

OVERVIEW CLASS SCHEDULE

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■ Lectures
 ■ 2-Hour Workshops
 ■ Half-Day Intensives
 ■ All Day Intensives
 ■ Special Paid Programmes
 ■ Community Events (Complimentary)
 123 Session ID
 M English with Mandarin Translation
 E Mandarin with English Translation

THURSDAY 13 JUNE

FRIDAY 14 JUNE

	391	248	261	227	356	353	374	351	313	224	365	
8:00am-8:30am	Dario Calvaruso	Zeo Sheehan	Sin Hee McCabe	David Swenson	Yogi Mohan	Briohny Smyth	Patrick Creelman	Noah Mazé	Rajiv Kapil	Chris Su	Xiaoyuan Zhou	8:00am-8:30am
8:30am-9:00am	A Lecture on Yoga Philosophy Yoga Philosophy, Yoga Darsana All Levels	Q&A with Kuthumi Spirituality, Channeling, Wisdom, Meditation All Levels	Free Your Spine Forrest Yoga® All Levels	Full Led Primary Series Flow Ashtanga Yoga Adv/Int	Freedom of Body: Hips & Shoulders Hatha Yoga, Traditional Yoga All Levels	The Foundation of Flight Vinyasa Yoga All Levels	Asana As Hanumanasana Hatha Yoga, Vinyasa Flow All Levels, Teachers	Lotus Rising Alignment, The Mazé Method All Levels	Prana Jagriti Pranayama & Dharana Pranayama All Levels, Therapeutic	Harmony Inside Out: Sound Healing Meditation Mindfulness Meditation with Sound Healing, Meditation All Levels, Therapeutic	Kun Tai Chi Philosophy: Yin & Yang KUN Tai Chi Yoga Int/Adv, Teachers	8:30am-9:00am
9:00am-9:30am												9:00am-9:30am
9:30am-10:00am												9:30am-10:00am
	276	237	370	210	296	305	275	369	267	378	258	
10:30am-11:00am	Christopher 'Hareesh' Wallis	David J. BookBinder	Sri Dharma Mittra	Andrey Lappa	Marysia Do	Steven Weiss	Cat Kabira	Markus Giess	Guru Jagat	Emily Large	Sin Hee McCabe	10:30am-11:00am
11:00am-11:30am	Tantra Illuminated Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy) All Levels	The Art of Balance Life Coaching All Levels	Yoga Paradigm (Complete Practice) Dharma Yoga All Levels, Teachers	Universal Alignment & Adjustments Universal Yoga™, Hatha Yoga Int/Adv, Teachers	Spinal Articulation (Backbends) Advanced Asana, Vinyasa Yoga All Levels, Teachers	Postural Alignment, Yoga Mechanics, Anatomy: Upper Body Alignment, Anusara Yoga, Jyengar Yoga Yoga Anatomy All Levels, Teachers	Intro to Biodynamic Cranial Sacral Therapy Energy Healing, Subtle Energy All Levels, Teachers, Therapeutic	Yin Therapy: Yin Yoga & Anatomy Intensive Yin Yoga, Yoga Anatomy, Yin Therapy All Levels, Teachers, Therapeutic	Invincible Living Kundalini Yoga All Levels	Yoga Therapy Advancement Training Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic	Structural Restoration Awareness: Spine, Pelvis, Legs Forrest Yoga® All Levels, Teachers	11:00am-11:30am
11:30am-12:00pm												11:30am-12:00pm
12:00pm-12:30pm												12:00pm-12:30pm
12:30pm-1:00pm												12:30pm-1:00pm
1:00pm-1:30pm												1:00pm-1:30pm
	279	380	371	362	208	306	274	369	289	378	242	
2:00pm-2:30pm	Christopher 'Hareesh' Wallis	Rajiv Kapil	Sri Dharma Mittra	Yogini Kaliji	Andrey Lappa	Steven Weiss	Cat Kabira	Markus Giess	Desirée Rumbaugh & Andrew Rivin	Emily Large	Rose Erin Vaughan	2:00pm-2:30pm
2:30pm-3:00pm	Lost in Translation: Translating the Word Yoga Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy) All Levels	The Power of Choice Yoga Philosophy All Levels	Charging Practice with Enhanced Pranayama Dharma Yoga, Pranayama All Levels	Triyoga®: Therapeutics Triyoga® All Levels, Therapeutic	The Art of Teaching Mixed Level Classes Universal Yoga™ All Levels, Teachers	Postural Alignment, Yoga Mechanics, Anatomy: Lower Body Alignment, Anusara Yoga, Jyengar Yoga Yoga Anatomy All Levels, Teachers	Journey Through the Chakras Chakras, Energy Healing, Spiritual Psychology, Self Discovery, Transformation Movement All Levels	Yin Therapy: Yin Yoga & Anatomy Intensive Yin Yoga, Yoga Anatomy, Yin Therapy All Levels, Teachers, Therapeutic	Built to Last: Create a Strong Sustainable Yoga Practice Anusara Yoga, Hatha Yoga All Levels	Yoga Therapy Advancement Training Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic	SOS Acupuncture for Yogis Science of Meridian, Hatha Vinyasa Yoga All Levels, Teachers	2:30pm-3:00pm
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
	386	252	315	229	350	390	257	321	375	246	222	
5:30pm-6:00pm	Malbert Lee	Zeo Sheehan	Mark Whitwell	David Swenson	Noah Mazé	Nikki Costello	Tymi Howard	Daphne Tse	Patrick Creelman	Tryphena Chia	Chris Su	5:30pm-6:00pm
6:00pm-6:30pm	Gong Sound Meditation Theatre Experience Sound Meditation / All Levels	The Peace of Buddha Channeling, Spirituality, Wisdom All Levels	The Yogas of Participation Hatha Yoga in the Tradition of Krishnamacharya All Levels	Really Hip Openings for the Hips Ashtanga Yoga, Hatha Yoga, Vinyasa Yoga All Levels	Resiliency (Twists, Sidebending, Backbending) Alignment, The Mazé Method All Levels	The Hinge Iyengar Yoga, Yoga Therapy All Levels, Therapeutic	The Power of Stillness: Yoga Nidra Yoga Nidra, Yin Yoga All Levels, Therapeutic	Voice Activation: Use Your Voice to Heal Your Whole Being / Nada Yoga All Levels, Therapeutic	The Brains of Backbending Hatha Yoga, Vinyasa Yoga All Levels, Teachers	Energetic Alignment Flow Vinyasa Yoga, Nada Yoga All Levels	Heal Yourself: Yin Yoga Spine Therapy Therapeutic Yin Yoga All Levels, Therapeutic	6:00pm-6:30pm
6:30pm-7:00pm												6:30pm-7:00pm
7:00pm-7:30pm	5:30pm-7:00pm											7:00pm-7:30pm
	284	326	291	262	363	354	325	349	247	337	220	
8:00am-8:30am	Christopher 'Hareesh' Wallis	Danielle Collins	Sri Dharma Mittra	Sin Hee McCabe	Yogini Kaliji	Briohny Smyth	Dr Omanand Guruji	Noah Mazé	Zeo Sheehan	Emily Large	Chris Su	8:00am-8:30am
8:30am-9:00am	The Art & Science of Micro-Meditations: Tantric Yoga Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy) / All Levels	Become a Teacher of Face Yoga Acupressure, Face Massage, Face Yoga All Levels, Teachers	Dharma Yoga Charging Practice Dharma Yoga All Levels	Hips & Inversions Forrest Yoga® All Levels	Triyoga®: Free the Spine Triyoga® All Levels	Inverted Backbends Vinyasa Yoga Int/Adv	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic	Liquid Strength Alignment, The Mazé Method All Levels	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels	8:30am-9:00am
9:00am-9:30am												9:00am-9:30am
9:30am-10:00am												9:30am-10:00am
	277	234	290	228	297	304	271	238	254	376	364	
10:30am-11:00am	Christopher 'Hareesh' Wallis	David J. BookBinder	Sri Dharma Mittra	David Swenson	Marysia Do	Steven Weiss	Guru Jagat	Markus Giess	Tymi Howard	Cat Kabira	Xiaoyuan Zhou	10:30am-11:00am
11:00am-11:30am	7 Steps to Walk the Path of Yoga in Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy) All Levels	Building Resilience in 5 Steps Life Coaching All Levels	Maha Sadhana: Great Practice of Dharma Yoga Dharma Yoga All Levels	Tools, Talents & Techniques for Teachers Ashtanga Yoga All Levels, Teachers	Sequencing for Advanced Asana Advanced Asana, Vinyasa Yoga Int/Adv, Teachers	Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, Jyengar Yoga Yoga Anatomy Int/Adv, Teachers	Third Eye Opening for Intuition & Abundant Energy Kundalini Yoga, Meditation All Levels	Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, Therapeutic	Subtle Anatomy & Chakras Meditation, Anusara Yoga, Yin Yoga All Levels	Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers, Therapeutic	Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers	11:00am-11:30am
11:30am-12:00pm												11:30am-12:00pm
12:00pm-12:30pm												12:00pm-12:30pm
12:30pm-1:00pm												12:30pm-1:00pm
1:00pm-1:30pm												1:00pm-1:30pm
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2:30pm-3:00pm	Wellspring of Power: Yoga in Tantric Mode Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy) All Levels	Crystals & Healing Mind Yoga, Spirituality, Energy Awareness All Levels, Therapeutic	Illuminating Alignment Alignment, The Mazé Method All Levels, Teachers	Sequencing Mandala Yoga Method Himalayan Universal Yoga, Anusara Yoga, Hatha Yoga Int/Adv, Teachers	The Integration of Strength & Flexibility Anusara Yoga, Hatha Yoga All Levels	Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, Jyengar Yoga Yoga Anatomy Int/Adv, Teachers	Navakarana™: Safety Beyond Alignment Navakarana Vinyasa All Levels	Yin Therapy & Application Yin Yoga, Meditation, Yoga Therapy All Levels, Teachers, Therapeutic	The Creative Art of Assisting & Adjustments Hatha Yoga, Vinyasa Yoga All Levels, Teachers	Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers, Therapeutic	Structural Restoration Awareness: Spine, Neck, Shoulders, Arms Forrest Yoga® All Levels, Teachers	2:30pm-3:00pm
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
	359	264	345	233	244	316	301	319	331	357	341	
5:30pm-6:00pm	Chantal Phillips	Jill Lander	Jacquelyn Umof	David Swenson	Rose Erin Vaughan	Mark Whitwell	Nikki Costello	Daphne Tse	Samrat Dasgupta	Yogi Mohan	Emily Large	5:30pm-6:00pm
6:00pm-6:30pm	Space Clearing Space Clearing All Levels, Teachers, Therapeutic	Insight into Chinese Astrology Chinese Astrology All Levels	Love Your Dancer Body Barre All Levels	So You Think You Can Balance? Ashtanga Yoga, Hatha Yoga, Vinyasa Yoga All Levels	Science of Meridians: Opening Hips, Knees, Ankles Hatha Vinyasa Yoga / All Levels	God & Sex: Now We Get Both Yoga in the Tradition of Krishnamacharya All Levels	Bathe in the Waters of Exhalation Pranayama, Restorative Yoga All Levels, Therapeutic	Soulsongs: Self Care & Healing Through the Art of Sound Meditation Nada Yoga, Meditation / All Levels, Therapeutic	Art of Flight & Trust Acro Yoga Int/Adv	Scoliosis: Treating the Beam of Our Bodies Hatha Yoga, Traditional Yoga, Yoga Therapy All Levels, Teachers, Therapeutic	Yoga Therapy: Optimize Reproductive Health Desikachar Lineage Yoga Therapy, Reproductive Health, All Levels, Teachers, Therapeutic	6:00pm-6:30pm
6:30pm-7:00pm												6:30pm-7:00pm
7:00pm-7:30pm												7:00pm-7:30pm

