Center, practices hatha yoga and Tibetan Buddhism. A yoga teacher for more than 20 years, she wrote and illustrated the best-selling *OM Yoga in a Box* series and the books *OM Yoga: A Guide to Daily Practice* and *Yoga Body, Buddha Mind*. See *pages 7, 9, 12, 13, and 16*.

Tias Little has been a student of Iyengar Yoga since 1985. He has studied Ashtanga vinyasa yoga in Mysore and is a student of Vajrayana Buddhism. He is trained in massage and cranial-sacral therapy, and has studied extensively with Tom Myers in Anatomy Trains. Tias has been studying trauma and recovery through Somatic Experiencing since 2006. See *pages 7, 8, 12, 13, 14, and 16*.

Ian Lopatin is a wellness coach and teacher of vinyasa flow yoga, hip-hop, and power yoga. Ian, who also has a law degree from UCLA, is cofounder and president of At One Yoga in Arizona, as well as a spa and wellness business consultant. He is known for making yoga fun and challenging through the integration of music, movement, humor, meditation, mythology, and philosophy. See *pages 13, 14, and 17*.

Martin McDougall has been teaching yoga for 15 years. He's also a long-standing member of Tripsichore Yoga Theatre. Together with Edward Clark, Martin wrote and produced *Kill the Guru*, a full-length noir yoga comedy album. He lives and works in London. See *pages 11 and 17*.

Dharma Mittra is a legendary yoga master who created the famous Master Yoga Chart of 908 Postures. He is the author of the book *Asanas: 608 Yoga Poses* and of the DVDs *A Shortcut to Immortality* and *Stairway to Bliss*. Nearing 70, Dharma is a living representative of the ethical and physical practical teachings that yoga can bring us all. See *pages 8, 11, 13, 15, and 17*.

Eddie Modestini has been teaching yoga since 1983. He is certified in Iyengar Yoga and has received Pattabhi Jois's blessing to teach Ashtanga Yoga. He is gifted with an eye for detail and a profound ability in reading students' bodies. Eddie lives in Sebastopol, CA, with his wife and teaching partner, Nicki Doane. They codirect Maya Yoga Studios in both CA and Maui, HI. See *pages 8, 10, 12, 13, 14, and 15*.

Wade Imre Morissette has been practicing and teaching yoga for 13 years. He has completed Iyengar, Ashtanga, and vinyasa teacher trainings and is a certified Phoenix Rising yoga therapist and Viniyoga therapist who leads teacher trainings and workshops worldwide. His second CD, *Strong As Diamonds: Om Vajra Kaya Namaha*, was released in 2007. See *pages 11, 13, 15, and 16*.

Steve Nakon is the founder of Northwest Yoga and the director of the yoga and the meditation programs at the Chicago Botanic Garden. He created the Meditation in the Garden series of classes, which highlights our connection to nature and the environment. Steve finds inspiration in the teachings of T. Krishnamacharya and T.K.V. Desikachar. See *pages 13, 15, and 16*.

Jason Nemer, a longtime acrobat, discovered yoga as a university student and never looked back. Cofounder of AcroYoga, he leads workshops and teacher trainings all over the world. Studies with Dharma Mittra have helped him see that one's true teacher is "sitting on the right side of your heart" as the eternal witness. See *pages 8, 11, 12, 15, and 17*.

Aadil Palkhivala began studying yoga formally with B.K.S. Iyengar at the age of seven, and holds one of the few advanced Iyengar Yoga teacher certificates. A certified Ayurvedic health science practitioner, naturopath, and bodywork therapist, he is the founder-director of Yoga Centers in Bellevue, WA. See *pages 7, 8, 12, 13, 16, and 17*.

Natasha Rizopoulos has been teaching at YogaWorks in Los Angeles since 1997. She is the featured teacher in Yoga Journal's *Yoga Step by Step: The Total Guide to Beginning Your Home Practice* DVD series and has appeared in magazines and on television. She is a contributing editor to *Yoga Journal* and writes YJ's online column Ask the Beginner's Expert. See *pages 9, 11, 15, and 17*.

Our Esteemed Conference Faculty



Desirée Rumbaugh



Jenny Sauer-Klein



Paul Weitz



Rodney Yee



Colleen Saidman



David Swenson



Marsha Wenig



Paulie Zink



Matthew Sanford



Mary Taylor



Deborah Williamson

Desirée Rumbaugh teaches from the experiences of more than 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. Desirée travels the world offering workshops that are innovative, transformative, challenging, and compassionate. See *pages 9, 11, 12, and 13*.

Colleen Saidman has been teaching yoga for 12 years. She co-owns and codirects Yoga Shanti in Sag Harbor, NY, and 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 cochair of the Urban Zen Health and Wellness Foundation. See *pages 9, 11, 12, and 14*.

Matthew Sanford is an Iyengar-style yoga teacher who is paralyzed from the chest down. He is the author of *Waking: A Memoir of Trauma and Transcendence* and founder of the nonprofit Mind Body Solutions. A leading voice in the integrative health movement, Matthew received the national Volvo-for-Life Award in 2008. See *pages 7, 13, 16, and 17*.

Jenny Sauer-Klein, cofounder of AcroYoga, leads workshops and teacher trainings worldwide. Certified in Contact Yoga by its originator, Nateshvar Ken Scott, she has studied theater, dance, yoga, Thai massage, and acrobatics, and has taught yoga and circus arts to adults and children for more than seven years. See *pages 8, 11, 12, 15, and 17*.

David Swenson 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, and the book *Ashtanga Yoga: The Practice Manual*. See *pages 7, 10, 12, 14, and 17*.

Mary Taylor is an avid student of yoga and meditation who has been involved in the culinary profession for 28 years. She is the author of three cookbooks and is the coauthor of the book *What Are You Hungry For?* Mary brings to her teaching a deep respect for the healing effects of yoga and an insight into how yoga is reflected in daily life. See *pages 11, 12, 15, and 17*.

Paul Weitz has helped thousands of people find greater health and wholeness through Thai Yoga Massage and yoga. Through his own research and commitment, Paul continues to develop and share his understanding of these holistic arts with love and clarity. Paul is the co-director of the Chicago School of Thai Massage and holds a master's degree in spiritual psychology. See *pages 11, 15, 16, and 17*.

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 11 and 16*.

Deborah Williamson is a Senior Baptiste Certified Yoga Teacher, the founder and owner of four Midwest Power Yoga studios, a business consultant, and a life coach in Wisconsin. She teaches retreats, teacher trainings, and workshops and is known for her style, humor, and deep humanity. See *pages 9 and 10*.

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 9, 11, 12, and 14*.

Master **Paulie Zink**, the founder of Yin Yoga, received intensive training for 10 years as the sole protégé of Chinese Taoist Yoga and kung fu master Cho Chat Ling. A three-time international martial arts grand champion, Paulie is renowned for his fluidity, flexibility, and artistry of motion. He has been teaching for more than 30 years. See *pages 12, 14, 16, and 17*.

Thursday and Friday, March 26–27

2-Day Business of Yoga Workshop | 9:00am–4:30pm

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.*

Sponsored by:  MINDBODY
MIND-BODY CONNECTION

Day 1: Thursday, March 26 The Basics

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
Ian Lopatin, owner/director, At One Yoga, Scottsdale, AZ
Learn step-by-step tips for starting a studio, from creating special packages to designing your curriculum to recruiting and training your teachers.

10:45am–11:45am

Creating a Viable Studio
Bob Murphy, CSMO, MINDBODY, Inc.
Bob shares critical elements for 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–3:15pm

Common Legal Issues with Starting a Yoga Studio
Eric Genin, attorney

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).

3:30pm–4:30pm

Building Community
Deborah Williamson, founder and owner of Midwest Power Yoga, LLC

Join us as we discuss the ups and downs of creating a community and client base in your own town. Learn what works and what doesn't, and how to "get out of your own way" to create prosperity.

For pricing information, see page 19.

Day 2: Friday, March 27 Beyond the Basics

9:00am–10:00am

Growing Your Studio's Business
Shannon Paige Schneider, founder and creative director of Om Time Yoga Centers

Build on your success by expanding your programming and cultivating a culture of full participation in your studio by offering expanded workshops, visiting master teachers, adding teacher trainings, engaging community outreach activities, and more.

10:15am–11:15am

Building Beneficial Partnerships
Steve Nakon, founder of Northwest Yoga and director of the yoga and meditation programs at the Chicago Botanic Garden

Developing partnerships within your community can help bring students to your door. Learn how to identify and cultivate relationships that can be mutually beneficial.

11:30am–12:30pm

Online Marketing
Roxanne Banta, director of education, MINDBODY, Inc.
Learn how to use email marketing services and the latest techniques for producing compelling websites, newsletters, e-blasts, and search-engine optimization.

12:30pm–1:00pm

Lunchtime demo: How to use MINDBODY software (optional)

12:30pm–2:15pm: *Lunch*

2:15pm–3:15pm

Money Matters
Barrett Porter, CFP, senior financial advisor at Abacus Portfolios

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.

3:30pm–4:30pm

Positioning Your Yoga Business for Success
Daren Friesen, founder and director of Moksha Yoga Center, Chicago

What makes your business different from the rest? Learn how to determine that, and position yourself accordingly in a competitive market.

Thursday, March 26

Thursday All-Day Intensives | 9:00am–4:30pm

Deepen your understanding of yoga's healing powers. Whether you're a yoga teacher or student, you'll learn about the therapeutic benefits of yoga postures, breathing, and philosophy from the field's leading experts.

9:00am–4:30pm

Please choose one of these six intensives:

  | **Scott Blossom**

Yoga and Ayurveda: Cultivating Prana in Vinyasa Yoga

Learn how integrating Ayurvedic wisdom into your yoga practice creates vinyasas that are in harmony with the free flow of prana and in sync with the time of day, the season, and your stage of life. Spend the day practicing asana, bandha, pranayama, chanting, and meditation while exploring the principles behind integrating Ayurvedic wisdom into your yoga practice or teaching. **ATBLOS**

  | **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 share short, simple vinyasa sequences that provide emotional and physical support. *Discussion and asana.* **ATCLEE**

   | **Tias Little**

The Sacred Seams of the Inside Leg

The inner leg gives access to the front of the spine and holds the life force of our deep reserve. Due to excess fatigue and stress, this area is typically tight, weak, or collapsed. Through dynamic and restorative postures, we'll open these channels and investigate the inner leg from the perspective of Ayurvedic and Chinese medicines. *Discussion and asana.* **ATLITT**

  | **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 1" to 1.5" wooden dowel approximately two feet long. At least six months' asana practice recommended.* **ATPALK**

  | **Matthew Sanford**

Adapting Yoga for People Living with Disabilities

Matthew Sanford is a pioneer both in adapting yoga for people living with disabilities and in advocating for a mind-body approach to our medical and rehabilitation practices. He draws upon his unique experience with yoga and paralysis to give participants basic guidelines for adapting yoga and applying yogic insights to transform the delivery of health care. *Discussion and asana.* **ATSANF**

   | **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, the seated, and the closing sequences. *Mostly asana with partner work.* **ATSWEN**



"It was my first time, and I thought it was an awesome program. The teachers gave lots of good information; you could tell they wanted to be at the conference and teach and give from their hearts."

2007 Grand Geneva Conference attendee

Friday, March 27

Friday All-Day Intensives | 9:00am–4:30pm

Soak up the knowledge of your favorite teacher during one life-changing day. Through practicing, listening, and learning, you'll rejuvenate your practice and learn invaluable tools to bring home.

{8:00am–8:45am}

Morning Meditation with Elesa Commerse
Open to all.

Please choose one of the following:



| Seane Corn

Becoming a Leader: Yoga for Interpersonal and Global Change

Learn the tools and gain the insight necessary to become a leader. Through a nourishing and challenging vinyasa flow yoga class, we'll ground and clear the mind-body. Then, through discussion, journaling, and other exercises, we'll explore our vision, voice, and passion to define our purpose. *Asana and discussion. Knowledge of Sun Salutations A and B are helpful but not necessary.* **AFCORN**



| Jason Crandell

Yoga for Well-Being: Home Practices for Restful Sleep, Better Energy, and Mental Clarity

Achieve a better quality of life by cultivating restful sleep, better energy, and mental clarity. Learn five accessible home practices for each topic, and get tips for keeping your home practice consistent, fresh, and effective. You'll also find out how to create your own sequences to help soothe, energize, and transform your body and mind. *Asana and discussion.* **AFCRAN**



| Nicki Doane and Eddie Modestini

Advanced Maya Yoga: A Day of Strong Asana and Philosophy

Learn to create safety and strength by applying basic alignment principles to a Vinyasa Fusion practice. Morning class will be a vigorous vinyasa style practice that includes Sun Salutations, standing poses, backbends, forward bends, lunge work, and cultivating awareness in our hands and feet. The afternoon session will be more reflective in nature, exploring various hip-openers, inversions, and chanting. *Mostly asana.* **AFNDEM**



| Richard Freeman

Prana, Apana, and Alignment in Vinyasa

Prana governs the inhalations, and apana governs exhalations. Linking prana and apana together is the heart of the Ashtanga vinyasa system, creating the core postures, bandhas, drishtis, and breathing rhythms. These core techniques are so simple and yet so subtle that most practitioners overlook them. By exploring them, we'll find new freedom and ease in our practice. *Discussion and asana.* **AFFREE**



| Julie Gudmestad

Body Mechanics and Yoga

Protect yourself and your students from common injuries and strains. We'll discuss gravity's effects on the body and how certain positions put leverage and strenuous loads on the spine and other joints. Then we'll work on poses and teaching techniques so teachers can use proper body mechanics as they demonstrate and adjust students. *Discussion and asana.* **AFGUDM**



| Tias Little

The Sacred Seams of the Inside Arm

Discover the importance of the inner arm as the gateway to opening the lungs. We'll explore the muscular connection between the hand and the shoulder and investigate the nadis (energetic channels) and bindus (energetic points) along the inner arm from the perspective of Ayurvedic and Chinese medicines. *Discussion and asana.* **AFLITT**



| Dharma Mittra

Maha Sadhana: A Divine Journey

A master sadhana class where you'll learn ancient breathing and purification techniques to energize and stimulate the flow of prana, the beautiful Shiva Namaskar vinyasa series, a Yoga Nidra session to help you attain a powerful state of conscious relaxation, and discussion on the essential practices. *Discussion and asana.* **AFMITT**



| Jason Nemer and Jenny Sauer-Klein

Kula: Celebrating Community Through AcroYoga

When the going gets tough, the tough get together and practice! Through the interplay between self, other, and the Divine, we can reawaken to our own true nature and embrace our purpose for being together on this planet. *Includes AcroYoga practice, discussion, movement, and journaling. Bring a notebook and pen. No partner necessary.* **AFACRO**



| Aadil Palkhivala

Higher Education on the Lower Back

Pain in the lower back is often a physical manifestation of feeling burdened. Learn how to help your students heal lower-back pain with modified asana and pranayama. We'll also address mental and emotional issues as well as nutrition. *Bring one mat, two straps, one firm blanket, and one block.* **AFPALK**

{1:00pm–2:00pm}

Panel Discussion: "The Business of Being a Yoga Teacher" *Open to all.*

Sponsored by:  Yoga Alliance®
Integrating. Elevating. Connecting.



| Desirée Rumbaugh

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. *Mostly asana.* **AFRUMB**



| Deborah Williamson

Baptiste Power Vinyasa Yoga: Discover Your Strength, Awaken Your Spirit

Get ready for a sweaty, inspiring yoga adventure! Based on the popular and dynamic style created by Baron Baptiste, this class includes creative modifications and some advanced variations. Leave old fears and limitations behind, and prepare to challenge your physical and mental edges! *Mostly asana.* **AFWILL**



| Rodney Yee and Colleen Saidman

The Yoga of Opposites

As we bring symmetry to the body by balancing it, we come to our elusive center. Dancing close to the center sets the foundation for posture that allows ease of breath. From here, it's possible to balance the inhalation and the exhalation, which leads to a steady mind. *Includes asana, pranayama, and meditation.* **AFRYCS**

{7:30pm}

Keynote by Rodney Yee:
"Our Responsibility as Yogis"
Open to all.

Saturday, March 28–Sunday, March 29

Beginners Conference

Are you a yoga newcomer? Welcome to a practice that will change your life. With classes on the basics of poses, meditation, philosophy, and anatomy, you'll learn to safely and smartly build a strong foundation for the future. *This is a five-class series. No substitutions or class changes are allowed. Class size is limited.*

Saturday, March 28

10:30am–12:30pm

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.*

3:30pm–5:30pm

Emily Large

Why Practice Yoga?

Join us as we deepen our knowledge of this transformative practice. We'll define yoga in detail and explore postures, breathing, and mental focus. We'll also discuss the benefits that can be cultivated through regular practice. Bring your questions! *Discussion and asana.*



Sunday, March 29

8:00am–10:00am

Julie Gudmestad

Anatomy for Beginners

We'll begin with an introduction to the language that describes anatomy and movement, teaching you how to "see" the structures that lie beneath the skin. Then we'll put that knowledge into practice with poses that illustrate fundamental principles of movement and alignment. *Lecture and asana.*

10:30am–12:30pm

Jason Crandell

The Smart Beginner's Guide to Understanding Your Hips and Shoulders

Refining the movement of your hips and shoulders will help you create greater strength, flexibility, and depth in your practice. This class will help you align, open, and strengthen your shoulders, giving you more comfort in your practice and your daily life. *Mostly asana.*

3:30pm–5:30pm

Cyndi Lee

Meditation for Beginners

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.*



ALL LEVELS



INTERMEDIATE



ADVANCED



THERAPEUTIC



CONTEMPLATIVE



CONTINUE YOUR EDUCATION



ASHTANGA

Saturday and Sunday, March 28–29

Main Conference

Create your yoga dream weekend! With classes in all styles of asana, therapeutics, meditation, anatomy, and philosophy, you'll gain insight for your practice—and inspiration for your life.

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.



ASHTANGA

These classes are open to Main Conference

attendees and are designed for students interested in studying from these Ashtanga teachers. Knowledge of the primary series is requested for the Mysore-style practice.

Saturday, March 28

{7:00am–7:45am}

Morning Meditation with Deborah Williamson

Open to all.

session
1

8:00am–10:00am

Please choose one class from Session 1:

| Scott Blossom

Yoga and Ayurveda: Cultivating Prana in Vinyasa Yoga

Prana is always moving through our bodies—but the hectic pace and stress of modern life can disrupt that flow and deplete your prana. From the wise perspective of Ayurveda, discover how chanting, vinyasa, and pranayama can circulate, balance, and build your prana. *Asana and discussion.* **M1BLOS**

| Edward Clark

Tripsichore Sun Salutations

How do you float in a jump back or a jump forward? Want to learn how to change a Crow into a Headstand or even a Handstand? Learn some of the Tripsichore variations that are constructed to work on a variety of bandha principles. *Mostly asana.* **M1CLAR**

| Seane Corn

Collective Soul: In the Flow of Grace

Intention and prayer can be powerful cultivators of action and change. Get inspired through an uplifting and spiritually centered vinyasa flow class that speaks to the beauty and mystery of Spirit. We'll use our body, breath, and intentions to contribute to individual healing and universal peace. *Mostly asana.* **M1CORN**



Nicki Doane, Richard Freeman, Eddie Modestini, and David Swenson

Mysore Practice

A Mysore-style class is the ideal format for the committed Ashtanga practitioner. It allows students of all degrees of experience to practice together at their own level. All four instructors will be present and will offer corrections, adjustments, and individualized instruction based on the specific needs of each student. *This is not a led asana class.* **M1MYSO**

| Daren Friesen

Vinyasa Flow and Shoulder Openers

Come experience a unique practice designed to clear your energy channels at the shoulders. Combining traditional yoga asana with modern poses, this challenging flow class combines standing and balancing poses with floor work to open the axial and appendicular skeletons. *Previous yoga flow experience recommended.* **M1DFRI**

| Julie Gudmestad

Problem Solving: Backbends

Why is the low back so vulnerable to compression and discomfort? Questions about knee pain, shoulder pinching, and other common problems will be addressed. After studying applicable anatomy, we'll practice poses to help prepare your students for safe and pain-free backbends. *Lecture and asana.* **M1GUDM**

| Emily Large

Yoga Therapy for the Lower Back, Sacrum, and Hips

Discover the healing potential of specific asana sequences and breathing techniques for conditions common to the lower back, sacrum, and hips. Come prepared to learn anatomy and biomechanics. *Lecture and asana.* **M1LARG**

Saturday, March 28

| Martin McDougall

Yoga for Stiffies

Are you tired of wrestling with tight legs, tight hips, and even tighter shoulders? Does your Wheel look like a surfboard? Are you always wondering how yoga can help you? Well, look no further. *Mostly asana.* **M1MCDO**

| Dharma Mittra

Shiva Namaskar

A stairway to bliss that reintegrates the continuous flow of prana through the spinal column and emanates deep into all areas of the physical, metabolic, and intuitive bodies. We'll follow a progression of postures that flow in a uniquely challenging and physically absorbing manner, practice pranayama, and conclude with Yoga Nidra. *Mostly asana.* **M1MITT**

| Wade Imre Morissette

Dynamic Sweat Vinyasa

A vigorous flow based on intelligent sequencing principles. Be prepared to sweat! Includes backbends, inversions, twists, standing and seated postures, Yoga Nidra relaxation, and a small workshop on the art of sequencing. *Mostly asana.* **M1MORI**

| Jason Nemer and Jenny Sauer-Klein

The Sacred Geometry of Connection

Come explore—practicing in groups of twos, threes, or more—asanas, basic acrobatics, and pyramids. These moments spent collaborating as a community will weave a web of what it means to work together toward a common goal, and to have fun on the way there! *No partner necessary.* **M1ACRO**

| 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.* **M1RIZO**

| 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. *Mostly asana.* **M1RUMB**

| Mary Taylor

A Hundred Hungry Habits

Explore how to unravel unconscious habits that keep you stuck in patterns of overconsumption. Shifting perspectives allows you to make intelligent and healthy choices, whether you're cooking, eating, exercising, or just plain enjoying life. Through discussion and a simple cooking demonstration, Mary offers simple steps for bringing consciousness into all aspects of life. *Lecture and demonstration.* **M1TAYL**

| Paul Weitz

Thai Yoga Massage

Come and enjoy the relaxing, revitalizing, and uplifting effects of Thai Yoga Massage, an ancient healing system combining elements of stretching, acupressure, mindfulness, and breath. The class will be a guided experience through a balanced and complete Thai sequence. All will have the opportunity to give and receive. *Bring a mat and blanket. No partner necessary.* **M1WEIT**

| 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 teach the yogic principles of oneness and interdependence to children, as well as how to expand their potential and boost their confidence. *Mostly asana.* **M1WENI**

| Rodney Yee and Colleen Saidman

Backbends into Center

Whether backbends are restorative or active, we can address our fear through them. We'll approach difficulty by taking incremental steps and by anchoring ourselves in our center and to Mother Earth. We'll practice a sequence of backbends followed by standing poses. *Mostly asana.* **M1RYCS**

session
2

10:30am–12:30pm

Please choose one class from Session 2:

| Manoj Chalam

Discovering Ganesha and Other Stories: Symbolisms of Hindu and Buddhist Deities

Discover how ancient symbols of Hindu and Buddhist deities relate to archetypes within us and can bring us peace of mind and a sense of interconnectedness. Learn how having a deep understanding of these symbols, along with the nondualistic teachings of Vedanta and Tantra, can inspire you in your journey of yogic awakening. *Lecture.* **M2CHAL**

| Edward Clark

Vinyasa: Innovation and Orthodoxy

Some yoga disciplines work toward greater stillness of movement in the mind and body. Superficially, vinyasa seems to contradict this. However, the mental focus and physical technique needed for continuous, fluid movement can also bring great stability. The stability is not only in the posture, but also in the transitions between postures, where there is no distinction between movement and stillness. *Mostly asana.* **M2CLAR**

| Jason Crandell

Finding Ease at Your Edge

Learn to approach advanced poses with greater awareness and attention to detail. Develop your ability to approach Lotus, splits, arm balances, and backbends by relaxing and letting go. This process will expand your edge, deepen your practice, and teach you to stay connected in challenging situations. *Mostly asana.* **M2CRAN**

Session 2 continues on page 12.

Saturday, March 28

Nikki Doane and
Eddie Modestini**Backbends to Extend the Spine and Expand Your Consciousness**

The practice of backbending can be exhilarating, terrifying, and incredibly fulfilling. We'll prepare the body, mind, and spirit in a safe, supportive manner to practice these poses in a deep, powerful way. *Bring any yoga props you may need.* **Mostly asana. M2NDEM**



Richard Freeman

Core Mudras and Essential Tricks

Learn to use drishti, bandha, and the continuous refinement of technique to awaken the core. We'll play with the paradoxes of breathing to draw through the central axis of the body; this allows us to turn our postures into mudras of feeling and expression. *Mostly asana.* **M2FREE**



Daren Friesen

Vinyasa Flow and Hip Openers

Experience a unique practice designed to clear your energy channels at the hips. Combining traditional yoga asana with modern poses, this challenging flow class combines seated and reclining poses to open the axial and appendicular skeletons. *Previous yoga flow experience recommended.* **M2DFRI**



Julie Gudmestad

Getting to Know Your Rotator Cuff

The rotator cuff isn't a problem or an injury—it's an important part of your shoulder's structure. We'll find it, feel it, and work on poses to help keep it healthy and strong. *Mostly asana.* **M2GUDM**



Cyndi Lee

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.* **M2CLEE**



Tias Little

The Front of the Back

The front of the back holds the deepest and most-core structures of the body: the iliopsoas, the kidneys, and the respiratory diaphragm. We'll investigate Uddiyana Bandha (Upward Abdominal Lock) and ways to stretch and strengthen the abdomen to be more spacious, open, and lifted along the front of the back. *Discussion and asana.* **M2LITT**

Jason Nemer and
Jenny Sauer-Klein**Invert, Involve, Empower**

Be upside down and connect to the divine! Learn elements from the AcroYoga asana sequence to understand and embody Headstand, Shoulderstand, Forearmstand, and Handstand. After solidifying spotting techniques, we'll progress to basic partner acrobatics and pyramids, cultivating trust, strength, and flexibility. *No partner necessary.* **M2ACRO**



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.* **M2PALK**



Desirée Rumbaugh

Late Bloomers: Over 50 and Getting Stronger Safely

Power Yoga is not just for kids. If you have come to the practice later in life, been injured, or never felt very strong on your mat, it is possible to 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.* **M2RUMB**



David Swenson

Flying, Floating, and Handstanding

In this fun-filled exploration of vinyasa and arm balances, we'll break down the vinyasa into its components and explore handstands and arm balances through the avenue of partner work. All levels can attend—even if you've never done a handstand. *Mostly asana.* **M2SWEN**



Mary Taylor

Women, Food, and Spirituality

Discover how mindfulness and the pursuit of meaning can help women find freedom and balance within the daily dynamic of eating. Using the same internal processes cultivated in yoga and meditation, you'll learn to apply consciousness in action as you eat and as you relate to your body. *Asana and meditation. Women only.* **M2TAYL**

Rodney Yee and
Colleen Saidman**Twists and Backbends**

Get the spine adequately ready for backbending. Done properly, twists broaden the muscles around the spine to warm up the muscles; the release of the groin allows for a strong grounding from the legs to the spine. Come enjoy a wonderful twist sequence that prepares you for expansive backbends. *Mostly asana.* **M2RYCS**



Paulie Zink

The Art of Yin and Yang Yoga

Developed from the healing practices and spiritual philosophies of ancient China, this art is based on the Taoist principles of living in oneness with nature. We'll cultivate vital life force and direct it through the body, balance yin and yang energies, liberate ourselves from limiting our perceptions and feel with the intuitive heart. *Mostly asana.* **M2ZINK**

{1:30pm–2:30pm}

Keynote address by
James Gordon, MD:
"Unstuck: Using Mind-Body
Medicine to Move Through
Depression and Beyond
Anxiety" *Open to all.*

Saturday, March 28



3:30pm–5:30pm

Please choose one class from Session 3:

Scott Blossom

Yoga and Ayurveda: Healing with Whole Foods

In today's busy world, it's easy to be confused about what food choices are best for us. You'll evaluate your Ayurvedic constitution, reflect on how food relates to being on the yogic path, and create health and well-being with whole foods. *Lecture.* **M3BLOS**



Seane Corn

Detox Flow

This unique and challenging class focuses on cleansing the vital organs through a special vinyasa sequence that utilizes three internal components—compression, decompression, and twists—to stimulate the purification process within the body. *Includes Sun Salutations A and B, a detox standing-pose sequence, breathing exercises, and meditation.* **M3CORN**



Jason Crandell

What to Consider Before Quitting Your Day Job

The road to becoming a financially solvent, full-time yoga teacher can be confusing, bumpy, and plenty twisted. This workshop will give you a practical guide to managing the common challenges that new teachers face—including how to price private sessions, understand taxes, and market yourself—so you can afford to do what you love. *Mostly discussion, some asana, handouts.* **M3CRAN**

Nikki Doane
and
Eddie Modestini**Welcome to the Yoga Sutra of Patanjali**

An introduction to the profound work of Patanjali's Yoga Sutra, considered the yogi's road map. We'll discuss and chant the three sutras that relate to asana practice, as well as a few of Nikki's favorites. No chanting experience necessary, only a desire to deepen your practice. *Discussion and chanting.* **M3NDEM**



Cyndi Lee

Rising Up and Purifying

One of the most valuable effects of asana is its power to unblock the flow of natural power, confidence, and health. Through an active, uplifting asana practice, we'll raise our energy up the spine, creating a sense of strength and lightness. To balance that, we'll work back down the spine with a purifying earthward-moving sequence. *Mostly asana.* **M3CLEE**



Tias Little

Sacred Feet

The feet are the foundation of the temple of the body. Learn how to activate your feet to help align your knees, pelvis, and low back. We'll study the architecture of the foot, learn how to use yoga postures to strengthen and realign its parts, and explore the vital points within the foot according to both Ayurvedic and Chinese medicines. *Discussion and asana.* **M3LITT**



Ian Lopatin

Hip-Hop Power Yoga

Experience Hip-Hop Power Yoga, an upbeat and high-energy vinyasa flow class that detoxifies and enlivens its participants. With a soundtrack that includes tracks ranging from Bob Marley to 50 Cent, we'll begin with an hour of challenging standing sequences to get the sweat flowing, and conclude with restorative poses for a dynamic whole-body experience. *Mostly asana.* **M3LOPA**



Dharma Mittra

Advanced Shiva Namaskar Series

Come experience Dharma's advanced vinyasa series—a unique, beautiful, and vigorous sequence incorporating many of the little-known postures and their advanced variations. This challenging yet meditative class unleashes the life force within through the complete movement of the spine. *For teachers and dedicated students.* **M3MITT**



Wade Imre Morissette

Create Your Dream Life with Japa Yoga

Join us on a journey into japa meditation to obtain clarity and a peaceful mind. We'll learn subtle and gross mantra practices that will help you focus your mind and put power, energy, and momentum behind all that you desire! *Meditation practice.* **M3MORI**



Steve Nakon

Breathing Without Boundaries

Explore the role of asana in preparing the body and mind for a deeper experience of the breath. With guidance and compassion, learn how sequencing and modifications can open the body and release tension. *Asana and pranayama practice.* **M3NAKO**



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.* **M3PALK**



Desirée Rumbaugh

Anusara Yoga: Adjustments That Align with Nature

Anusara Yoga offers an elegant 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. *Mostly asana.* **M3RUMB**



Matthew Sanford

Effortless Integration

Alignment and precision integrate mind and body without muscular action, a yogic insight made clear by Matthew's experience with yoga and paralysis. Explore the energetic connections between alignment, precision, and prana through basic asanas and simple adjustments. *Mostly asana.* **M3SANF**

Session 3 continues on page 14.

ALL LEVELS



INTERMEDIATE



ADVANCED



THERAPEUTIC



CONTEMPLATIVE



CONTINUE YOUR EDUCATION



ASHTANGA

Saturday, March 28*Session 3 continued.* | **David Swenson**
Seeking Balance Through Exploring Opposites

Everything around us is composed of opposing forces. If we inhale, we must also exhale. To go up, we must also move down. To “balance” means much more than “not falling over.” We’ll look at ways to create a balance between these opposing forces, and at the benefits of facilitating length with the spine during practice. *Mostly asana.*

M3SWEN | **Rodney Yee and Colleen Saidman****Hip Openers**

When we open our hip joints evenly, they act as perfect gateways from our legs to our torso. Ideally, the thighbones are centered in the hip sockets, and the joints are fluid yet strong. Through myriad postures, sequenced with knowledge and intuition, we’ll return to the true capacity of our hip joints. *Mostly asana.*

M3RYCS | **Paulie Zink****Taoist Yoga Alchemy**

Explore specific yoga postures to endow the body with the energetic qualities of the five transforming alchemical elements of earth, metal, water, wood, and fire. By integrating the power and the healing aspects of these properties, learn to stabilize emotions, harmonize the internal organs, and resonate with the true nature of your being. *Mostly asana.*

M3ZINK**[7:30pm]**

Tripsichore Presents Standup Comedy vs. Yoga It’s no cosmic joke! Join us for an evening of cutting-edge yoga comedy with Tripsichore’s Edward Clark and Martin McDougall. See page 2 for details.

Sunday, March 29**[7:00am–7:45am]**

Morning Pranayama with Jim Bennett
Open to all.

 **8:00am–10:00am***Please choose one class from Session 4:* | **Jim Bennett**
Tantric Vinyasa

Tantra means “to weave” and vinyasa means “to place in an intelligent way.” We’ll weave in the necessary tools—including asana, pranayama, bandha, mudra, and meditation—to make it a “complete” yoga practice. *Mostly asana.*

M4BENN | **Scott Blossom**
Cultivating Prana in Vinyasa Yoga, Part 2: Springtime

Learn to enjoy the “juiciness” of Spring while minimizing common spring problems such as colds, allergies, weight gain, and mild depression. Join Scott for a dynamic vinyasa yoga class that integrates Ayurvedic wisdom about how to use diet, herbs, asana, and pranayama to harmonize with the springtime. *Mostly asana.*

M4BLOS | **Manoj Chalam**
Deepen Your Practice with Vedantic Meditation


Pure Shankara Vedanta takes an intuitive approach toward inspiring us in the journey of yogic awakening. Vedantic meditation consists of shravana (listening), manana (contemplation), and nidhidhyasana (taking a stand in consciousness). Discover how Shankara’s nondualistic teachings of Advaita Vedanta can add great insights into your yogic practice. *Lecture and meditation.*

M4CHAL | **Seane Corn**
Yogini

Explore the feminine aspect of spirituality; the roles of women today as seeker, householder, worker, and activist; and self-responsibility as a key to transcendence. Learn to use the vinyasa practice to cultivate an inner journey toward healing and empowerment. *Women only. Discussion and asana.*

M4CORN | **Nicki Doane, Richard Freeman, Eddie Modestini, and David Swenson****Mysore Practice***See description on page 10. M4MYSO* | **Daren Friesen**
Hands-on Adjustments for Sun Salutations and Standing Poses

Adjustments induce correct alignment and a stable state of being. With a focus on standing and balancing poses, this flow class incorporates a short practice with unique and innovative hands-on adjustment instruction. Learn how to give manual adjustments so that you can convey the teachings to others in a direct and intuitive way. *Previous yoga flow experience recommended.*

M4DFRI | **Emily Large**
Prevention of Yoga Injuries


Learn the definition of axial extension and why application of this technique within every asana is critical for the prevention of yoga injuries, from a physical therapist’s perspective. *Lecture and asana.*

M4LARG | **Tias Little**
Sideways

Freeing your side body in yoga is key to opening your core. If the side body is hemmed and bound, then the inner body has no room to expand and open. Beginning at the outer heel and moving along the outer leg, waist, trunk, neck, and skull, you’ll learn how to release the sides of the body so that the interior can open. *Sidebends and twists. Mostly asana.*

M4LITT | **Ian Lopatin**
Hip-Hop Power Yoga*See description on page 13. M4LOPA***Sunday, March 29** | **Dharma Mittra**
Guidelines to Illumination


Learn to remove all obstacles and pitfalls in your daily sadhana (spiritual practice) and receive new hope and joy for lifetimes. Gleaned from Dharma’s years as a full-time yogi and bramachari, you’ll receive the lessons of love, peace, and unity in diversity, which maintain your connection to God at all times. *Lecture, demonstration, and practice.*

M4MITT | **Wade Imre Morissette**
Salutations to the Sun, Moon and 5 Elements

Broaden your horizons beyond the standard Surya Namaskar by learning nine different kinds of Sun Salutations. Interwoven together, these poses will leave you feeling connected and alive, as each Salutation brings you a deeper sense of reverence and gratitude toward life. *Mostly asana.*

M4MORI | **Steve Nakon**
Dynamic Movement and Radiant Stillness

Explore the relationship between dynamic movement and radiant stillness. Practicing movement into and out of postures and holding postures guided by the breath, we gain awareness of the body in a whole new way. By incorporating standing, seated, and reclining postures in vinyasa krama form, learn how to prepare the body for the experience of union (yoga). *Mostly asana.*

M4NAKO | **Jason Nemer and Jenny Sauer-Klein**
Inside Out and Upside Down: Inversions & Acrobatics


Learn acrobatic training techniques to float, fly, and press in and out of Forearm Balance, Headstand, and Handstand. After solidifying spotting techniques, we’ll progress to basic partner acrobatics, cultivating trust and communication. A playful and supportive environment will empower the whole room to be upside down! *No partner necessary.*

M4ACRO | **Natasha Rizopoulos**
Wring It Out: Joyous Twists


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.*

M4RIZO | **Mary Taylor**
Discovering Your Dharma


Each of us has an intrinsically unique purpose in life, which in Indian philosophy is called dharma. We’ll use a variety of experiential exercises, including yoga and meditation, to help you discover and cultivate your sense of purpose. *Asana and discussion.*

M4TAYL | **Paul Weitz**
The Nadis: Pathways of Cosmic Intelligence


The nadis are said to be pathways through which prana, or life-force energy, flows. Explore the nadi system in the practice of asana, pranayama, and meditation and learn to consciously direct the movement of prana through the nadis to achieve balance and calm. *Mostly asana.*

M4WEIT **10:30am–12:30pm***Please choose one class from Session 5:* | **Jim Bennett**
Prana Vidya

Prana means “vital life force” and vidya means “knowledge,” or “science.” In this class, we’ll do simple breathing techniques—no asana—to learn where we are blocked and how to move energy. *Bring a blanket.*

M5BENN | **Scott Blossom**
Samavesha: Sequencing Vinyasa Yoga for Meditation

The ancient Tantric texts that outline hatha yoga practices offer direct and effective suggestions about how to sequence asana, pranayama, and chanting to produce spontaneous states of meditation. Explore these time-tested pathways to samavesha, or the “immersion into the divine.” *Asana and discussion.*

M5BLOS | **Edward Clark**
Tripsichore Inversions and Backbends

Discover how to safely and confidently execute inverted postures. It isn’t just about how flexible or strong you are but about what you do when you get there. In addition to static positions, we’ll look at approaches to vinyasa within a backbend or an inverted situation. *Mostly asana.*

M5CLAR | **Seane Corn**
Empower Flow

This physically invigorating vinyasa flow class will help you to initiate strength, flexibility, and stability. Come move through a creative and challenging sequence of Sun Salutations A and B, standing poses, backbends, and forward bends that will inspire your inner purpose. You’ll leave feeling cleansed, motivated, and standing in your power. *Mostly asana.*

M5CORN | **Nicki Doane and Eddie Modestini****Maya Yoga Vinyasa Fusion: A New Paradigm for Flow Yoga**

Awaken the Divine in yourself in this dynamic vinyasa-style class, and see how a grounded practice can be the bridge between the spirit body and the physical body. *Bring a towel and any desired props. Mostly asana.*

M5NDEM | **Richard Freeman**
Balancing in Arm Balances

Learn a gradual and intelligent way to develop the core strength needed for arm balances. We’ll then apply the resulting strength and sensation patterns to the internal practices of mudras and bandha. *Mostly asana.*

M5FREE | **Emily Large**
Yoga Therapy for the Upper Back and Neck

Discover the healing potential of specific asana sequences and breathing techniques for conditions common to the upper back and neck. Come prepared to learn anatomy and biomechanics from a physical therapist’s perspective. *Lecture and asana.*

M5LARG

Sunday, March 29

 | 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 to more advanced poses. *Bring a block, belt, and blanket.* **M5CLEE**

 | Tias Little

The Sacred Sacrum

The sacral bone is the key bone of the pelvis and the spine. Postural balance and centering occurs at the sacral level (svadhsthana, the second chakra), and the sacrum initiates the strong centering movement of the tailbone (Mula Bandha, or Root Lock). Discover the powerful ligaments and muscles that hold the sacrum in place, as we practice postures that balance the sacrum. *Discussion and asana.* **M5LITT**

 | Wade Imre Morissette

Yoga as E-Motion

Your body is the gateway to a deeper sense of self. Learn yoga postures, tools, and inner dialogue that you can apply to any yoga practice as a teacher or a practitioner. Your body is communicating to you all the time—come explore a system of accessing, listening, and responding to what your inner wisdom is saying. *Mostly asana.* **M5MORI**

  | Steve Nakon

Meditation and the Spirit of Nature

Nature's rhythms, because they are our own deepest rhythms, can be our greatest teachers. By deepening our connection with nature, we deepen our connection with our own true nature within. Come use the tools of movement, breath, visualization, and meditation to achieve a state of natural wonder. *Meditation practice.* **M5NAKO**

 | 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.* **M5PALK**

 | Matthew Sanford

Gravity and Inward Freedom

The effect of gravity often deepens and expands a student's inward energetic experience in an asana and thereby helps reveal its inner workings. Matthew uses his unique experience with yoga and paralysis to explore the subtle influence of gravity and how it teaches us in a variety of asanas. *Mastery of inversions is not required. Mostly asana.* **M5SANF**

  | Paul Weitz

Thai Yoga Massage: Rivers of Energy

In yoga practice, we aim to stimulate the flow of prana through pathways in the body (nadis) to bring about balance. Discover new awareness of these energy rivers, known as “sen” in the Thai tradition, while deepening your healing touch for others. Class is a guided experience of massage and acupressure, emphasizing feet, hands, and head. *Bring a mat and blanket. No partner necessary.* **M5WEIT**

 | Marsha 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.* **M5WENI**

 | Paulie Zink


Yang Yoga

Revitalize and unify the body and mind. By synchronizing the breath cycle with the flow of energy and the practice of postures, we develop core strength, muscle tone, balance, and stamina. By engaging the active yang principle, we actualize the power, spontaneity, and wild and playful spirit inherent in our awakened instinctual vitality. *Mostly asana.* **M5ZINK**

{1:30pm–2:30pm}

Panel Discussion:

“Yoga as a Life Tool: How the Practice Can Help You Through Challenging Times,” with Seane Corn, Aadil Palkhivala, Matthew Sanford, and David Swenson. *Open to all.*

 **3:30pm–5:30pm**

Please choose one class from Session 6:

 | Edward Clark

The Tripsichore 12-year Course Condensed into One Workshop

Sequestered in their studio in London, Tripsichore Yoga Theatre has worked daily for the past 15 years to devise and refine yoga techniques of asana, pranayama, pratyahara, dharana, and dhyana. Learn the secrets of Tripsichore's technique from the group's artistic director, Edward Clark. *Mostly asana.* **M6CLAR**

 | Jason Crandell

Your Complete Guide to Practicing at Home

You've finally unrolled your mat at home. Now what do you do? This workshop will answer that question by providing you with three accessible sequences: one for morning, one for afternoon, and one for night. You'll also gain the knowledge to craft your own sequences and bring greater balance into your day. *Includes asana, lecture, and bandouts.* **M6CRAN**

Sunday, March 29

  | Richard Freeman

The Root of the Tree

How does the Mula Bandha really work in relation to alignment, breath, thought, and meditation? What exactly is it? We'll explore the subtleties of yoga practice to release the deeper threads of our feelings and thought processes into the present. *Mostly asana.* **M6FREE**

 | Daren Friesen

Hands-on Adjustments for Seated and Reclining Poses

Applying hands-on adjustments is a direct way of teaching alignment to students. With a focus on seated and reclining poses, this flow class incorporates a short practice with unique and innovative hands-on adjustment instruction. *Previous yoga flow experience recommended.* **M6DFRI**

 | Julie Gudmestad

Build Your Arches

The arches of your feet are the foundation of your standing poses and the icing on the cake for your inversions. Using anatomy instruction and asana practice, we'll work on lifting, strengthening, and balancing your arches—even if they're dropped. *Lecture and asana.* **M6GUDM**

 | Ian Lopatin

Holotropic Breathing

Holotropic breathing is a powerful approach to self-exploration that combines accelerated breathing with evocative music in a special sequence and setting. Each person, with their eyes closed and lying on a mat, uses their own breath and the music to enter a nonordinary state of consciousness to activate the natural inner-healing process. *Lecture and breathing practice.* **M6LOPA**

 | Martin McDougall

Handstands for Scaredy Cats

The idea of trying a Handstand can turn the most hardened yogi into a quivering scaredy cat. Come discover that there's nothing to be afraid of. *Mostly asana.* **M6MCDO**

 | Dharma Mittra

Divine Secrets of Yoga Purification

A cleansing and detoxification program to help purify the physical, astral, and causal bodies of toxic impurities, evoking sattvic thoughts and leading to higher states of health. Includes discourses on the yamas and niyamas, karma and reincarnation, and yogic diet, as well as ancient breathing and sound techniques, mantra japa, and meditation. *Mostly asana.* **M6MITT**

 | Jason Nemer and Jenny Sauer-Klein

Love, Light, and Flight

Flying is one of the most dynamic and therapeutic parts of the AcroYoga practice. The base partner creates a stable platform for the flyer to receive inverted aerial asana flows, blended with therapeutic massage techniques. The flyer receives spinal and muscular release, while the base partner receives Thai massage and the Buddhist practice of metta, or lovingkindness. *No partner necessary.* **M6ACRO**

  | Aadil Palkhivala

Our Much-Needed Knees

Many knee problems originate in the hips or the ankles. Purna Yoga teaches you how to balance your hips and strengthen your ankles to protect your knees. Learn how to align and strengthen the knee joint and promote a smooth energy flow through your knees to facilitate healing. *Bring a mat, blanket, block, strap, and one 1" to 1.5" wooden dowel approximately two feet long.* **M6PALK**

 | Natasha Rizopoulos

Open Your Hips

Challenged by Pigeon? Is Lotus a distant dream? Through a dynamic sequence of standing, seated, and supine poses, we'll explore external rotation, opening the hips, and learning how to practice progressively deeper and more-challenging poses in ways that are both safe and fun. *Mostly asana.* **M6RIZO**

 | Matthew Sanford

Asana Backwards

The study of asana usually travels from the physical performance of poses toward their energetic depth. Matthew draws upon his experience of practicing yoga with paralysis to give a deeply focused experience of asana in the other direction—from its inward sensation toward the physical action. The insights are a boon to teachers who hope to share yoga with students of all abilities. *Discussion and asana.* **M6SANF**

  | 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 eight limbs and talk about how we can use them in our modern lives. *Lecture.* **M6SWEN**

 | Mary Taylor

Inner Balance, Inner Wisdom

In yoga we learn to coordinate movements with the flow of the breath to awaken internal awareness as a means of staying balanced and healthy. Learn how to apply the wisdom of consciousness in action to the way that we relate to food and to our bodies. *Asana and meditation.* **M6TAYL**

  | Paul Weitz

Thai Yoga Massage

See description on page 11. **M6WEIT**

 | Paulie Zink

Yin Yoga

Deepen your practice and enhance your self-awareness by returning to the source of being and the mystery that informs all of life. We'll hold postures of stillness to clear energy blockages, improve circulation, and unlock the joints. We will also focus on visualizations to relax your inner being, and to grow a supple body. *Includes asana and meditations.* **M6ZINK**

{5:45pm–6:15pm}

Closing Meditation and Group Savasana with David Swenson
See page 2 for details.
Open to all.



ALL LEVELS



INTERMEDIATE



ADVANCED



THERAPEUTIC



CONTEMPLATIVE



CONTINUE YOUR EDUCATION



ASHTANGA

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 19) to 303-447-3946.
- 3) By mail:** Send the completed registration form (page 19) 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 19. Classes fill on a first-come, first-served basis. Payment in full must accompany registration. Mailed 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 February 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 February 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 in order 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 April 6, 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 at the Grand Geneva Resort & Spa in Lake Geneva, Wisconsin, approximately 120 miles from downtown Chicago and 55 miles from downtown Milwaukee. The resort is the largest in the state of Wisconsin, covering more than 1,300 acres of beautiful countryside, and includes two championship golf courses, a full-service spa and sport center, water park, and three restaurants. Activities at Grand Geneva include swimming, tennis, Moose Mountain Falls Water Park, horseback riding, biking, and hiking. All lodging must be booked with the resort by calling 800-558-3417 or 262-248-8811. A deposit must be made with your credit card when you secure your reservation. Mention the Yoga Journal conference to receive the special group rate of \$169 (plus tax and \$10 resort fee) per night (single or double occupancy). You must book by February 23, 2009, to receive this special rate. **Space is limited; we encourage you to make your reservation early.** Meals at the conference are not included. There are three restaurants on the premises that will be open for dinner, and one for breakfast and lunch. There will also be healthy food options available for sale during the conference.

The Well Spa at Grand Geneva is a relaxing sanctuary and an escape from the everyday world, offering facial care, massage, holistic treatments, therapeutic baths, body treatments, hand and foot care, and a full-service salon. Conference attendees may receive 15% off spa treatments during the conference. To book, please contact Marcy Bearce at marcybearce@grandgeneva.com or 262-248-8811, ext. 3774. Grand Geneva also offers Kids Are Grand—a daily program for kids. Visit grandgeneva.com for more information.

Airport Shuttle Information

Grand Geneva Resort is easily accessible from anywhere in the country, a less than 90-minute drive from Chicago's O'Hare Airport and an hour's drive from Milwaukee's General Mitchell Airport. Shuttle services are available to Grand Geneva from both airports by Airport Connection. For information visit, mkelimo.com or call 800-236-5450.

Sponsors

If you are interested in sponsoring this event, or any upcoming conference, visit yjevents.com/sponsors, email Sara Mesing at smesing@ymag.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.

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 January 30, 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 66-75 75+

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 CONFERENCES)

ACCOUNT NUMBER

EXP. DATE SECURITY CODE

SIGNATURE

NAME ON CARD *(please print)*

By signing above, I indicate that I have read the waiver of liability policy and 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 February 27, 2009. **Cancellations received after February 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 18 for full refund policy.

yoga
JOURNAL
CONFERENCE TOUR

2009 Grand Geneva 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 Beginners Conference.

Business of Yoga Workshop			
Thursday, March 26	<input type="checkbox"/> Check here		
Friday, March 27	<input type="checkbox"/> Check here		
Thursday All-Day Intensives			
	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
Thursday, March 26	AT.....	AT.....	AT.....
Friday All-Day Intensives			
	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
Friday, March 27	AF.....	AF.....	AF.....
Beginners Conference			
Saturday-Sunday, March 28-29	<input type="checkbox"/> Check here		
Main Conference			
	1ST CHOICE CODE	2ND CHOICE CODE	3RD CHOICE CODE
Saturday, March 28			
Session 1 8:00am-10:00am	M1.....	M1.....	M1.....
Session 2 10:30am-12:30pm	M2.....	M2.....	M2.....
Session 3 3:30pm-5:30pm	M3.....	M3.....	M3.....
Sunday, March 29			
Session 4 8:00am-10:00am	M4.....	M4.....	M4.....
Session 5 10:30am-12:30pm	M5.....	M5.....	M5.....
Session 6 3:30pm-5:30pm	M6.....	M6.....	M6.....
Conference Fees (tuition only)			
	EARLY-BIRD*	REGULAR**	AMOUNT
Business Workshop: Day 1 or Day 2 only	\$195	\$245	\$ _____
Business Workshop: Both Days	\$295	\$350	\$ _____
Thursday All-Day Intensives	\$225	\$275	\$ _____
Friday All-Day Intensives	\$225	\$275	\$ _____
Beginners Conference	\$289	\$299	\$ _____
Main Conference	\$450	\$495	\$ _____
Day Pass (Saturday OR Sunday; limited availability)	\$250	\$285	\$ _____
Special Discounts			
Full Conference Price	\$820	\$965	\$ _____
<i>(Includes a Thursday All-Day Intensive, a Friday All-Day Intensive, and Main Conference)</i>			
<i>(Excludes Business Workshop and Beginners Conference)</i>			
Senior (over 65) and Student (ID required)			
Main Conference	\$405	\$445	\$ _____
Beginners Conference	\$260	\$269	\$ _____
*Registered or postmarked on or before January 30, 2009.			
**Registered or postmarked after January 30, 2009.			
Special Events			
Standup Comedy vs. Yoga	ATTENDEES \$15	GENERAL PUBLIC \$20	\$ _____
Yoga Journal Products			
One-year Subscription (new subscribers only)		\$14	\$ _____
Commemorative Conference T-Shirt (organic) (\$25 on-site)		\$20	\$ _____
Please check size: Women's: <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large Men's: <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large			
Scholarship Fund Donation-Share Your Yoga (optional)			
<input type="checkbox"/> \$10 <input type="checkbox"/> \$25 <input type="checkbox"/> Other _____			\$ _____
Nonrefundable processing fee			\$ 3.50
TOTAL			\$ _____

For more information about discounts, message board, updated information, continuing education credits, and more, visit yjevents.com.

Thursday, March 26

9:00am-4:30pm Business of Yoga Workshop: Day 1
9:00am-4:30pm Thursday All-Day Intensives

Friday, March 27

8:00am-8:45am Morning Meditation
9:00am-4:30pm 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"
7:30pm Keynote by Rodney Yee: "Our Responsibility as Yogis"

Saturday, March 28

7:00am-7:45am Morning Meditation
8:00am-10:00am Main Conference: Session 1
10:30am-12:30pm Main Conference: Session 2
10:30am-5:30pm Beginners Conference: Day 1
1:30pm-2:30pm Keynote by James Gordon, MD: "Unstuck: Using Mind-Body Medicine to Move Through Depression and Beyond Anxiety"
3:30pm-5:30pm Main Conference: Session 3
7:30pm Tripsichore Presents StandUp Comedy vs. Yoga

Sunday, March 29

7:00am-7:45am Morning Pranayama
8:00am-10:00am Main Conference: Session 4
8:00am-5:30pm Beginners Conference: Day 2
10:30am-12:30pm Main Conference: Session 5
1:30pm-2:30pm Panel Discussion: "Yoga as a Life Tool: How the Practice Can Help You Through Challenging Times"
3:30pm-5:30pm Main Conference: Session 6
5:45pm-6:15pm Closing Meditation and Group Savasana with David Swenson

SILVER SPONSORS



For updated special event information, visit yjevts.com.

