

# Overview Class Schedule

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■ Lectures 
 ■ 2-Hour Workshops 
 ■ Half-Day Intensives 
 ■ Community Events (Complimentary) 
 ■ All-Day Intensives / Continuing Education for Teachers

J Japanese Translation Available 
 M Mandarin Translation Available

## 8 JUNE THURSDAY

	Theatre 1	Theatre 2	Convention Hall A	Convention Hall B	Convention Hall C	Room 221	Room 222	Room 223	Room 224-225	Room 226-227	Room 228	
8.00am-8.30pm	263 Carlos Pomedá	233 Swami Govindananda	145 David Swenson	182 Sharon Gannon	132 David Life	120 Jason Crandell	241 Yogi Ashokananda	211 Jonas Westring	188 Ronan Tang	255 Andrey Lappa	36 Michel Besnard	8.00am-8.30pm
8.30am-9.00am	Desire Yoga Philosophy All Levels	Maya: The Power of Delusion Vedas, Gita, Karma, Bhakti Yoga All Levels	Full Led Primary Series Flow Ashtanga Yoga All Levels	Backbending Jivamukti Yoga All Levels	Twist All Night Jivamukti Yoga All Levels	Best Armbalances Vinyasa Yoga All Levels	Power of Inner & Outer Alignment Himalayan Hatha Yoga All Levels	Handstand Inversion/Methodology Anusara, Hatha Yoga All Levels	Energetic Meridian Alignment Taichin Yoga, Qi Gong All Levels, Therapeutic	Raja Yoga the Science of Control Universal Yoga All Levels	Kriya: Improve Health & Practise Vinyasa Flow All Levels	8.30am-9.00am
9.00am-9.30am		177	317	228	84	204	363	223	51	253	16	9.00am-9.30am
9.30am-10.00am		Gabriel Cousen	David Swenson	Sinhee McCabe	Brian Campbell	Yogini Kaliji	Richard Girolami	Simon Low	Annie Carpenter	Andrey Lappa	Aadil Palkhivala	10.00am-10.30am
10.00am-10.30am	246											10.30am-11.00am
10.30am-11.00am	Zeo Sheenan	Portals to Liberation Jnana Yoga All Levels	Exploring Joy of Practice Ashtanga Yoga All Levels	Transforming Touch 1: Upper Body Forrest Yoga All Levels, Teachers	Yogabodyworkers Training for Common Pain Syndromes Forrest Yoga, Bodywork All Levels, Teachers	Prana Vidya Triyoga All Levels	Bone, Muscle or Fascia? Yoga Anatomy All Levels, Teachers	Realignment Hatha Yoga All Levels	Backbending & Happy Sacrum Smart Flow Yoga All Levels	Yoga Paths and Chakra Activity: Linking Human Castes Universal Yoga All Levels	Seeing and Understanding Bodies Purna Yoga Int/ Adv Levels, Teachers	11.00am-11.30am
11.00am-11.30am		268				267						11.30am-12.00pm
11.30am-12.00pm	What Are Chakras? What Are Auras? Chakras, Theory, Spirituality All Levels		Sharon Gannon			Gabriel Cousens						12.00pm-12.30pm
12.00pm-12.30pm	262	The Diet of Enlightenment	73	229	84	Shaktipat Meditation	236	34	49	125	152	12.30pm-1.00pm
1.00pm-1.30pm												1.00pm-1.30pm
1.30pm-2.00pm	Carlos Pomedá	144	Aadil Palkhivala	Sinhee McCabe	Brian Campbell	96	Tyler Mongan	Giselle Mari	Annie Carpenter	Joan Hyman	Guru Jagat	2.00pm-2.30pm
2.00pm-2.30pm		Gahl Sasson				Cameron & Melayne Shayne						2.30pm-3.00pm
2.30pm-3.00pm	Bhagavad Gita Yoga Philosophy All Levels	Exploring Your Past Life Mysticism, Kabbalah, Astrology All Levels	Teaching an Inspirational Yoga Class Purna Yoga Int/ Adv Levels, Teachers	Transforming Touch 2 Forrest Yoga All Levels, Teachers	Yogabodyworkers Training for Common Pain Syndromes Forrest Yoga, Bodywork All Levels, Teachers	Art of Inversions & Armbalances Budokon Mixed Movement Arts All Levels	Exploring the Anatomy & Physiology of 3 Evils of the Mind Yoga Anatomy All Levels	Art of Yoga Hands on Assists Jivamukti Yoga All Levels, Teachers	Smart Transitions Smart Flow Yoga Int/ Adv Levels, Teachers	Advanced Asana Vinyasa Yoga All Levels	Yogic Beauty Secrets: Vitality, Sex, Antiaging Kundalini Yoga, Meditation All Levels	3.00pm-3.30pm
3.00pm-3.30pm												3.30pm-4.00pm
3.30pm-4.00pm												4.00pm-4.30pm
4.00pm-4.30pm												4.30pm-5.00pm
4.30pm-5.00pm	163	234	114	183	362	351	243	139	69	221	110	5.00pm-5.30pm
5.00pm-5.30pm	Jill Lander	Tyler Mongan	Chris Su	Rose Erin Vaughan	Michiko Minegishi	Brian Campbell	Vincent Bolletta	Javier de Salas	Ashley Turner	Ross Rayburn	Daphne Tse	5.30pm-6.00pm
5.30pm-6.00pm	Your Destiny Code: Colorstrology Feng Shui All Levels	Live your Dharma (Part 1) Kundalini, Yoga Numerology All Levels	The Power of Deep Relaxation, Intention, Meditation Mindfulness Yin, All Levels, Therapeutic	Meridian Intensive 1: The Lower Body (Hip Opening) Vinyasa Yoga, Hatha Raja Yoga All Levels	Therapy Flow Yoga Bou All Levels, Therapeutic	More Feeling Less Thinking Forrest Yoga, Bodywork All Levels	Breathing Hansa Yoga All Levels, Therapeutic	Experience Your Inner Self Mystic Healing All evels, Therapeutic	Meditation, Mindfulness, Neuroscience Yoga Psychology All Levels	Tech Neck Hatha Vinyasa, Yoga Therapeutics All Levels	Free Yourself Through Dance, Song, Sound Nada Yoga All Levels, Therapeutic	6.00pm-6.30pm
6.00pm-6.30pm												6.30pm-7.00pm
6.30pm-7.00pm												7.00pm-7.30pm
7.00pm-7.30pm												7.30pm-8.00pm

## 9 JUNE FRIDAY

	Theatre 1	Theatre 2	Convention Hall A	Convention Hall B	Convention Hall C	Room 221	Room 222	Room 223	Room 224-225	Room 226-227	Room 228	
8.00am-8.30pm	261 Carlos Pomedá	232 Swami Govindananda	181 Sharon Gannon	129 David Life	357 David Swenson	330 Rose Erin Vaughan	244 Vincent Bolletta	61 Ashley Turner	220 Ross Rayburn	230 Sin Hee McCabe	189 Ronan Tang	8.00am-8.30pm
8.30am-9.00am	Kulanarva Tantra Yoga Philosophy All Levels	The Three Great Illusions Vedas, Gita, Karma, Bhakti Yoga All Levels	Forward Bends and Hips Jivamukti Yoga All Levels	How Vinyasa Works Jivamukti Yoga All Levels	Ashtanga's Greatest Hits Ashtanga Yoga All Levels	Meridian Intensive 2: The Frontal Body (Backbending) Vinyasa Yoga, Hatha Raja Yoga All Levels	Bandhas Hansa Yoga All Levels	Foundations of Yoga Psychology Yoga Psychology All Levels	Handstands Hatha Vinyasa Yoga All Levels	Core Connection (Arm Balance) Forrest Yoga Int/ Adv Levels	Qi Gong for Vitality and Longevity Taichin Yoga, Qi Gong All Levels, Therapeutic	8.30am-9.00am
9.00am-9.30am		172	88	254	75	205	155	206	212	266	240	9.00am-9.30am
9.30am-10.00am		Gabriel Cousen	Brian Campbell	Andrey Lappa	Aadil Palkhivala	Yogini Kaliji	Guru Jagat	Paul Dallaghan	Jonas Westring	Samantha Chan	Yogi Ashokananda	10.00am-10.30am
10.00am-10.30am	247											10.30am-11.00am
10.30am-11.00am	Zeo Sheenan	The Ancient Rishi Diet Hrani Yoga All Levels	How to Help Office Worker Type Bodies Forrest Yoga, Bodywork All Levels	Sequencing with the Mandala Yoga Method Universal Yoga All Levels	Re-Aligning and Healing Lower Back Purna Yoga Int/ Adv Levels, Teachers	Art & Science of Yoga Flow Triyoga All Levels	Practical Applications of Subtle Yoga Anatomy Kundalini Yoga All Levels	The Kriyas of Yoga Centred Yoga, Hatha Yoga All Levels	Yoga Anatomy & Therapeutics Hatha Yoga All Levels	Practising and Teaching Prenatal Yoga Pre-natal Yoga Women Only	Prana Kriya Yoga Prana Kriya Yoga All Levels	11.00am-11.30am
11.00am-11.30am		271										11.30am-12.00pm
11.30am-12.00pm	Transform Your Life Move Into Purpose Theory, Spirituality All Levels	Yoga for Change										12.00pm-12.30pm
12.00pm-12.30pm	260	Documentary (45 mins)	86	250	75	358	59	47	127	197	Shaktipat Meditation	12.30pm-1.00pm
1.00pm-1.30pm												1.00pm-1.30pm
1.30pm-2.00pm	Carlos Pomedá	42	Brian Campbell	Samrat Dasgupta	Aadil Palkhivala	David Swenson	Ashley Turner	Annie Carpenter	Joan Hyman	Tiffany Cruikshank	360	2.00pm-2.30pm
2.00pm-2.30pm		Savitrí										2.30pm-3.00pm
2.30pm-3.00pm	The World in the Mind Yoga Philosophy All Levels	Freedom From Pain Heartful Meditation All Levels, Therapeutic	Rehabilitating Shoulders Forrest Yoga, Bodywork All Levels	Handstands Sama Yoga Intermediate, Advanced Levels	Re-Aligning and Healing Lower Back Purna Yoga Int/ Adv Levels, Teachers	Tools, Talents, Techniques for Teachers Ashtanga Yoga Int/ Adv Levels, Teachers	Urban Priestess Yoga Psychology Women Only, All Levels	Happy Healthy Hips Smartflow Yoga Int/ Adv Levels, Teachers	Hands on Adjustments & Seeing Bodies Vinyasa Yoga All Levels, Teachers	SI Joint Dysfunction Yoga Medicine, Therapy Int/ Adv Levels, Therapeutic, Teachers	Yogart of Inversions New Age Yoga All Levels	3.00pm-3.30pm
3.00pm-3.30pm												3.30pm-4.00pm
3.30pm-4.00pm												4.00pm-4.30pm
4.00pm-4.30pm												4.30pm-5.00pm
4.30pm-5.00pm	160	235	201	38	116	100	106	138	364	31	25	5.00pm-5.30pm
5.00pm-5.30pm	Jill Lander	Tyler Mongan	Tiffany Cruikshank	Michel Besnard	Jason Crandell	Cameron & Melayne Shayne	Daphne Tse	Javier de Salas	Richard Girolami	Giselle Mari	Ganesh Mohan	5.30pm-6.00pm
5.30pm-6.00pm	Your Destiny Code Health Feng Shui All Levels	Live your Dharma (Part 2) Kundalini Yoga, Yoga Numerology All Levels	Shoulder Therapy Yoga Medicine, Therapy All Levels	Free Your Lower Back Vinyasa Flow All Levels	The Space Between Creative Transitions Hatha Yoga All Levels	Hips for Movers Budokon Mixed Movement Arts All Levels	The Art of Freeing Your Voice Nada Yoga All Levels, Therapeutic	Everything is Within You Mystic Healing All evels, Therapeutic	The 10 Second Body Reading Yoga Anatomy All Levels, Teachers	From Solid to Liquid Jivamukti Yoga, Yoga Nidra All Levels, Therapeutic	Therapy for Stress Care Svastha Yoga All Levels, Therapeutic	6.00pm-6.30pm
6.00pm-6.30pm												6.30pm-7.00pm
6.30pm-7.00pm												7.00pm-7.30pm
7.00pm-7.30pm												7.30pm-8.00pm

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		Lectures	2-Hour Workshops	Half-Day Intensives	Community Events (Complimentary)	All-Day Intensives / Continuing Education for Teachers	Special Paid Event	Japanese Translation Available	Mandarin Translation Available				
10 JUNE SATURDAY		Theatre 1	Theatre 2	Convention Hall A	Convention Hall B	Convention Hall C	Room 221	Room 222	Room 223	Room 224-225	Room 226-227	Room 228	
	8.00am-8.30pm	231	137	194	186	118	180	208	158	227	77	65	
	8.30am-9.00am	Swami Govindananda	Javier De Salas	Sri Dharma Mittra	Ronan Tang	Jason Crandell	Sharon Gannon & David Life	Paul Dalaghan	Guru Jagat	Sin Hee McCabe	Aadil Palkhivala	Ashley Turner	
	9.00am-9.30am	<b>Awaken Your Higher Self</b> Vedas, Gita, Karma, Bhakti Yoga All Levels	<b>Meditation in the Light</b> Mystic Healing All Levels, Therapeutic	<b>Advanced Charging Practice</b> Dharma Yoga All Levels	<b>Taoism Meridian Channeling Techniques</b> Taoism Yoga, Qi Gong All Levels, Therapeutic	<b>Air Time: Handstand+ Headstands</b> Vinyasa Yoga All Levels	<b>Hot Hip Holy</b> Jivamukti Yoga All Levels	<b>Pranayama Further Developed</b> Centred Yoga, Hatha Yoga All Levels	<b>Entering Your Free Zone</b> Kundalini Yoga All Levels	<b>Breath to Awareness (Backbends)</b> Forest Yoga All Levels	<b>Inversions and Pranayama</b> Purna Yoga All Levels	<b>Chakras Detox Immersion</b> Yoga Psychology, Vinyasa Yoga All Levels	
	9.30am-10.00am	248	170	140	272	78	196	239	32	202	257	213	
	10.00am-10.30am	Zeo Sheenan	Gabriel Cousins	David Swenson	Daybreaker for Evolution	Aadil Palkhivala	Sri Dharma Mittra	Yogi Ashokananda	Giselle Mari	Tiffany Cruikshank	Andrey Lappa	Jonas Westring	
	10.30am-11.00am	<b>Receiving Higher Guidance</b> Theory, Spirituality All Levels	<b>Spiritual Nutrition</b> Hrani Yoga All Levels	<b>Flying, Floating, Handstanding</b> Ashtanga Yoga All Levels	<b>10th Year Celebration Party</b>	<b>Avoid Aging with Twists, Backbends</b> Purna Yoga All Levels	<b>Asana, Pranayama, Yama, Yoga Nidra</b> Dharma Yoga All Levels	<b>Beyond Duality: Pranayama</b> ATMA Meditation All Levels	<b>Chakra Tuning &amp; Purification</b> Jivamukti Yoga All Levels	<b>Lower Back Remedies</b> Hatha Vinyasa, Yoga Therapy All Levels	<b>Awaken the Energetic Body</b> Universal Yoga All Levels	<b>Hands On Adjustments</b> Hatha Yoga All Levels	
	11.00am-11.30am	274	Sharon Gannon										
	11.30am-12.00pm	Aadil Palkhivala	<b>273 What is Real</b> Documentary					Gahl Sasson					Gabriel Cousins
	12.00pm-12.30pm	<b>Keynote Address: The Unity of Yoga</b>						<b>Astrology for the Year 2017: Rooster</b>					<b>Shaktipat Meditation</b>
	12.30pm-1.00pm	274	Sharon Gannon				443					275	
	1.00pm-1.30pm	Carlos Pomedá	238	193	251	203	179	46	245	218	53	130	
	1.30pm-2.00pm												
	2.00pm-2.30pm												
	2.30pm-3.00pm	<b>264 Yoga Methodology Through Ages</b> Yoga Philosophy All Levels	Tyler Mongan	Sri Dharma Mittra	Samrat Dasgupta	Yogini Kalji	Sharon Gannon	Savitri	Vincent Bolletta	Ross Payburn	Annie Carpenter	Joan Hyman	
	3.00pm-3.30pm	<b>Yoga Numerology to Enhance Practice &amp; Overcome Challenges</b> Kundalini, Yoga Numerology All Levels, Therapeutic	<b>The Great Practice of Dharma Yoga</b> Dharma Yoga All Levels	<b>Acroyoga</b> Sama Yoga All Levels	<b>Therapeutics: Realign, Relax, Rejuvenate</b> Triyoga All Levels, Therapeutic	<b>Chakra Balancing Yoga</b> Jivamukti Yoga All Levels	<b>Intro to Heartfull Meditation</b> Heartfull Meditation All Levels, Therapeutic	<b>Demystify Inversions</b> Hansa Yoga All Levels	<b>How To Avoid Common Injuries</b> Hatha Vinyasa, Yoga Therapeutics All Levels	<b>Neck and Shoulder Care</b> Smart Flow Yoga All Levels	<b>Unlocking Poses</b> Vinyasa Yoga All Levels, Therapeutic		
3.30pm-4.00pm													
4.00pm-4.30pm		154	224	331	57	199	365	102	90	40	27		
4.30pm-5.00pm	157	Gahl Sasson	Simon Low	Rose Erin Vaughan	Annie Carpenter	Tiffany Cruikshank	Richard Girolami	Daphne Tse	Brian Campbell	Michel Besnard	Ganesh Mohan		
5.00pm-5.30pm	Jill Lander	<b>The Alchemy of Relationships</b> Mysticism, Kabbalah, Astrology All Levels	<b>Respect: Yin Yoga</b> Yin Yoga All Levels, Therapeutic	<b>Meridian Intensive 3: The Heart and Self</b> Vinyasa Yoga, Hatha Raja Yoga All Levels	<b>Deep Hip Release</b> Smart Flow Yoga Int/ Adv Levels	<b>Myofascial Release Revealed</b> Yoga Medicine, Yin Yoga All Levels	<b>How Emotions Get Stuck in the Body</b> Yoga Anatomy All Levels, Teachers	<b>Self Care and Healing Through Art of Sound Meditation</b> Forest Yoga All Levels, Therapeutic	<b>Perfectly Imperfect</b> Forest Yoga All Levels	<b>Be With Your Breath Every Move</b> Vinyasa Flow All Levels	<b>Therapy for Low Mood and Depression</b> Svashtha Yoga All Levels, Therapeutic		
5.30pm-6.00pm													
6.00pm-6.30pm	<b>Feng Shui for Modern Living</b> Feng Shui All Levels												
6.30pm-7.00pm													
7.00pm-7.30pm													
7.30pm-8.00pm													
11 JUNE SUNDAY		Theatre 1	Theatre 2	Convention Hall A	Convention Hall B	Convention Hall C	Room 221	Room 222	Room 223	Room 224-225	Room 226-227	Room 228	
	8.00am-8.30pm	259	164	219	142	135	216	136	187	55	242	207	
	8.30am-9.00am	Carlos Pomedá	Jill Lander	Ross Payburn	David Swenson	David Life	Patrick Creelman	Javier de Salas	Ronan Tang	Annie Carpenter	Yogi Ashokananda	Paul Dalaghan	
	9.00am-9.30am	<b>The Wonder of Meditation</b> Yoga Philosophy All Levels	<b>Know Your Element: Know Your Future</b> Chinese Astrology All Levels	<b>Yoga Therapeutics &amp; Advanced Asana</b> Hatha Yoga, Yoga Therapeutics All Levels	<b>Inversions and Backbends</b> Vinyasa Yoga All Levels	<b>The Wild Child of Yoga</b> Jivamukti Yoga All Levels	<b>Key Action Study: Shoulders, Arms</b> Vinyasa Flow All Levels	<b>Mystic Healing</b> Energy Healing All Levels, Therapeutic	<b>How to Boost Yang Energy</b> Taoism Yoga, Qi Gong All Levels, Therapeutic	<b>Twist and Cleanse</b> Smart Flow Yoga Intermediate, Advanced	<b>Himalayan Yoga</b> Himalayan Hatha Yoga All Levels	<b>Pranayama Foundations</b> Centred Yoga, Hatha Yoga All Levels	
	9.30am-10.00am	276	195	147	82	256	222	161	122	198	184		
	10.00am-10.30am												
	10.30am-11.00am	Ashley Turner	Sri Dharma Mittra	David Swenson	Aadil Palkhivala	Andrey Lappa	Ross Payburn	Guru Jagat	Jason Crandell	Tiffany Cruikshank	Rose Erin Vaughan		
	11.00am-11.30am	249	<b>Wealthy Yogi</b> Yoga Psychology, Business Leadership All Levels	<b>Charging Practice Inverted Poses</b> Dharma Yoga All Levels	<b>Breath Bandhas, and Pranayama</b> Ashtanga Yoga All Levels	<b>Detoxify Liver and Digestive</b> Purna Yoga, Twists, Backbends, Purna Yoga All Levels	<b>The Art of Teaching Mixed Level Classes</b> Universal Yoga All Levels	<b>BioVinyasa</b> Hatha Vinyasa, Yoga Therapeutics All Levels	<b>The Yogic Science of Changing Your Epigenetics</b> Kundalini Yoga All Levels	<b>Deeper Backbends &amp; Beyond</b> Vinyasa Yoga All Levels	<b>Neuro Practising, Yin &amp; Yang</b> Yoga Medicine, Yin Yoga All Levels	<b>Science of Meridians Hips &amp; Knees</b> Vinyasa Yoga, Hatha Raja Yoga All Levels	
	11.30am-12.00pm	Zeo Sheenan											
	12.00pm-12.30pm	<b>Freeing Soul from Past Life Patterns</b> Spirituality, Meditation All Levels, Therapeutic	Panel Discussion		Clayton Horton	361	215					278	
	12.30pm-1.00pm												
	1.00pm-1.30pm	258	<b>Modern Yoga</b> (12.45pm - 2.15pm) (90mins)		<b>281 Ashtanga Foundations</b> 12.45 - 2.15pm (90mins)	Jenny Smith	Martina Lee						Gabriel Cousins
	1.30pm-2.00pm	Carlos Pomedá	190			176	80	366	209	225	29	94	
	2.00pm-2.30pm												
	2.30pm-3.00pm												
	3.00pm-3.30pm	<b>Dharma</b> Yoga Philosophy All Levels	<b>44 Color Therapy</b> Heartfull Meditation All Levels, Therapeutic	<b>Charging Practice with Enhanced Pranayama</b> Dharma Yoga All Levels	<b>149 Really Hip Opening for Hips</b> Vinyasa Yoga All Levels	<b>The Yogi as Radical Hero</b> Jivamukti Yoga All Levels	<b>Neck, Shoulders, Upper Back</b> Purna Yoga All Levels	<b>Using Touch to Full Potential</b> Yoga Anatomy All Levels, Teachers	<b>Assisted Stretch &amp; Contortion</b> Navalarana Vinyasa Method All Levels	<b>Restorative Yoga as Meditation</b> Yin Yoga All Levels, Therapeutic	<b>The Yin Side of the Force</b> Yin Yoga All Levels	<b>Budokon the Warrior Yogi</b> Budokon Mixed Movement Arts All Levels	
3.30pm-4.00pm													
4.00pm-4.30pm			192	217	92	123	265	104	214	133	226		
4.30pm-5.00pm	151	237	Sri Dharma Mittra	Patrick Creelman	Brian Campbell	Jason Crandell	Hari Om	Daphne Tse	Jonas Westring	Joan Hyman	Simon Low		
5.00pm-5.30pm	Gahl Sasson	Tyler Mongan	<b>Self Knowledge &amp; Dharma Yoga Nidra</b> Dharma Yoga All Levels	<b>The Last Class</b> Vinyasa Flow All Levels	<b>Myofascial Bodywork for Lower Body Injuries</b> Forrest Yoga, Bodywork All Levels	<b>Demystifying Lotus &amp; Splits</b> Vinyasa Yoga All Levels	<b>Bollywood</b> Indian Dance All Levels	<b>Chakra Healing Movement Meditation</b> Nada Yoga All Levels, Therapeutic	<b>Thai Yoga Therapy</b> Anatomy Therapeutics All Levels	<b>Wisdom of Anatomy for Sequencing</b> Vinyasa Flow All Levels, Teachers	<b>Relaxation: Stillness &amp; Surrender</b> Yin Yoga All Levels, Therapeutic		
5.30pm-6.00pm													
6.00pm-6.30pm	<b>Heroes and Heroines</b> Mysticism, Kabbalah, Astrology All Levels	<b>Yoga Mind Lab: Meet Your Future Self</b> Meditation, Futuring All Levels, Therapeutic											
6.30pm-7.00pm													
7.00pm-7.30pm													
7.30pm-8.00pm													