



YogaHub

2012
PROGRAM GUIDE

**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

VIRTUAL WORLD YOGA CONFERENCE

YogaHub

Revolving Around You

Christina Souza Ma
yogahub founder

Segovia Smith
creative director

PRODUCTION

editor-in-chief **Annette Tellis**
assistant editor **Francesca Silva**
product manager **Sara Valencourt**
web admin **Jennifer McDaniels**
support staff **Rui Mei Huang**

ADVISORY BOARD

media consultant **Tzi Ma**
legal council **Ken Ralidis**
business council **Edward Wong**
financial advisor **Diane Nelson**
audio engineering **Joshua Mitchell**

WEB / MEDIA

lead programmer **Anton Andriyevskyy**
web media specialist **Vivian Doan**
logo graphics **Mandy Geerds, Al Johnson**
editor & videographer **Dan Perret**
sound/music **Nathan Wang, Gary Chase**

CONTRIBUTORS

medical guide **Dr. Glenn Wollman**
yoga business **Megan McDonough**
chinese medicine **Beverly Driver**
ayurveda **Chaya~Sharon Heller**
intuitive council **Anatara Buckley**

INTERNS / VOLUNTEERS

Inquiries Welcome

phone **888.YOGA.HUB / 323.662.3225**
fax **800.416.5218**
email **contact@yogahub.com**

Images © 2012 Used under license from
Shutterstock.com and Pond5.com

2658 Griffith Park Blvd. Suite 326
Los Angeles, California 90039
www.yogahub.com

SPECIAL THANKS

Teresa & Tony Da Roza
Madoka Kasahara
Barbara Holowathy

Jared Asato
Zariyan Souza
Elbert Traister

Lia Aprile
Luc Nicknair
Mary Souza

Angie Tsang
Wyatt Bartlett
The Entire Faculty

INQUIRIES

Advertising
323.662.3225
ads@yogahub.com

Affiliate Sales
323.662.7795
affiliates@yogahub.com

Sponsorships
323.662.0230
sponsor@yogahub.com

Speaker Information
323.662.0230
inquiries@yogahub.com

TERMS / DISCLAIMER

YogaHub is an independent entity and is not affiliated with any organizations or associations.

Health Warning: YogaHub trusts you will benefit from the practice of yoga, meditation and increased health consciousness. However, not all exercises are suitable for each and everyone. The instructions presented throughout the conference are in no way intended to substitute medical council. To reduce the risk of injury, consult with your doctor before beginning any exercise program. Neither YogaHub, the Publisher or the conference faculty can be held responsible for any injury, accidents or damage resulting from the ideas or exercises discussed or presented before, during or after the virtual conference.

© 2012 YOGAHUB.COM, All Rights Reserved. Publishing and Distribution by XLR8 Media Inc., 2658 Griffith Park Blvd. Suite 326 Los Angeles, CA 90039. Reproduction in Part or in Whole and Unauthorized Duplication Without Written Permission is Strictly Prohibited. Unless Specifically Noted, No Advertisers, Products or Services are Endorsed by either YogaHub or the Publisher. We Accept No Liability for Errors or Omissions. Your Privacy is a Priority to Us. For a Detailed Policy Statement About Privacy and Our Information Dissemination Practices, Please Visit Our Web Site at yogahub.com/terms.html.

Tips: Did You Know...



We provide local numbers for dial-by-phone access from nearly 100 cities across the United States.



Plus, an additional 60+ international phone numbers for cities around the world, including Canada, Australia and the United Kingdom.

➔ yhub.us/local



You can also connect to the conference via Skype. Simply add a contact by the name of "JoinConference" and enter your classroom pin # when prompted.

➔ yhub.us/skype

Printed in the U.S.A.



Welcome to All,

Here we are, gathering to celebrate our third year of this paradigm shifting Virtual Platform.

This continues to be a gathering of like minds, bodies, and spirits. All with the same intent to learn and experience new modalities or reconnect with some from our past.

We created this virtual platform as a space for experts and participants to gather and share their wisdom and experiences. We are all so fortunate to have each other in this collaborative community that is continually expand into the World Wide Web of life. It is such a gift to be present for each other especially during these vibrant, shifting times we live in today.

We hope that you feast on this buffet of delights. Morsels that you don't have to worry about weight gain or creating imbalances in your body. Morsels that will benefit you in every way of balance in health and wellness.

I was told by a dear mentor and friend that our focus should not be about prevention, it should be on overall wellness. If we continue to keep ourselves balanced in wellness there is no room or space for imbalance.

We here at YogaHub are honored by you, our growing community, and by your presence as we gather in a collaborative effort to raise levels of awareness and consciousness towards wellbeing that emanates 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.

Whether you are the expert or participant, this conference was created for you as your virtual playground. A playground where adventures continue and new adventures begin, so let's make sure we fill the space with all the excitement and fun that new endeavors always have in store.

Blessings of Joy and Laughter,

Christina

Namaste,
Christina Souza Ma



Christina Souza Ma
yogahub founder

TABLE OF CONTENTS

3

Preparing for the Conference

5

Virtual Floor Plan

6

Conference Schedule

8

Complete Faculty List

9

Featured Sessions

10

Community Action Plan

11

Over \$2,500 In Prizes

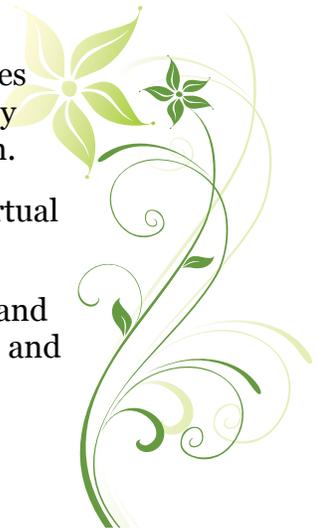
Yoga, Meditation, and the Philosopher's Stone

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.

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.

1 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.

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.

3 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. 25, 2012.

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.

For an online version of this document with active links, please visit yhub.us/guide

First Day of Class

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.

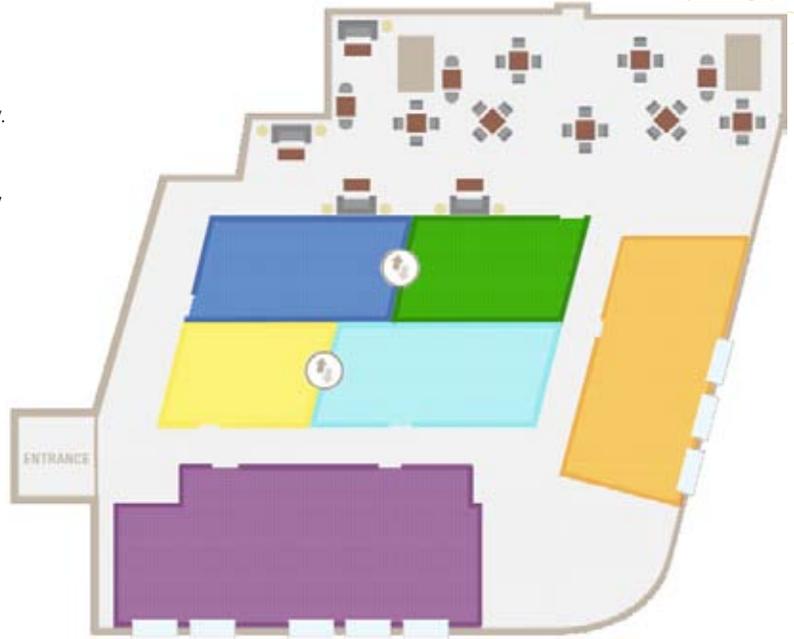


Special Thanks To Our Sponsors & Media Partners



Virtual Floor Plan

- 
Event Schedule
 View the complete 5-day conference at a glance.
[➔ yhub.us/schedule](http://yhub.us/schedule)
- 
Online Shopping
 Continuing education by our speakers/faculty.
[➔ yhub.us/products](http://yhub.us/products)
- 
Speakers & Faculty
 Browse our full list of teachers here.
[➔ yhub.us/speakers](http://yhub.us/speakers)
- 
YogaHub Community
 Express yourself and share with others.
[➔ yhub.us/myh](http://yhub.us/myh)
- 
Sessions & Workshops
 Four categories means something for everyone.
[➔ yhub.us/sessions](http://yhub.us/sessions)
- 
Discussion Forum
 Trust your instincts and ask a question!
[➔ yhub.us/forum](http://yhub.us/forum)
- 
YogaHub.TV
 Focus creative energy through movement.
[➔ yhub.us/tv](http://yhub.us/tv)
- 
YH Support Center
 Help, tutorials & your questions answered.
[➔ yhub.us/help](http://yhub.us/help)



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



www.yogahubsupport.com
 OR CALL 1-888-YOGA-HUB

FREE YOGA. FREE MUSIC.

Subscribe to the weekly LA YOGA eNEWS

sustainable meditation freedom styles kindness virya yoga classes artvegan
 ecstasy joy dharma ayurveda alternative love energy iyengar tibet kirtan yant
 patanjali peace studios medicine conscious family confidence healing foods spices dance
 hatha grounding books DVDS wisdom raw fun akasha sky devotion live
 values heart yogini music photography compassion challenge karma
 tantra om shanti vinyasa buddha shakti poetry om pranava
 passion india celebration recipe inspiration
 sanskrit divinity prosperity grace Pray
 green chers justice

LAYogaMagazine.com

SCHEDULE

DAY 1 - FEBRUARY 7

| TIME - PST | SESSION |
|------------------|--|
| 5:30 - 6:30 AM | Christina Souza Ma <i>Conference Kick-Off</i> |
| 6:45 - 7:45 AM | Nischala Joy Devi <i>The Healing Path of Yoga</i> |
| 8:00 - 9:00 AM | Neil Pearson <i>How Much Pain is Okay in Yoga Practice - Part 1</i> |
| 9:15 - 10:15 AM | Neil Pearson <i>How Much Pain is Okay in Yoga Practice - Part 2</i> |
| 10:30 - 11:30 AM | Dr. Glenn Wollman <i>The Science and Art of Healing</i> |
| 30 Min | BREAK |
| 12:00 - 1:00 PM | Megan McDonough <i>A Minute for Me</i> |
| 1:15 - 2:15 PM | Felicia Marie Tomasko <i>Ayurvedic Wellness Practices for Mindfulness</i> |
| 2:30 - 3:30 PM | Dr. Daniel Amen <i>Wired for Success: Creating Brain Healthy Lives</i> |
| 30 Min | BREAK |
| 4:00 - 5:00 PM | Kylie Saunder <i>3 Step Blueprint to a Successful & Thriving Wellness Business</i> |
| 5:15 - 6:15 PM | David Berceli <i>Being Meditation</i> |
| 6:30 - 7:30 PM | Soleil Hepner <i>Unstuck & Out of Pain: PRYT Approach to Mind Body Connection</i> |
| 15 Min | End of Day Closing Integration |

DAY 2 - FEBRUARY 8

| TIME - PST | SESSION |
|------------------|--|
| 5:30 - 6:30 AM | <i>Movement / Meditation</i> |
| 6:45 - 7:45 AM | Ashutosh Mukherjee <i>Pranayam: A breath to rejuvenate, Meditate and Live</i> |
| 8:00 - 9:00 AM | Robin Rothenberg <i>Soothing the Spirit: Yoga for the Anxious Mind</i> |
| 9:15 - 10:15 AM | David Cumes <i>South African Healing Wisdom & What It Has to Offer the West</i> |
| 10:30 - 11:30 AM | Robin Rothenberg <i>Yoga for MS</i> |
| 30 Min | BREAK |
| 12:00 - 1:00 PM | Kathy Shafer <i>Freud Gets off the Couch and Onto the Mat - Part 1</i> |
| 1:15 - 2:15 PM | Kathy Shafer <i>Freud Gets off the Couch and Onto the Mat - Part 2</i> |
| 2:30 - 3:30 PM | Mona Laru <i>Eating Organically on a Budget</i> |
| 30 Min | BREAK |
| 4:00 - 5:00 PM | Kylie Saunder <i>Grassroots Marketing to Increase Revenue and Attract More Clients</i> |
| 5:15 - 6:15 PM | TBA |
| 6:30 - 7:30 PM | Julie Dittmar & Matt Kahn <i>Effortless Freedom</i> |
| 15 Min | End of Day Closing Integration |

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



Dr. Glenn Wollman
The Science and Art of Healing

Dr. Wollman will review the body's own healing systems, followed by some research and new forms of treatment the medical profession is now using. Learn some of the newest research and methods for combatting diseases and illnesses such as cancer using your body's existing healing mechanisms. → Day 1



Robin Rothenberg
Soothing the Spirit: Yoga for the Anxious Mind

Learn how our mind triggers our body's physiologic panic button and loops back on itself – and how yoga can stop the cycle in its tracks. Simple breathing and meditation practices combined with movement can literally re-program your mind and body to help you to chill out and re-compose yourself on the spot. → Day 2



Technology Solutions
to **Unite & Ignite**
Local Yoga Communities

**Build Your Local
Yoga Community**

FREE Ideas from
Soleil@YogaBlaze.com

DAY 3 - FEBRUARY 9

| TIME - PST | SESSION |
|------------------|--|
| 5:30 - 6:30 AM | <i>Movement / Meditation</i> |
| 6:45 - 7:45 AM | Amy Weintraub <i>Grief in the Tissues:</i> <i>Trauma Recovery from a Yoga Perspective</i> |
| 8:00 - 9:00 AM | Chaya~Sharon Heller <i>Ayurvedic Perceptions of Yogic Lifestyle</i> |
| 9:15 - 10:15 AM | Bhavani Lorraine Nelson <i>Simple "How-To" and "Who's Who"</i> <i>Introduction to Sanskrit Mantra</i> |
| 10:30 - 11:30 AM | Dr. Glenn Wollman <i>R.I.P.</i> |
| 30 Min | BREAK |
| 12:00 - 1:00 PM | TBA |
| 1:15 - 2:15 PM | Lygya Maya <i>Love the Emotions You Hate</i> |
| 2:30 - 3:30 PM | Kat Robinson <i>Creative Sequencing</i> |
| 30 Min | BREAK |
| 4:00 - 5:00 PM | Robert Bosnak <i>Dreamwork and Your Body - Part 1</i> |
| 5:15 - 6:15 PM | Robert Bosnak <i>Dreamwork and Your Body - Part 2</i> |
| 6:30 - 7:30 PM | Julie Dittmar & Matt Kahn <i>The Art of Letting Go</i> |
| 15 Min | End of Day Closing Integration |



Amy Weintraub

Grief in the Tissues: Trauma Recovery from a Yoga Perspective

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 3



Chaya Sharon Heller

Ayurvedic Perceptions of Yogic Lifestyle

Learn practical applications of Ayurveda for Yoga Teachers and Practitioners, plus how to support your yoga practice by understanding the elements, their functions and how they form the doshas and their relationship to the mind. -> Day 3



Robert Bosnak

Dreamwork and Your Body

While dreaming we find ourselves in a world we know to be real. Only upon awakening do we call it a dream. Embodied imagination is a method to relive the dream as a real event by slowing down our memory of the dream. By way of demonstration with a dream of a participant we will show the healing effects of dream embodiment. -> Day 3

6-Part Virtual Workshop Presented by YogaHub

Using Intuition in this **Dynamic and Passionate Time of Change**



"Experience the vitality possible when you use your intuition to inform you in times of transition."

Discover and experience the resources that you possess to make this shift exciting, real, and representative of your passion!

- Connect with Your Intuitive Voice
- Trust the Experience of the Moment
- Embrace Your Inner Intuition Today

Regularly \$129

Conference Special
\$79

MAY 7-25, 2012

Level 1 & 2 Students Welcome

FREE Consultation + Registration Info

CALL **250.538.0066**

Anatara.ca

The greatest selection of activewear on the planet!
Perfect for Yoga, Zumba, working out and looking great!



Grab your 
10% Off !!!
Coupon code:
Yoga10

activewearusa.com

SCHEDULE

DAY 4 - FEBRUARY 10

| TIME - PST | SESSION |
|------------------|--|
| 5:30 - 6:30 AM | <i>Movement / Meditation</i> |
| 6:45 - 7:45 AM | Kevin Gianni <i>Uncovering Natural Health Secrets: What Works and What Doesn't</i> |
| 8:00 - 9:00 AM | Sandy Bothmer <i>Shake Rattle and Move</i> |
| 9:15 - 10:15 AM | Dee Williams <i>Health + Wealth = Happiness</i> |
| 10:30 - 11:30 AM | Steve S. Sadeir <i>Shaktipat Meditation</i> |
| 30 Min | BREAK |
| 12:00 - 1:00 PM | Segovia Smith <i>Turning Your Website Into a Platform for Success</i> |
| 1:15 - 2:15 PM | Cherie Sohnen-Moe <i>The Top Ten Steps to Innovative Marketing</i> |
| 2:30 - 3:30 PM | TBA |
| 30 Min | BREAK |
| 4:00 - 5:00 PM | Karen O'Donnell Clarke <i>Fun with Chair Sun Salutation</i> |
| 5:15 - 6:15 PM | Ishwari Jay <i>Boundless Energy with Conscious Lifestyle</i> |
| 6:30 - 7:30 PM | Todd Williams <i>Zero Balancing for Vibrant Health</i> |
| 15 Min | End of Day Closing Integration |



Sandy Bothmer
Shake Rattle and Move

It seems that there is a tendency to think of our kids as only needing to relax, which is certainly often the case, especially in today's stressful world. But the flip side of relaxation is true as well. Sometimes kids need energization to get the juices going. Come experience these exercises so you can share them with others. -> Day 4



Ishwari Jay
Boundless Energy with Conscious Lifestyle

Learn time tested yogic breathing exercises, powerful meditation techniques and recipes to enrich your life. Come play as we explore the 9 essential steps to conscious living and boundless energy with an action plan and daily schedule for a complete lifestyle makeover to help with weight loss, healing allergies, and more. -> Day 4



Todd Williams
Zero Balancing for Vibrant Health

Zero Balancing is a hands-on system of therapy which balances the relationship between the skeletal system and the deepest flow of energy in your body. By aligning and clarifying the energy fields as they relate to your core, it addresses specific needs, resulting in being more attuned to your true nature. -> Day 4

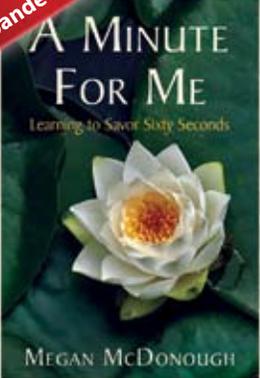


COMPLETE FACULTY LIST

- | | |
|---------------------------|------------------------|
| Ashutosh Mukherjee | Karen O'Donnell Clarke |
| Amy Weintraub | Kat Robinson |
| Anatara Buckley | Kathy Shafer |
| Beverly Driver | Kevin Gianni |
| Bhavani Lorraine Nelson | Kylie Saunder |
| Chaya~Sharon Heller | Lygya Maya |
| Cherie Sohnen-Moe | Megan McDonough |
| Colette Ryder | Mona Laru |
| Christina Souza Ma | Neil Pearson |
| David Berceci | Nischala Joy Devi |
| David Cumes | Robert Bosnak |
| Dee Williams | Robin Rothenberg |
| Dr. Daniel Amen | Rosemary Todd Clough |
| Elan O'Brien | Sandy Bothmer |
| Felicia Marie Tomasko | Segovia Smith |
| Glenn Wollman | Sharan Ro |
| Ishwari Jay | Soleil Hepner |
| Jane Foody | Steve S. Sadeir |
| Julie Dittmar & Matt Kahn | Todd Williams |

See page 11 for Day 5 – February 11

NEW
Expanded Edition



A MINUTE FOR ME
Learning to Savor Sixty Seconds
MEGAN McDONOUGH

\$14.95 – 200 pages

A Minute For Me
Learning to Savor
Sixty Seconds

by *Megan McDonough*

"I highly recommend it."
– Stephen Cope

Many of us have grand designs and schemes for our spiritual practice: thirty minutes of meditation a day, an hour and a half of yoga practice three times a week, enlightenment by the time we're fifty. The truth is, we live in a busy world. We often just end up feeling oppressed by our big plans. What about the radical idea of small, regular moments – a minute! – of awareness, of settling, of quiet, of "coming home." Turns out that the cumulative power of these small moments can change our lives. Megan McDonough's book is a friendly, accessible, beautifully written and wise guide for this kind of practice.

Stephen Cope, Director, Kripalu Institute for Extraordinary Living and author of *Yoga and the Quest for the True Self*

Satya House Publications



Kylie Saunder
3 Step Blueprint to a Successful & Thriving Wellness Business

As Wellness professionals we thrive on helping our clients achieve balance. Yet when it comes to creating a sustainable, successful business, we often fall out of alignment and into fear, confusion and frustration. This session provides you with a 3-step blueprint to build a thriving business that supports your values. -> Day 1



Neil Pearson
How Much Pain is Okay in Yoga Practice?

Many seek out yoga as a way to decrease pain from an injury or attain a better quality of life in the face of a chronic pain condition. Most of us do not have a clear idea of how much pain there should be during a yoga practice, yet it impacts every aspect of our existence. Come deepen your awareness and understanding of pain. -> Day 1



David Berceci
Being Meditation

Being meditation is meant to imply that 'trying' to meditate is a paradoxical experience. We can put ourselves in the conscious state of meditation but it isn't until we learn to 'let go' that expanded consciousness emerges. We will discuss how to reinforce this state of inner groundedness and centeredness. -> Day 1



Nischala Joy Devi
The Healing Path of Yoga

Explore how your actions, thoughts and images of who you are and how you feel about yourself can lead to health or disease. In this workshop we will delve into our concepts of modern maladies, observing and adjusting the images of ourselves and clearing out old patterns from the subtle bodies and our mind. -> Day 1



Megan McDonough
A Minute for Me

People with big ideas face a constant challenge - how to transform that vision into a new and better reality. Whether it's change in your personal life or success in your business, vision needs action (and rest) to manifest. Join Megan as she shares three key principles to transform your big idea for life into reality. -> Day 1



Anantara Buckley
Using Intuition in this Dynamic and Passionate Time of Change

Do you ever get the feeling you are not 'doing' enough right now, or that you should be actively engaged in something that contributes to a higher purpose? There is an imminent and deep planetary change afoot. Join with me to uncover, identify, and to master your most precious gifts, your intuition. -> Day 5

Movement & Meditation | Door Prizes | Raffle Tickets



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

➔ yhub.us/movement

Take a Break



With over \$2,500 in gifts and prizes - make sure you're qualified to win. see pg. 11

Great Prizes



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

➔ yhub.us/win

Enter to Win

Massage Therapy • Yoga • Instructors • Estheticians • Cosmetologists • Nail Technicians • Animal Massage

LIABILITY INSURANCE

Insurance+
MASSAGE PLUS
 magazine

- Liability Insurance—Professional, General and Product \$2,000,000 per occurrence
- Rental Damage Insurance \$100,000

\$3,000,000 Annual Aggregate Coverage / \$2,000,000 Product Aggregate



FREE Business Website

- PLUS** Lost or Stolen Equipment—\$1,000
- PLUS** Identity Theft Protection—\$15,000
- FREE** Professional Website
- FREE** Massage Magazine Directory Listing
- FREE** Monthly Newsletter

Call NOW!

1-800-222-1110

or Order Online

www.massagemagins.com

\$77/Year

Special STUDENT RATE



Community Action Plan

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. Anantara Buckley, MyYogaHub.com/Anantara

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](https://twitter.com/YogaHub/Virtual-Conference)

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.

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 \$2,500 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 25th** 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

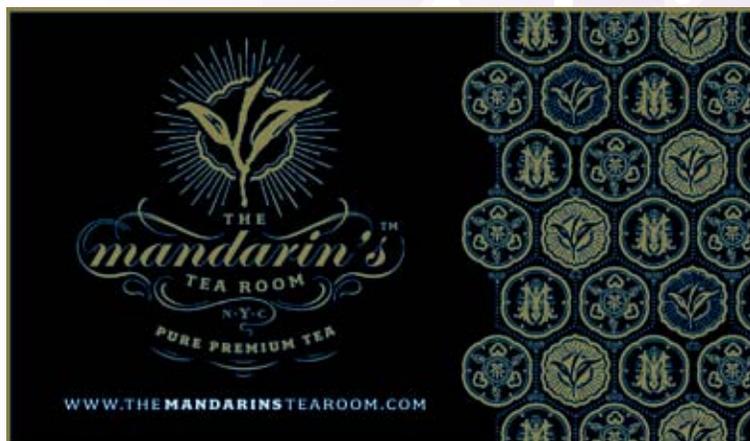
Watch out for our post-conference follow-up survey to get even more free stuff.



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

DAY 5 - FEBRUARY 11

| TIME - PST | SESSION |
|------------------|--|
| 5:30 - 6:30 AM | <i>Movement / Meditation</i> |
| 6:45 - 7:45 AM | Sharan Ro <i>Next Era Living : The World of And</i> |
| 8:00 - 9:00 AM | Chaya~Sharon Heller <i>Ayurveda's Adaptive Yoga</i> |
| 9:15 - 10:15 AM | Sandy Bothmer <i>Moving from Within</i> |
| 10:30 - 11:30 AM | Anatara Buckley <i>Using Intuition in this Dynamic and Passionate Time of Change</i> |
| 30 Min | BREAK |
| 12:00 - 1:00 PM | Ishwari Jay <i>Online Strategies in 3 Simple Steps</i> |
| 1:15 - 2:15 PM | Elan O'Brien <i>2012 The Rise of the Winged Serpent</i> |
| 2:30 - 3:30 PM | Beverly Driver <i>Pilates and Movement Therapy - Getting to the Core</i> |
| 30 Min | BREAK |
| 4:00 - 5:00 PM | Jane Foody <i>How to Relax Your Mind & Body Into Tranquility</i> |
| 5:15 - 6:15 PM | Colette Ryder <i>Virtual Drumming and Sound Meditation</i> |
| 6:30 - 7:30 PM | TBA |
| 15 Min | Conference Closing Integration |



Shop Online

Hundreds of Products + Member Pricing



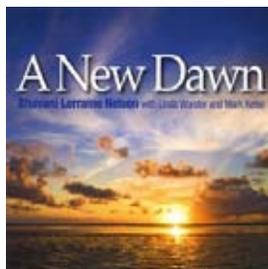
ThinkSport Stainless Steel Water Bottles



WAGs Yoga / Pilates Fingerless Gloves



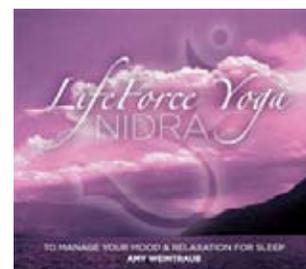
Himalayan Institute: Eco Neti Pot



Bhavani Lorraine Nelson: A New Dawn



Manduka: eKO Lite Yoga Mat



Amy Weintraub: LifeForce Yoga Nidra CD



Guided Relaxation & Savasana Scripts for Yoga Teachers



Vaska Lavender Laundry Detergent



Himalayan Chyawanprash



Thirsty Microfiber Yoga Towels



Chaya-Sharon Heller: Yoga of Action Workbook



miYim Lovie Blankie Bunny

www.ShopYogaHub.com