

OVERVIEW CLASS SCHEDULE

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Lectures
 2-Hour Workshops
 Half-Day Intensives
 All-Day Intensives / Continuing Education for Teachers
 Community Events (Complimentary)
 M Mandarin
 M Japanese to Mandarin (no English)
 M Mandarin only (no English)

	THEATRE 1	THEATRE 2	CONVENTION HALL A	CONVENTION HALL B	CONVENTION HALL C	Room S221	Room S222	Room S223	Room S224-225	Room S226-227	Room S228	
	193	161	71	113	86	77	103	183	54	153	141	
8.00am-8.30am	Bill Mahony	Swami Govindananda	David Swenson	Kathy Zhou	Eoin Finn	Edward Clark	Javier de Salas	Yogi Ashokananda	Daniel Scott	Sianna Sherman & Masood Khan	Rose Erin Vaughan	8.00am-8.30am
8.30am-9.00am	Bhakti Sutra 1: What is Bhakti? Bhakti Sutra, Yoga Philosophy All Levels	Anger Management Vedas & Gita/Karma & Bhakti Yoga All Levels	Breath, Bandhas, Pranayama Ashanga Yoga/Pranayama All Levels	Wisdom of Inner Balance Tai Chi Yoga All Levels	Sustainable Backbends Vinyasa Int/Adv	Ujjayi Breathing for Inversions Tripsichore Vinyasa Int/Adv	Power of Meditation Meditation All Levels	Alignment: Himalayan Hatha Yoga Himalayan Hatha Yoga All Levels	Slow & Steady: Vinyasa Slow Vinyasa All Levels	Backbends, Pranayama, Chanting Vinyasa/Rasa Yoga All Levels	Science of Meridians: Alchemy & Self Realization Hatha/Vinyasa All Levels	8.30am-9.00am
9.00am-9.30am												9.00am-9.30am
9.30am-10.00am												9.30am-10.00am
10.00am-10.30am	11	36	19	65	147	22	114	121	72	145	173	10.00am-10.30am
10.30am-11.00am	Aldo Privileggi	Bill Mahony	Amy Ippoliti	David Swenson	Samrat Dasgupta	Ana Forrest & Jose Calarco	Lin Min	Markus Giess	Dileep Puliolly	Ross Rayburn	Tyler Mongan	10.30am-11.00am
11.00am-11.30am	Hypnotherapy: Weight Loss, Body Sculpting Meditation/Hypnotherapy All Levels	Bhakti Sutra 2: Yoga & Spiritual Love Yoga Philosophy/Bhakti Sutra All Levels	The Psoas Unleashed Hatha/Vinyasa All Levels	Flying, Floating & Handstanding Ashtanga All Levels	Arm Balances & Inversions Sama Yoga Int/Adv	Luminous Core Forrest Yoga All Levels	Kriyoga: Triangle Series Kriyoga/Pranayama All Levels	Yin Yoga Rebound Yin Yoga All Levels	Tantra Yoga Sadhana Tantra/Kundalini Yoga All Levels	How to Avoid Knee Pain Hatha All Levels, Therapeutic	Intro: Neuroanatomy & Neurophysiology Yoga Anatomy & Physiology All Levels	11.00am-11.30am
11.30am-12.00pm												11.30am-12.00pm
12.00pm-12.30pm												12.00pm-12.30pm
12.30pm-1.00pm		94 (12:45pm - 2:15pm)		132 (12:45pm - 2:15pm)		198 (12:45pm - 2:15pm)		62 (12:45pm - 2:15pm)		199 (12:45pm - 2:15pm)		12.30pm-1.00pm
1.00pm-1.30pm		Gahl Eden Sasson		Rodney Yee & Colleen Saidman		Martha Collard		David J Bookbinder		Sylvia Chiang		1.00pm-1.30pm
1.30pm-2.00pm		Astrology 2018: Year of the Dog		Yoga Remedies: Natural Healing Yoga		Gong Bath		Getting The Life You Want, Step by Step		How to Run a Yoga Business		1.30pm-2.00pm
2.00pm-2.30pm	95	169	160	51	59	185	126	87	108	194	47	2.00pm-2.30pm
2.30pm-3.00pm	Gahl Eden Sasson	Tyler Mongan	Sin Hee McCabe	Clayton Horton	Dario Calvaruso	Yogini Kaliji	Michiko Minegishi	Eoin Finn	Jonas Westring	Anjan Kundu	Carolyn Cowan	2.30pm-3.00pm
3.00pm-3.30pm	Archetypal Astrology: Why You Choose Your Sign Mysticism/Kabbalah/ Astrology All Levels	Meet Your Future Self Meditation Numerology All Levels	Forrest Yoga: Hands on Assist Hips Forrest Yoga All Levels	Five Pillars of Ashtanga Ashtanga All Levels	Kinaesthetic Techniques: Vinyasa Practice Navakarana All Levels	Hip Opening: 6 Directions TriYoga All Levels	Yoga BouB: Therapeutic Exercise Hatha/Therapeutic All Levels	Sthira & Sukha: Art of Core Integration Vinyasa/Blissology Alignment All Levels	Anatomy & Therapeutics Therapeutic/Anusara/ Anatomy All Levels	Yogalates Yogalates All Levels	Overcoming Stress & Anxiety Kundalini All Levels	3.00pm-3.30pm
3.30pm-4.00pm												3.30pm-4.00pm
4.00pm-4.30pm												4.00pm-4.30pm
4.30pm-5.00pm	92	63	116	38	99	177	58	191	83	131	48	4.30pm-5.00pm
5.00pm-5.30pm	Eric Standop	David J Bookbinder	Masood Khan	Brian Campbell	Jared McCann	Tymn Howard	Daphne Tse	Stephen Clasper	Eddy Marks	Patrick Creelman	Chris Su	5.00pm-5.30pm
5.30pm-6.00pm	Face Reveal: Health & Nutrition Face Reading All Levels	Cultivating Creativity Life Coaching All Levels	Back Repair: No More Chronic Pain Meditation/Chanting/ Energy Healing All Levels, Therapeutic	Releasing Neck Tension Forrest Yoga/Bodywork/ MyoFascial Release All Levels	Hips + Forward Folds Vinyasa/Hatha All Levels	Dance of Vinyasa & Yin Vinyasa/Yin All Levels	Self-Care & Healing: Sound Meditation Nada Yoga All Levels	Reiki Traditional Usui Reiki All Levels, Therapeutic	Standing Poses: Generate & Channel Energy Iyengar All Levels	The 3 Pillars for Teachers Hatha Int/Teachers	Yin Yoga & Mindfulness Meditation Mindfulness Yin Yoga All Levels	5.30pm-6.00pm
6.00pm-6.30pm												6.00pm-6.30pm
6.30pm-7.00pm												6.30pm-7.00pm
7.00pm-7.30pm												7.00pm-7.30pm

	THEATRE 1	THEATRE 2	CONVENTION HALL A	CONVENTION HALL B	CONVENTION HALL C	Room S221	Room S222	Room S223	Room S224-225	Room S226-227	Room S228	
	204	189	20	70	78	26	106	25	180	43	100	
8.00am-8.30am	Daphne Tse	Dario Calvaruso	Amy Ippoliti	David Swenson	Edward Clark	Ana Forrest & Jose Calarco	Javier de Salas	Angela Lohse	Yogi Ashokananda	Carolyn Cowan	Jared McCann	8.00am-8.30am
8.30am-9.00am	Voice Activation Nada Yoga All Levels	Ayurveda Fundamentals: Create a Personalised Lifestyle Navakarana Vinyasa All Levels	Radiant Detox Glow Hatha/Vinyasa All Levels	Ashtanga: Half Primary & Intermediate Series Ashtanga All Levels	Ujjayi & The Legs Tripsichore Vinyasa Int/Adv	Gravity Surfing Forrest Yoga Int/Adv	Peace is Who You Are Meditation All Levels	Movement Artist Vinyasa Flow Vinyasa All Levels	Prana Kriya Yoga: Heart Energy Prana Kriya Yoga All Levels	Core Abs & Pranayama Core/Pranayama All Levels	Hips + Inversions Vinyasa/Hatha All Levels	8.30am-9.00am
9.00am-9.30am												9.00am-9.30am
9.30am-10.00am												9.30am-10.00am
10.00am-10.30am	162	64	146	67	39	134	159	42	115	60	82	10.00am-10.30am
10.30am-11.00am	Swami Govindananda	David J Bookbinder	Ross Rayburn	David Swenson	Brian Campbell	Rodney Yee & Colleen Saidman	Sin Hee McCabe	Carolyn Cowan	Lin Min	Dario Calvaruso	Eddy Marks	10.30am-11.00am
11.00am-11.30am	Seven Steps to Successful Living Vedas & Gita/Karma & Bhakti Yoga	The Art of Balance Self Development All Levels	How to Sequence: Open Psoas Muscle Hatha/Anatomy All Levels, Teachers	So You Think You Can Balance Ashtanga All Levels	Techniques: Healing Wrists & Elbows Forrest Yoga/Bodywork/ MyoFascial Release All Levels, Teachers	Twist, Twists, and Untwist Hatha All Levels	Dare Handstand Forrest Yoga Int/Adv	Kundalini: Hormones Kundalini All Levels	Kriyoga: Vinyasa Vinyasa Yoga/Kriyoga All Levels	Kinaesthetic Techniques: Complex Movements Navakarana Int/Adv	Iyengar Grow Your Lotus! Iyengar Int/Adv	11.00am-11.30am
11.30am-12.00pm												11.30am-12.00pm
12.00pm-12.30pm												12.00pm-12.30pm
12.30pm-1.00pm		186 (12:45pm - 2:15pm)	197 (12:45pm - 1:45pm)	31 (12:45pm - 2:15pm)	109 (12:45pm - 2:15pm)					200 (12:45pm - 2:15pm)		12.30pm-1.00pm
1.00pm-1.30pm		Yogini Kaliji	Hema Mirpuri	Sianna Sherman	Jonas Westring					Sylvia Chiang		1.00pm-1.30pm
1.30pm-2.00pm		Ahimsa Vegan Lifestyle	Kids Family Yoga	Urban Priestess: Women's Sacred Circle	Thal Yoga Therapy					How to Brand Yourself as a Successful Yoga Teacher		1.30pm-2.00pm
2.00pm-2.30pm	170	96	41	40	187	24	122	142	155	123	166	2.00pm-2.30pm
2.30pm-3.00pm	Tyler Mongan	Gahl Eden Sasson	Bryan Lau	Brian Campbell	Yogini Kaliji	Ana Forrest & Jose Calarco	Markus Giess	Rose Erin Vaughan	Sianna Sherman & Masood Khan	Martha Collard	Tryphena Chia	2.30pm-3.00pm
3.00pm-3.30pm	Create Your Future: Brain & Heart Science Yoga Mind/Meditation All Levels	Kabbalah: Blueprint to Create Your Own Miracles Mysticism/Kabbalah/ Astrology All Levels	Anatomy Essentials: Remove Bad Karma Anatomy/Therapeutics All Levels, Teachers	Working with Scar Tissue Forrest Yoga/Bodywork/ MyoFascial Release All Levels, Teachers	Free the Spine: Flow TriYoga All Levels	Tame the Pain Forrest Yoga All Levels	Yin Yoga: Purpose Yin Yoga All Levels	The Science of Acupressure for Yogis Acupressure Technique/ Meditation All Levels, Teachers	Hips, Mantra, Meditation Hatha/Rasa Yoga All Levels	Chakra Tune Up Kundalini/Chakras All Levels	Hands-on Assist Hatha All Levels, Teachers	3.00pm-3.30pm
3.30pm-4.00pm												3.30pm-4.00pm
4.00pm-4.30pm												4.00pm-4.30pm
4.30pm-5.00pm	13	91	52	50	175	118	207	57	111	124	195	4.30pm-5.00pm
5.00pm-5.30pm	Aldo Privileggi	Eric Standop	Daniel Scott	Chris Su	Tymn Howard	Masood Khan	Brian Campbell	Daphne Tse	Jonas Westring	Martha Collard	Patrick Creelman	5.00pm-5.30pm
5.30pm-6.00pm	Hypno-Meditation: Sleep Disorders & Anxiety Hypnotherapy All Levels	Face & Body Language: Love Face Reading All Levels	Counterbalance: Partner Yoga Partner Yoga All Levels	Restorative Yoga Therapy Mindfulness Yin Yoga All Levels, Therapeutic	Yin Yoga & Nidra Yin Yoga & Yoga Nidra All Levels, Therapeutic	Closing Kirtan & Meditation Meditation/Energy Healing/ Chanting All Levels	Art of Letting Go MyoFascial Release All Levels, Therapeutic	Free Yourself: Dance, Sound, Meditation Nada Yoga/Movement Meditation All Levels	Inner & Outer Hip Spirals Anusara All Levels	Gong Sound Therapy Naad, Kundalini All Levels, Therapeutic	The Last Class Vinyasa All Levels	5.30pm-6.00pm
6.00pm-6.30pm												6.00pm-6.30pm
6.30pm-7.00pm												6.30pm-7.00pm
7.00pm-7.30pm												7.00pm-7.30pm

SATURDAY 9 JUNE

SUNDAY 10 JUNE