2011
PROGRAM GUIDE

YogaHub

Yoga, Meditation, and the Philosopher's Stone

CONFERENCE PREPARATION
Quick Tips to Get Started

MARK YOUR CALENDAR
5-Day Schedule

COMMUNITY ACTION PLAN
Make the Most of Your Experience

in association with Megan McDonough

VIRTUAL WORLD YOGA CONFERENCE

YogaHub
Revolving Around You

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In Memory

YogaHub is dedicating the 2011 Virtual World Yoga Conference in loving memory of one of our speakers at last year's conference, Kay Snow Davis, Megan McDonough's beloved sister Joan Peters, and each and every one who has been touched by cancer. A percentage of all conference registrations shall be contributed to organizations dedicated to righting this imbalance.

Welcome Everyone

Christina Souza Ma
yogahub founder

As each one of us moves through our life's journey, we strive to improve our wellbeing and balance in body, mind and spirit.

Our vision here at YogaHub is to create awareness and consciousness on a global level through education and information. Through the gift of the worldwide web, which is now the new paradigm to the web of life on this planet, we are now able to bring communities of like minds together with ease.

We here at YogaHub are honoured by you, our growing community, and by your presence as we gather in a collaborative effort to raise levels of wellbeing that emanate to others around us. "One drop creates a thousand waves" is a quote that I heard many years ago, and this has been our consistent mantra in developing this virtual space.

During these past few years of ebb and flow in our lives, most of us have been able to keep a steady breath each time we felt ourselves becoming out of balance.

To enhance this process of balance, we now gratefully come together again for another year to learn new tools or to reconnect with some we have come across before.

We are overwhelmed with gratitude to our wonderful Co-Producer, Megan McDonough, our guest moderators, Soleil Hepner and Nina Wallinder, our magnificent speakers, and the incredible individuals of the YogaHub team who gather together again in this paradigm shifting platform of education.

This is another new adventure for most of us, so let's make sure we fill the space with all the excitement and fun that new endeavours always have in store. Namaste.

Blessings of Joy and Laughter,

Christina

Christina Souza Ma

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Printed in the U.S.A.

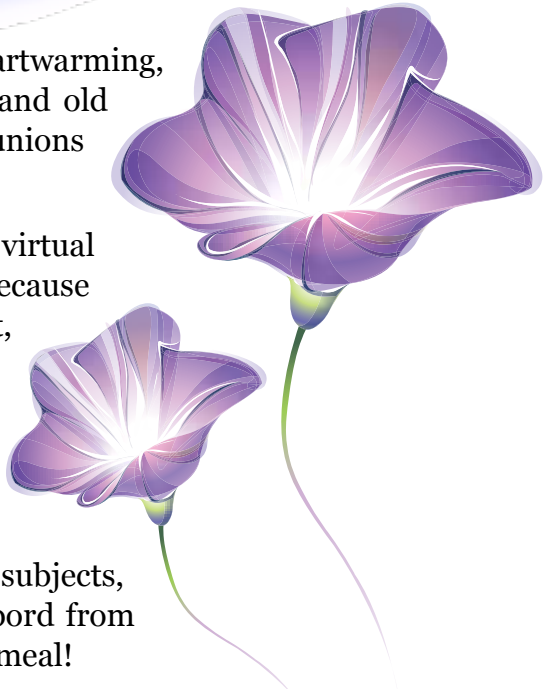
Yoga, Meditation, and the Philosopher's Stone

A conference is like a big family reunion. It's exciting, heartwarming, full of energy, and a bit chaotic. New introductions are made and old relationships are reignited. At times, conferences — and family reunions — can be overwhelming.

When you come to a new conference, especially a new virtual conference, sometimes it's hard to relax and enjoy the events because there's so much going on. That's why planning is such an important, though often overlooked, part of a conference excursion.

So we've put together this conference program guide to help you navigate this virtual space, and to make sure you can get the most out of your experience.

Conferences offer the opportunity to test-drive different subjects, teachers, and styles. They are like a grand banquet, a smorgasbord from which you can sample and taste. Fill your plate up and enjoy the meal!



QUICK TIPS

Preparing For The Virtual Conference

Here are some suggestions for maximizing your time and getting the most out of your conference experience.

1 Start both an electronic and hard copy conference folder or binder in which to keep this program guide, your workshop printouts and speaker handouts. By keeping everything organized, it will make it easier for you to retrieve and look back at important information later.

2 Consider your intention and focus for the conference. What are you looking to take away? Write your intention in big letters on the inside of your conference folder or a journal. Keep it in mind during the event so you stay on track.

3 Make contact ahead of time with people you want to connect with during the conference. You can do this by creating a profile in our virtual community at MyYogaHub.com if you haven't done so already. This allows you to connect with other friends, participants and faculty in the forum discussions during the conference.

4 Block off time in your calendar to actually participate in the live conference. You want to make sure you honor your learning space — don't try and cram too much into each day. If you have a full schedule that week, consider setting some time aside later in the weeks to follow to listen to any missed sessions. You will have access until Feb. 28, 2011.

Check out the sessions online and see which ones you want to attend. yhub.us/sessions

Logging Into The Classrooms

Once you register, **you officially have a "seat" in all classrooms at the conference**. Your username and password, along with a phone or internet access, is all you need to join the class. There's no need to hop on a plane, make hotel reservations, or eat unhealthy airport food.

You already set up your username and password when you registered for the conference. It's helpful to keep this information in a handy spot, such as your dedicated folder or binder.

To login, simply go to VirtualYogaConference.com. On the upper right corner, just beneath the banner, is the spot to login. Click on the **login**, put in your username and password. If you've forgotten your password, click the link that says "forgot password?", which will give you instructions to retrieve that information.

Just like you do for an on-site conference, you get to review the topics and speakers to decide what sessions you want to attend. Unlike a traditional conference, however, you can be in two places at once! Each workshop is recorded so you will be able to listen to those you missed.

Give yourself the space you need to learn by blocking out "classroom" time in your calendar.

First Day of Class

Most scheduled time slots have 2 sessions running at the same time. Each session is 60 minutes in length with its own dedicated virtual classroom where you'll find everything you need to attend, including dial-in numbers, handouts, etc. To get there, simply login and click on the session title from the Virtual Lobby. You will have the choice to either attend by phone or listen online, but it's best to get settled at least five minutes before the session begins.

Have water and a blanket or sticky mat ready, and wear comfortable clothes as many of the sessions involve movement. Pick a spot where you won't be interrupted and can focus on the class, as multitasking will definitely decrease your learning. If getting up and down from the floor is difficult, use a couch or a bed for the relaxing, lying down exercises.

Keep a journal close by to capture ideas and insights, even though many of the sessions are accompanied by printable handouts.

You will have an opportunity to ask questions during the live session, or the classroom will have a link that connects you directly to our online forum where you can share further questions and comments.

There are also plenty of audio and video clips available for movement and meditation between classes, or when you are just in need of a break.

You can access the site 24/7, so design your day in a way that suits you best. Mix and match classroom work with movement breaks, connect and make new friends through the community, or allow it to be your own solo retreat.

1. *For an online version of this document with active links, please visit* yhub.us/guide
2. *Each time slot contains 2x 60-Min sessions. You can attend one live and the other via replay.*

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Virtual Floor Plan

Event Schedule
View the complete 5-day conference at a glance.
yhub.us/schedule

Online Shopping
Continuing education by our speakers/faculty.
yhub.us/products

Speakers & Faculty
Browse the full list of over 70 speakers.
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Express yourself and share with others.
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Sessions & Workshops
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YogaHub.TV
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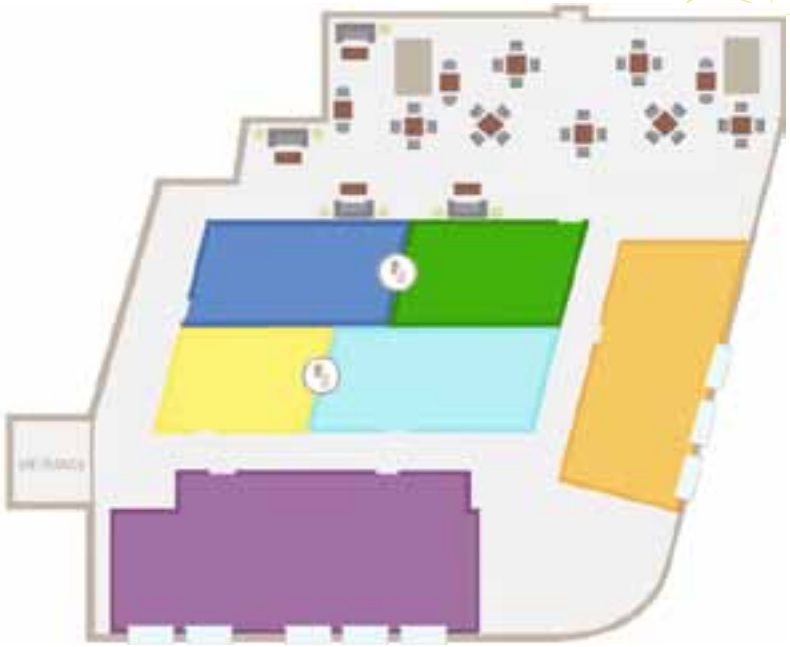
yhub.us/tv

YH Support Center
Help, tutorials & your questions answered.
yhub.us/help



If you need support at any time before, during, or after the conference, feel free to contact our support desk.

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DAY 1 - FEBRUARY 8

TIME - PST	SESSION
5:30 - 6:30 AM	**Christina Souza Ma & Megan McDonough** *Conference Kick-Off - The Creative Vision of YogaHub* **Soleil Hepner** *Centering and Opening + Movement Class*
6:45 - 7:45 AM	**Bhaskar Deva** *Creating Your Sacred Space for the Virtual Conference* **Megan McDonough** *Living with Ease*
8:00 - 9:00 AM	**Grant Connolly** *Making Peace with your Past* **Jill Johnson** *Laughter Therapy for Cancer*
9:15 - 10:15 AM	**Laura Cornell** *Moon Salutation: Awakening the Healing Wisdom of the Feminine in Yoga* **Sandy Bothmer** *Creating Peaceable Presence*
10:30 - 11:30 AM	**Emilie Conrad** *Moving Medicine* **Dr. Glenn Wollman** *Preparing For Your Doctor's Appointment*
30 Min	**BREAK**
12:00 - 1:00 PM	**Bodhipaksa** *Transforming Hurt and Anger Through Self-Compassion* **Andrea Albright** *Yoga For Weight Loss*
1:15 - 2:15 PM	**Avital Miller** *Affirmations to Awaken your Asanas* **Krishna Kaur** *Practicing Forgiveness*
2:30 - 3:30 PM	**Suzanne Scurlock-Durana** *Full Body Presence – The Essence of Yoga* **Neal Greenberg** *Buddhist Meditation in Every Day Life - Part 1*
30 Min	**BREAK**
4:00 - 5:00 PM	**Nischala Joy Devi** *Opposites Attract – The Perfect Yogic Balance of Head and Heart* **Neal Greenberg** *Buddhist Meditation in Every Day Life - Part 2*
5:15 - 6:15 PM	**Jaymie Meyer** *Breathing Practices to Create Resilience for Life®* **Shauna Hoffman** *Journey To Self Awareness - Part 1*
6:30 - 7:30 PM	**Molly Lannon Kenny** *Abhinivesha: Challenging the Obstacles to Happiness* **Shauna Hoffman** *Journey To Self Awareness - Part 2*
15 Min	**End of Day Closing Integration with Soleil Hepner**

DAY 2 - FEBRUARY 9

TIME - PST	SESSION
5:30 - 6:30 AM	**Soleil Hepner** *Centering and Grounding* **Movement / Meditation Class**
6:45 - 7:45 AM	**Arielle Ford** *Manifesting Love with The Soulmate Secret* **Rosemary Todd Clough** *Unplugged Play with Creative Kids Yoga*
8:00 - 9:00 AM	**Amy Weintraub** *LifeForce Yoga to Manage Anxiety* **Paula Wilbert** *Wrist and Thumb Pain - Causes & Solutions*
9:15 - 10:15 AM	**Grace Jull** *Anatomy and Awe - Part 1* **Paul Fowler** *Therapeutic Self Massage*
10:30 - 11:30 AM	**Grace Jull** *Anatomy and Awe - Part 2* **Gary Kraftsow** *Yoga Therapy: Ancient Insights for Modern Healing - Part 1*
30 Min	**BREAK**
12:00 - 1:00 PM	**Anne Phyfe Palmer** *Prenatal and Postnatal Yoga – Embracing the Positive* **Gary Kraftsow** *Yoga Therapy: Ancient Insights for Modern Healing - Part 2*
1:15 - 2:15 PM	**Gary Halperin** *Practical Meditation for Stress Reduction and Relaxation* **David Berceli w/Sherry Mills** *Neurogenic Yoga - Part 1*
2:30 - 3:30 PM	**Anne Phyfe Palmer** *The Koshas – Unveiling Your Potential* **David Berceli w/Sherry Mills** *Neurogenic Yoga - Part 2*
30 Min	**BREAK**
4:00 - 5:00 PM	**Suzanne Monroe** *Passionate Practice to a Thriving Business: Create Magnetic Success* **Shanti Sri** *Using Nada Yoga Techniques in Our Yoga and Meditation Practice*
5:15 - 6:15 PM	**Cherie Sohnen-Moe** *The Natural Extension of Your Services* **E. Reenah McGill** *TBA*
6:30 - 7:30 PM	**Savitri Simpson** *The Chakras: Your Inner Pathway to Freedom* **Dr. Madan Kataria** Laughter Yoga
15 Min	**End of Day Closing Integration with Soleil Hepner**

TIPS Please be sure to check the online schedule for the most up-to-date session times. All schedule times are posted in PST (Pacific Standard Time). See local time zones.

yhub.us/schedule
yhub.us/timezone

DAY 3 - FEBRUARY 10

TIME - PST	SESSION
5:30 - 6:30 AM	**Soleil Hepner** *Centering and Grounding* **Movement / Meditation Class**
6:45 - 7:45 AM	**Jyotish Novak** *How to Relax, Concentrate, and Interiorize In Meditation* **Segovia Smith** *Product Creation Through Virtual Workshops*
8:00 - 9:00 AM	**Leslie Nolen** *The DIY Marketing Toolbox for Mind-Body Businesses* **Mirka Scalco Kraftsow** *The Path of the Teacher:* *Nourish Your Personal Practice & YourSELF - Part 1*
9:15 - 10:15 AM	**Wade Morissette** *The Power of Mantra* **Mirka Scalco Kraftsow** *The Path of the Teacher:* *Nourish Your Personal Practice & YourSELF - Part 2*
10:30 - 11:30 AM	**Suzanne Scurlock-Durana** *The Five Principles of Full Body Presence* **Dr. Glenn Wollman** *Overcoming Obstacles to Personal Health*
30 Min	**BREAK**
12:00 - 1:00 PM	**Vyda Bielkus** *Mat to Mat: Building your Platform* **Bradford Teasdale** *Herbal First Aid - Nutrition and Herbs for Structural Health*
1:15 - 2:15 PM	**Alison Shore Gaines** *The Profound Benefits and Potential Benefits of Cleansing - Part 1* **Kat Robinson** *Creating Balance After Trauma or Injury - Part 1*
2:30 - 3:30 PM	**Alison Shore Gaines** *The Profound Benefits of Cleansing - Part 2* **Kat Robinson** *Creating Balance After Trauma or Injury - Part 2*
30 Min	**BREAK**
4:00 - 5:00 PM	**Nina Wallinder** *Energy Bootcamp – Framework & Practice* **Shanti Sri** *Using Sounds to Tone the Chakras*
5:15 - 6:15 PM	**Christina Souza Ma** *Aqua Chi Foot Cleansing Benefits* **Zensho** *Break Through to Being: Simple Solutions For Awakened Relationships*
6:30 - 7:30 PM	**Molly Lannon Kenny** *Karma, Yoga and Right Livelihood* **Dr. Enrico Melson** *Who and Why I~AM: The Journey of Integral Awareness*
15 Min	**End of Day Closing Integration with Soleil Hepner**

Gary Kraftsow

Yoga Therapy: Ancient Insights for Modern Healing

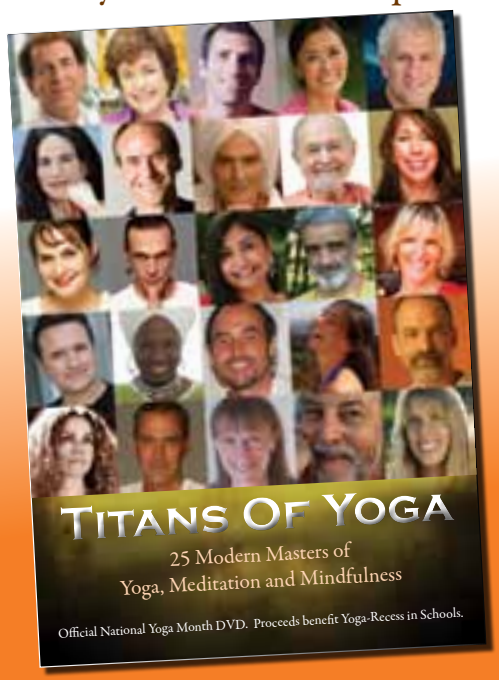
Learn about viyoga and samyoga. Viyoga literally means "separation." In the context of yoga therapy, it refers to the process of separating ourselves from whatever is undesirable in our lives. Samyoga literally means "linking together" and refers to the process of connecting to what is positive and productive in our lives. –> Day 2

Amy Weintraub

LifeForce Yoga to Manage Anxiety

For people who suffer from anxiety, obsessive compulsive disorder, or the negative spiral of thoughts that often accompanies depression, it's important to learn self-soothing techniques, open the mind to greater self-awareness and the heart to love and acceptance of what is. –> Day 2

Over 700 years of combined experience ...



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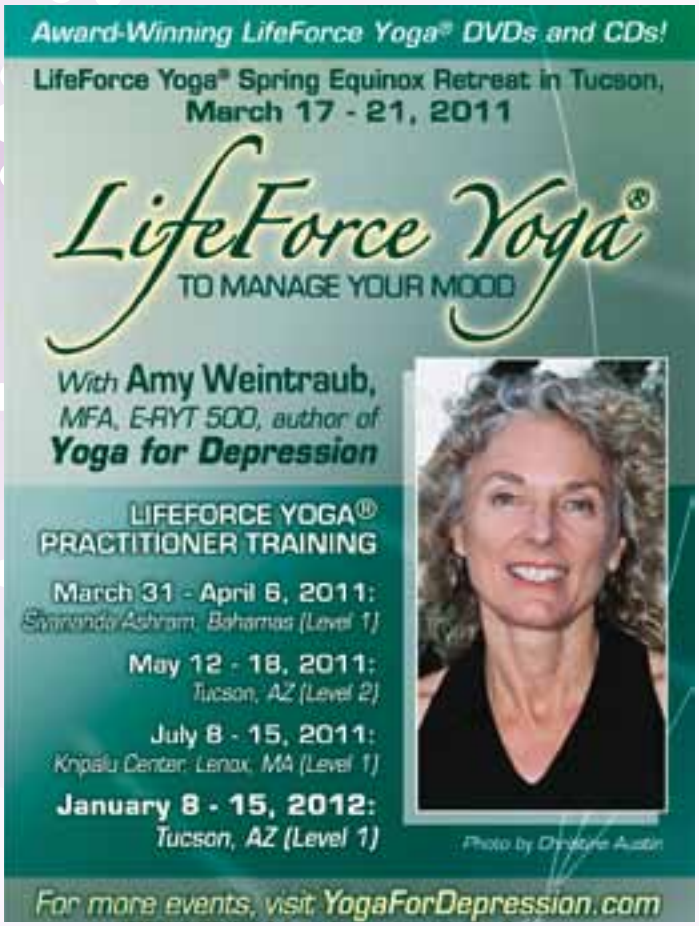

DAY 4 - FEBRUARY 11

TIME - PST	SESSION
5:30 - 6:30 AM	**Soleil Hepner** *Centering and Grounding* **Movement / Meditation Class**
6:45 - 7:45 AM	**Gyandev McCord** *More Energy, More Control, More Awareness* **Marci Shimoff** *Love for No Reason - More Than You Ever Dreamed Of!*
8:00 - 9:00 AM	**Jane Foody** *Sound and Yoga* **Ashutosh Mukherjeepost** *The Essence of Sun Yoga Postures*
9:15 - 10:15 AM	**Laura Cornell** *Green Yoga: Harnessing the Ancient Roots of Yoga to Address Contemporary Eco-Crisis and Transition* **Anatara Buckley** *Effervescence for Intuitive Living*
10:30 - 11:30 AM	**Chaya-Sharon Heller** *Sacred Secrets of Ayurveda as Yogic Tools for Healing - Part 1* **Dr. Mikio Sankey** *Nutrition: Support the Mountain - Part 1*
30 Min	**BREAK**
12:00 - 1:00 PM	**Chaya-Sharon Heller** *Sacred Secrets of Ayurveda as Yogic Tools for Healing - Part 2* **Dr. Mikio Sankey** *Nutrition: Support the Mountain - Part 2*
1:15 - 2:15 PM	**Edi Psalis** *More Hours or More Per Hour?* *Lesson in Right Livelihood From MBSR* **Krishna Kaur** *Finding Meaning in Your Life*
2:30 - 3:30 PM	**Karen O'Donnell Clarke** *Chair Yoga for Every Body - Part 1* **Julie Lusk** *Cultivate the Positive: How to Get Clear, Be Calm and Courageous, and Achieve Your Intentions*
30 Min	**BREAK**
4:00 - 5:00 PM	**Karen O'Donnell Clarke** *Chair Yoga for Every Body - Part 2* **Elan O'Brien** *Quantum Essences to Support Birth and Transition - Part 1*
5:15 - 6:15 PM	**Prana Regina Barrett** *Introduction to Tantra (Sacred Sexuality) as an Individual Practice* **Dr. Patrick Porter** *Brain Fitness - Personal Development Mind Machine*
6:30 - 7:30 PM	**Julie Dittmar & Matt Kahn** *Peaceful Mind, Loving Heart* **Sharan Ro** *The Alchemy of Creating a New Story for You and Our World*
15 Min	**End of Day Closing Integration with Soleil Hepner**

Chaya Sharon Heller

Sacred Secrets of Ayurveda as Yogic Tools for Healing

Learn the ABCs of Ayurveda and lifestyle modifications, as well as Ayurvedic Cikitsa for Yoga Therapy and the maintenance of ultimate health and applications for specific conditions. Explore how Ayurveda supports a yoga practice by understanding the elements, gunas, doshas, and philosophic wisdom. –> Day 4

Jonathan Foust

Focus, Flow and Letting Go:
Understanding the 3 Stages of Meditation

Whether you are a teacher or new to meditation, you'll discover in this presentation the keys to unlocking the deepest challenges of mind-training. The key to practice is not just a strong intellectual understanding of the road map but mastering the techniques that help you open to the mystery of what it means to be alive and awake. –> Day 5

COMPLETE FACULTY LIST

Alison Shore Gaines
Amy Weintraub
Anatara Buckley
Andrea Albright
Anne Phyfe Palmer
Arielle Ford
Ashutosh Mukherjeepost
Avital Miller
Beverly Driver
Bhaskar Deva
Bhavani Lorraine Nelson
Bill Phillips
Bodhipaksa
Bradford Teasdale
Chaya-Sharon Heller
Cherie Sohnen-Moe
Christina Souza Ma
David Berceli
Edi Pasalis
Elan O'Brien
Emilie Conrad
Dr. Enrico Melson
Felicia Marie Tomasko
Gary Halperin
Gary Kraftsow
Dr. Glenn Wollman
Grace Jull
Grant Connolly
Gyandev McCord
Jane Foody
Jaymie Meyer
Jeffrey Davis
Jill Johnson
Jonathan Foust
Julie Dittmar & Matt Kahn
Julie Lusk
Jyotish Novak
Karen O'Donnell Clarke
Kat Robinson
Krishna Kaur
Laura Cornell
Leslie Nolen
Dr. Madan Kataria
Marci Shimoff
Mark Coleman
Megan McDonough
Michael Lee
Dr. Mikio Sankey
Mirka Scalco Kraftsow
Molly Lannon Kenny
Neal Greenberg
Nina Wallinder
Nischala Joy Devi
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Robin Rothenberg
Rosemary Todd Clough
Sandy Bothmer
Sara Meeks
Savitri Simpson
Segovia Smith
Shanti Sri
Sharan Ro
Shauna Hoffman
Soliel Hepner
Suzanne Monroe
Suzanne Scurlock-Duran
Vyda Bielkus
Wade Morissette
Zensho

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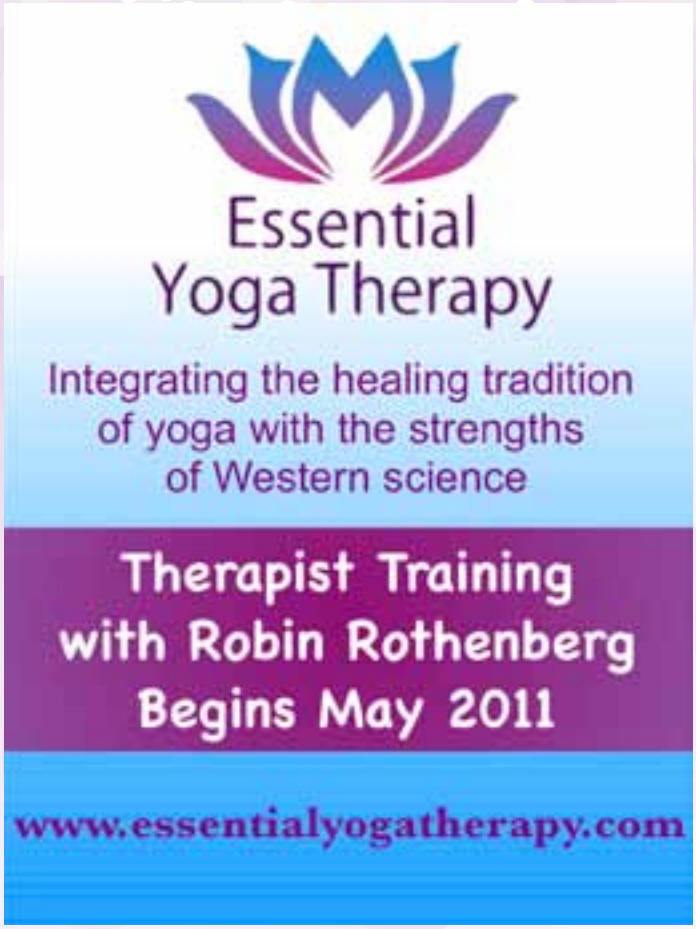

Megan McDonough

Living with Ease

Learn a simple four-step process for living your life deliberately, on purpose, and with conscious creation. Come play as you explore, experience and see clearly your immediate response in stressful situations. Build perspective and widen your awareness to consider new possibilities in confining situations, giving you more freedom. –> Day 1

Arielle Ford

Manifesting Love with The Soulmate Secret

Arielle will teach you how to apply proven methods of utilizing the simple principles outlined in her book, "The Soulmate Secret: Manifest the Love of Your Life with the Law of Attraction", and integrate them with powerful processes and manifestation tools as she guides you through the steps to Big Love. –> Day 2

Jyotish Novak

How to Relax, Concentrate, and Interiorize In Meditation

Meditation is one of the most natural and rewarding of all human activities. The great master of yoga, Paramahansa Yogananda, defined meditation as "deep concentration on God or one of His aspects". Practiced on a daily basis, it produces astonishing results on all levels of your being: physical, mental, emotional, and spiritual. –> Day 3

Elan O'Brien

Quantum Essences to Support Birth and Transition

This two-part series will explore the use of specific Quantum Essences for supporting individuals in these changing times, and for those who are coming into and transitioning from this world. Quantum Essences are Vibrational Tinctures that support the evolution of the soul on all levels. –> Day 4 and 5

Julie Dittmar & Matt Kahn

The Heart of Enlightenment

Discover the easiest way to heal the body, ease the mind, and discover how to live in a reality of peace, love, and emotional freedom — no matter what circumstance or situation appears in your life. You will learn to see through all the distractions of everyday life and create the most miraculous change your heart desires. –> Day 5

Michael Lee

A Phoenix Rising Approach to Life

The mythical phoenix is a powerful symbol of transformation. If we are living life fully we are like the phoenix – continually engaging a process of death and re-birth, letting go of the the old and welcoming the new. Join Michael as he shares insights and wisdom around how to more effectively engage this process in your life. –> Day 5

Movement & Meditation

Take a Break

Relax, stretch or unwind with these movement and meditation sessions.

yhub.us/movement

Door Prizes

Great Prizes

With over $5,000 in gifts and prizes – make sure you're qualified to win.

see pg. 11

Raffle Tickets

Enter to Win

There are 10 ways to increase your chances to win – get started now!

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Community Action Plan

Whether you're new to the phrase 'social networking' or web communication terms such as Facebook Likes, Tweets and status updates are old hat, we'd love for you to get involved in our YogaHub Virtual Community and play a larger part in our grand vision for making this year's conference the best ever!

Becoming an active part of the YogaHub community means you reap the benefits of our exciting vision, making new like-minded friends from around the world. And, as if that's not enough of a benefit on its own, you also get entered into a ton of cool draws to win some incredible prizes from our speakers and sponsors.

The following checklist includes actions you can take at YogaHub, between now and the end of the two weeks following the live conference, to increase and maximize your chances of winning some of these great prizes.

Simply work your way down the list and begin to check the items off one by one.

1 FILL IN YOUR COMMUNITY PROFILE

Your profile is like your virtual calling card – it represents who you are, so make sure it doesn't look like a ghost town. It's also the spot for posting links to your site, sharing photos and videos, meeting new people, and making friends.

eg. Avital Miller, MyYogaHub.com/Avital

Megan McDonough, MyYogaHub.com/YoginiMegan

Step-by-Step Checklist:

- ☐ Upload an avatar profile photo.
- ☐ Upload other photos you like.
- ☐ Add videos to your profile.
- ☐ Add a link to your web site.
- ☐ Create/write a blog post.
- ☐ Make friends with our faculty.
- ☐ Comment on blogs, profiles, & photos.

2 GET SOCIAL WITH US

In addition to MyYogaHub.com, why not friend us on Facebook and follow us on Twitter? But don't stop there! Let loose your inner social butterfly and send us a tweet, post a photo or comment on our Facebook wall.

- ☐ Friend and follow us on Twitter & Facebook @YogaHub
- ☐ Follow our special Virtual Conference Twitter list, tweet it out and make friends with other speakers and faculty.

➡ Twitter.com/YogaHub/Virtual-Conference

3 CRUISE AROUND YOGAHUB

Just about every area of our site has some way of contributing and interacting with other participants or the faculty. Each of these interactions will track back to your newsfeed on your MYH profile page and increase your chances to win.

- ☐ Visit our online store and leave a review or testimonial.
  ➡ ShopYogaHub.com
- ☐ Get involved in a forum discussion (or start a new one.)
  ➡ YogaHub.com/forum
- ☐ Comment on a post from our blog.
  ➡ YogaHub.org

4 SHARE YOUR FEEDBACK

As you may have noticed from the conference web site, we love hearing from you. If you've enjoyed the conference, or just have a few kind words, please share them with us.

- ☐ Leave Your Mark and Share Your Story
  ➡ yhub.us/share-your-story
- ☐ Give us your creative input
  ➡ yhub.us/vc-feedback

Remember, YogaHub is dedicated to "Revolving Around You"! We built this platform to help support individuals, speakers, teachers, authors, and studio owners. So get out there and take part in helping us make this the best health and wellness community online.

Visit ➡ yhub.us/getting-involved to read a more in-depth version of this outline for even greater detail, examples, and video tutorials.

Over $5,000 in Prizes

As a participant, you have a single entry in our raffle, but why stop there? We have over $5,000 in prizes to give away, and the more you play the more chances you earn to win.

Here are 3 great ways to gain extra raffle tickets into the drawings and increasing your chances of seeing one of those prizes in your mailbox. We'll pull winners' names daily over the course of the conference and the two weeks following it.

1 Purchase any item at ShopYogaHub.com

A sure-fire way to increase your chances would be to pick up any of our continuing education materials offered by our speakers through the online store. All purchases until **February 28th** will qualify.

2 Ask Questions and Participate

You can either dial into the conference line, press ***2** to raise your hand, and ask the speaker your direct question, or from within the classroom page, type your question into the Q/A box and we'll ask the speaker for you.

3 Record Your Testimonial

Leave an "Audio Testimonial" and share one thing you liked most about your experience at the conference. Simply leave a voicemail at the following number:

Voicemail Box: **215-I-DO-YOGA (215-436-9642)**

State your name, the city you live in, and a few kind words.

For even more ways to increase your chances of winning visit yhub.us/win

Watch out for our post-conference follow-up survey to get even more free stuff.

Remember, we're here to support you. If you need help, just give us a call!
888-YOGA-HUB

DAY 5 - FEBRUARY 12

TIME - PST	SESSION
5:30 - 6:30 AM	**Soleil Hepner** *Centering for Clarity and Grounding* **Movement/Meditation Class**
6:45 - 7:45 AM	**Michael Lee** *A Phoenix Rising Approach to Life* **TBA**
8:00 - 9:00 AM	**Mark Coleman** *Awake in the Wild – Mindfulness Meditation in Nature* **Sandy Bothmer** *Peaceable Kids*
9:15 - 10:15 AM	**Robin Rothenberg** *Befriending the Body: Yoga for Chronic Pain and Illness - Part 1* **Priti Robyn Ross** *Exploring the Basic Principles of Alignment*
10:30 - 11:30 AM	**Robin Rothenberg** *Befriending the Body: Yoga for Chronic Pain and Illness - Part 2* **Bhavani Lorraine Nelson** *Lovingkindness – A Meditation For Our Times*
30 Min	**BREAK**
12:00 - 1:00 PM	**Soleil Hepner** *Integrating the Inner Conflict of Unresolvable Polar Pairs* **Bill Philips** *Transform Your Life, Inside and Out*
1:15 - 2:15 PM	**Jeffrey Davis** *Yoga as Muse for Creative Flow* **Beverly Driver** *Neurological and Muscular Rehabilitation - Connecting the dots with Pilates*
2:30 - 3:30 PM	**Sara M. Meeks** *More Safe Yoga for the Bones - Part 1* **Felicia Marie Tomasko** *Ingest, Digest, Rest – Ayurvedic Tips for Heatlhy Digestion*
30 Min	**BREAK**
4:00 - 5:00 PM	**Sara M. Meeks** *More Safe Yoga for the Bones - Part 2* **Elan O'Brien** *Quantum Essences to Support Birth and Transition - Part 2*
5:15 - 6:15 PM	**Jonathan Foust** *Focus, Flow and Letting Go: Understanding the Three Stages of Meditation* **TBA**
6:30 - 7:30 PM	**Julie Dittmar & Matt Kahn** *The Heart of Enlightenment* **Sharan Ro** *The Wisdom of Cultural and Creative Practices*
15 Min	**Conference Closing Integration with Soleil Hepner**

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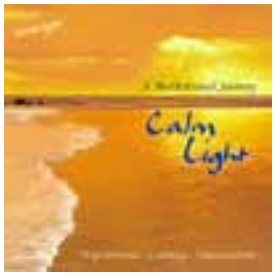

Shantha Sri: Calm Light
Digital CD

Manduka: Cork Yoga Block

Amy Weintraub:
LifeForce Yoga Nidra CD

A Minute for Me
by Megan McDonough

LifeFactory Glass Baby
Bottle Starter Kit

Herbal Parasite Cleanse by
Dr. Mikio Sankey

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Yoga of Action Workbook

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