

being ²⁰⁰⁹ Yoga



August 21–23, 2009 • Conference at a Glance

Friday	Asana, etc.	Asana, etc.	Asana, etc.	Live Your Yoga	Asana, etc.	Philosophy	Food & Diet	Meditation Class	Other Modalities	Asana, etc.	OCSL Classes	Open Meditation
2:30–6 pm	Shiva Rea Sukha Shakti; the Yoga of Radical Happiness in a Changing World 3901-754	Gurmukh Kaur Khalsa Training the Mind: A Life Beyond Fear as We Enter the Golden Age 3901-751	Rodney Yee and Colleen Saidman Yee Asana, Pranayama & meditation 3901-758	Aadil Palkhivala Using Inner Guidance in the Practice of Purna Yoga™ 3901-753	Seane Corn Detox Flow 3901-749	Tias Little Lumbar-Sacral Blues 3901-752	Robert Turner Essential Vegetarian Cooking 3901-757	Sharon Salzberg Tools for Awakening Courage, Faith & Compassion 3901-755	Kaline Alayna Kelly The Sacred Dance of Thai Massage 3901-750	David Swenson Ashtanga Yoga: A Guided Tour 3901-756	The Omega Center for Sustainable Living Skip Backus and Jonathan Todd 3901-759	Open Meditation
8–10 pm	Building a Global Yoga Community: All Faculty Gathering											
Saturday	Asana, etc.	Asana, etc.	Asana, etc.	Live Your Yoga	Asana, etc.	Philosophy	Food & Diet	Meditation Class	Other Modalities	Asana, etc.	OCSL Classes	Open Meditation
4 am				Gurmukh & Gurushabd Sadhana								
8:30–10 am	Dharma Mittra Maha Sadhana: A Divine Journey B1G	David Swenson Exploring the Mantra of Ujjayi & the Mysteries of Bandhas B1K	Rodney Yee and Colleen Saidman Yee Balancing the Hip Joints With Arm Balances B1L	Gurmukh Kaur Khalsa Moving from Karma to a Life of Dharma: Entering the Aquarian Age B1E	Amy Ippoliti Anusara Yoga®: Upside Down, You're Turning Me B1D	Rev. Jaganath Explore the Heart of Yoga B1B	Queen Afua A Yogic Lifestyle Based on the 5 Elements B1A	Sharon Salzberg Lovingkindness B1J	Rachel Fleischman Dance Your Bliss B1C	Tias Little Karma & the Legs B1F	Low Carbon Diet Omega Staff B1H	Open Meditation
10:30 am–12 pm	Rodney Yee and Colleen Saidman Yee: Rodney Yee and Colleen Saidman Yee: The Pillars of Backbends B2L	Marla Apt Yoga From the Ground Up B2A	Shiva Rea Kalari Shakti: The Yoga of Embodying Power B2H	Seane Corn Collective Soul: In the Flow of Grace B2D	Kelly McGonigal Befriending the body B2G	Mark Whitwell Yoga is Peace: Understanding & Deep Practice B2K	Robert Turner Introduction to Vegetarian Cooking B2J	Gurushabd Sing Khalsa Power of Mantra, Connect Up to Infinity B2F	Kaline A. Kelly The Sacred Dance of Thai Massage: Opening the Hips, Pelvis & Lower Back B2E	Glenn Black Ultimate Asana: Natural Human Movement B2C	Pushing the Green Envelope: The Living Building Challenge Skip Backus and Jonathan Todd B2B	Open Meditation
LUNCH												
2–3:30 pm	Shiva Rea Nataraja: The Yoga of a Dancing Universe B3F	Seane Corn Svadhya: Self-Examination & Yoga B3B	David Swenson Ashtanga Yoga: An Introduction B3G	Rodney Yee and Colleen Saidman Yee Caring for the Patient Through Yoga B3L	Mark Whitwell The Yoga of Peace, Intimacy, Sex & Relationship B3K	Marla Apt Refinement Through Kriya Yoga B3A	Robert Turner Introduction to Vegan Cooking B3H	Gurushabd Sing Khalsa Strength & Balance to be Yourself B3D	Kaline A. Kelly The Sacred Dance of Thai Massage: Open Your Heart & Free Your Shoulders & Neck B3C	Steven Weiss Yoga Anatomy B3J	Low Carbon Diet Omega Staff B3E	Open Meditation
4–6 pm	Dharma Mittra Divine Secrets of 8 Limbs Purification B4K	Amy Ippoliti Getting Ready For Prime Time: A Journey Into the Yamas & Niyamas B4H	Aadil Palkhivala Hip Openers & Twists in Purna Yoga™ B4L	David Life and Sharon Gannon Hot, Hip & Holy: Live Your Yoga B4G	Glenn Black Anatomy of Yoga B4C	Rev. Jaganath Carrera Through the Eyes of the Enlightened B4E	Queen Afua Seven Kitchens of Consciousness B4A	Gurmukh Kaur Khalsa Reality Is What We Make of It B4J	Rachel Fleishman Dance Your Bliss B4F	Brett Bevell Introduction to Reiki B4B	Annie B. Bond Making a Change: Taking Sustainability Home B4D	Open Meditation
DINNER												
9–11 pm	Kirtan with WAH!											
Sunday	Asana, etc.	Asana, etc.	Asana, etc.	Live Your Yoga	Asana, etc.	Philosophy	Food & Diet	Meditation Class	Other Modalities	Asana, etc.	OCSL Classes	Open Meditation
4 am				Gurmukh Kaur Khalsa Sadhana								
9–10:30 am	Kelly McGonigal The Yogic Warrior C5G	Seane Corn: Off the Mat, Into the World C5B	Aadil Palkhivala: Purna yoga™ Master Backbend class C5H	Shiva Rea: Sukha Shakti: The Yoga of Radical Happiness in a Changing World C5J	Gurmukh Kaur Khalsa Experience Joy in the Coming Aquarian Age C5E	Tias Little No Fear in Yoga C5F	Robert Turner Building Flavor for the Seasoned Vegetarian C5L	Sharon Salzberg Equanimity C5K	Michael Craft Restoring Your Life Force With Tai Chi & Qigong C5C	Jennifer Brown Yin Yoga C5A	Manna Jo Greene Becoming an Activist C5D	Open Meditation
11 am–12 pm	Closing Ceremony: Lovingkindness and Joy with Sharon Salzberg and Gurmukh Kaur Khalsa											

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