OVERVIEW CLASS SCHEDULE

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	r Workshop	Half-Day Intensive	All-Day Intensive	Special Pai	d Programme	Community Event (C	Complimentary) 1:	23 Session ID	🚺 English v	vith Mandarin Translati	on 🕒 Mandarin wi	th English Trar
	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	
	248	391	365	353	227	356	351	313	374	224	261	
8:00am-8:30am	Zeo Sheehan	Dario Calvaruso	Xiaoyuan Zhou	Briohny Smyth	David Swenson	Yogi Mohan	Noah Mazé	Rajiv Kapil	Patrick Creelman	Chris Su	Sin Hee McCabe	8:00am-8:30
8:30am-9:00am	Q&A with Kuthumi	A Lecture on Yoga				Freedom of Body:			Asana As 🛛 🕅	Harmony Inside Out:		8:30am-9:00
9:00am-9:30am	(Meditation) Spirituality, Channeling, Wisdom, Meditation	Philosophy Yoga Philosophy, Yoga Darśana	Yin & Yang KUN Tai Chi Yoga	The Foundation of Flight Vinyasa Yoga	Fully Led Primary Series	Hips & Shoulders Hatha Yoga, Traditional	Lotus Rising Alignment, The Mazé Method	Prana Jagriti Pranayama & Dharana	Exploratory Technique: Hanumanasana	Mindfulness Meditation with	Free Your Spine Forrest Yoga®	9:00am-9:30
9:30am-10:00am	Wisdom, Meditation All Levels	Yoga Darśana All Levels	Int/Adv, Teachers	Vinyasa Yoga All Levels	Ashtanga Yoga Adv/Int	Yoga All Levels		Pranayama All Levels, Therapeutic	Hatha Yoga, Vinyasa Flow All Levels, Teachers	Sound Healing, Meditation All Levels, Therapeutic	Forrest Yoga® All Levels	9:30am-10:00
	276	237	370	210	258	296	377	275	369	Therapeutic W 305	267	0.000
10:30am-11:00am	Christopher 'Hareesh'	David J. BookBinder	Sri Dharma Mittra					Cat Kabira		1		10:00 11:0
	Wallis	David J. BOOKBINDER	Sri Dharma Mittra	Andrey Lappa	Sin Hee McCabe	Marysia Do	Emily Large	Cat Kabira	Markus Giess	Steven Weiss	Guru Jagat	10:30am-11:0
11:00am-11:30am	Tantra Illuminatod	The Art of Balance					Yoga Therapy Fundamentals: Mental &	Intro to Biodynamic	Yin Therapy: Yin Yoga &	Postural Alignment, Yoga Mechanics,		11:00am-11:3
11:30am-12:00pm	Tantra Illuminated Meditation, Tantric Philosophy,	Life Coaching All Levels	Yoga Paradigm (Complete Practice)	Universal Alignment & Adjustments Universal Yoga®,	Structural Restoration Awareness: Spine, Pelvis, Legs	Spinal Articulation (Backbends) Advanced Asana,	Emotional Wellbeing Physical Therapy,	Cranial Sacral Therapy	Anatomy Intensive Yin Yoga, Yoga Anatomy,	Anatomy: Upper Body	Invincible Living Kundalini Yoga	11:30am-12:0
12:00pm-12:30pm	Yoga Darśana		Dharma Yoga® All Levels, Teachers	Universal Yoga®, Hatha Yoga	Spine, Pelvis, Legs Forrest Yoga®	Advanced Asana, Vinyasa Yoga	Desikachar Lineage Yoga	Energy Healing, Subtle Energy	All Levels, Teachers,	Alignment, Anusara Yoga,	Kundalini Yoga All Levels	12:00pm-12:3
12:30pm-1:00pm	Yoga Darśana (Practical Philosophy) All Levels	10:30am-12:30pm	All Levels, leachers	Int/Adv, Teachers	All Levels, Teachers	Vinyasa Yoga All Levels, Teachers	Therapy All Levels, Teachers,	All Levels, Teachers, Therapeutic	All Levels, Teachers, Therapeutic	lyengar Yoga Yoga Anatomy		12:30pm-1:00
1:00pm-1:30pm			M	Μ	M		Therapeutic			All Levels, Teachers		1:00pm-1:30
	279		371	208	362	289	377	242	369	306	274	
2.00pm-2.30pm	Christopher 'Hareesh' Wallis	380	Sri Dharma Mittra	Andrey Lappa	Yogini Kaliji	Desirée Rumbaugh & Andrew Rivin	Emily Large	Rose Erin Vaughan	Markus Giess	Steven Weiss	Cat Kabira	2.00pm-2.30
2.30pm-3.00pm	Lost in Translation:	Rajiv Kapil					Yoga Therapy			Postural Alignment		2.30pm-3.00
3.00pm-3.30pm	Translating the		Charging Practice with	The Art of Treashing		Built to Last:	Yoga Therapy Fundamentals: Mental &	SOS Acupressure	Yin Therapy: Yin Yoga & Anatomy	Postural Alignment, Yoga Mechanics,	Journey Through the Chakras	3.00pm-3.30
3.30pm-4.00pm	Word Yoga Meditation,	The Power of Choice Yoga Philosophy All Levels	Enhanced Pranayama Dharma Yoga®,	The Art of Teaching Mixed Level Classes	Triyoga®: Therapeutics Trivoga®	Create a Strong Sustainable Yoga	Emotional Wellbeing Physical Therapy,	SOS Acupressure for Yogis Science of Meridian,	Intensive	Anatomy: Lower Body	Chakras, Energy Healing, Spiritual Psychology.	3.30pm-4.00
4.00pm-4.30pm	Tantric Philosophy, Yoga Darśana	All Levels	Pranayama All Levels	Universal Yoga® All Levels, Teachers	Triyoga® All Levels, Therapeutic	Practice Anusara Yoga, Hatha Yoga All Levels	Desikachar Lineage Yoga Therapy	Hatha Vinyasa Yoga All Levels, Teachers	Yin Yoga, Yoga Anatomy, Yin Therapy All Levels, Teachers,	Alignment, Anusara Yoga, Iyengar Yoga Yoga Anatomy	Self Discovery, Transformation Movement	4.00pm-4.30
4.30pm-5.00pm	Yoga Darśana (Practical Philosophy) All Levels	0:20pm 4:20pm		M	Ň	All Levels			Therapeutic	Yoga Anatomy All Levels, Teachers	All Levels	
4.30pm-5.00pm		2:30pm-4:30pm	000					212	001	057	015	4.30pm-5.00
	252	386	222	229	350	375	390	246	321	257	315	
5.30pm-6.00pm	Zeo Sheehan	Malbert Lee	Chris Su	David Swenson	Noah Mazé	Patrick Creelman	Nikki Costello	Tryphena Chia	Daphne Tse	Tymi Howard	Mark Whitwell	5.30pm-6.0
6.00pm-6.30pm	The Peace of Buddha	Gong Sound Meditation Theatre Experience	Heal Yourself: 🖤	Really Hip Openings for the Hips	Resiliency (Twists, Sidebending, Backbending) Alignment, The Mazé Method	The Brains of	The Hinge	Energetic Alignment	Voice Activation: Use Your Voice to Heal	The Power M of Stillness:	The Yogas of Participation	6.00pm-6.30
6.30pm-7.00pm	Channeling, Spirituality, Wisdom All Levels	Sound Meditation / All Levels	Yin Yoga Spine Therapy Therapeutic Yin Yoga	Ashtanga Yoga, Hatha Yoga,	Backbending) Alignment, The Mazé	Hatha Yoga, Vinyasa Yoga	a Therapy	Flow Vinyasa Yoga, Nada Yoga All Levels	Your Whole Being /	Yin Yoga & Yoga Nidra Yoga Nidra, Yin Yoga	Hatha Yoga in the Tradition of	6.30pm-7.00
7.00pm-7.30pm	All Levels	5:30pm-7:00pm	All Levels, Therapeutic	Vinyasa Yoga All Levels	Method All Levels	All Levels, Teachers	All Levels, Therapeutic	All Levels	All Levels, Therapeutic	All Levels, Therapeutic	Krishnamacharya All Levels	7.00pm-7.30
	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	
	284	392	291	354	262	363	247	349	337	220	325	
8:00am-8:30am	Christopher 'Hareesh'	Falguni Mather	Sri Dharma Mittra	Briohny Smyth	Sin Hee McCabe	Yogini Kaliji	Zeo Sheehan	Noah Mazé	Emily Large	Obvie Ov		
8:30am-9:00am	Wallis The Art & Science of			,						Chris Su	Dr. Omanand Gurull	8:00am-8:30
	Micro-Meditations:									Chris Su	Dr. Omanand Guruji	
9:00am-9:30am	Tantino Toga,	Emotional Freedom Techniques for	Dharma Yoga Charging Practice	Inverted Backbends	Hips & Inversions	Triyoga®: Free the Spine	Empowering Your Earth Connections	Liquid Strength Alignment, The Mazé			Pranayama Techniques Traditional Yoga,	8:30am-9:00
	Micro-Meditations: Tantric Yoga, Meditation, Tantric Philosophy.	Techniques for "Double Happiness" EFT, Energy Psychology	Practice Dharma Yoga®	Inverted Backbends Vinyasa Yoga Int/Adv	Forrest Yoga®	Triyoga®	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality	Liquid Strength Alignment, The Mazé Method All Levels	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy. Desikachar	Yin Yang Flow Alignment Mindfulness Yin Yang Flow	Pranayama Techniques Traditional Yoga, Pranayama	8:30am-9:00 9:00am-9:30
9:30am-10:00am	Philosophy, Yoga Darśana / All Levels	Techniques for "Double Happiness" EFT, Energy Psychology All Levels	Practice Dharma Yoga® All Levels M	Vinyasa Yoga Int/Adv	Forrest Yoga® All Levels	Triyoga® All Levels	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic	All Levels	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic	Yin Yang Flow Alignment Mindfulness Vin Yang Flow Ali Levels M	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic	8:30am-9:00 9:00am-9:30
	Philosophy, Yoga Darśana / All Levels 277	Techniques for "Double Happiness" EFT, Energy Psychology All Levels 234	Practice Dharma Yoga® All Levels M 290	Vinyasa Yoga Int/Adv 228	Forrest Yoga® All Levels M 364	Triyoga® All Levels 297	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376	All Levels 304	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic 238	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271	8:30am-9:0 9:00am-9:3 9:30am-10:0
9:30am-10:00am 10:30am-11:00am	Philosophy, Yoga Darśana / All Levels	Techniques for "Double Happiness" EFT, Energy Psychology All Levels	Practice Dharma Yoga® All Levels M	Vinyasa Yoga Int/Adv	Forrest Yoga® All Levels	Triyoga® All Levels	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic	All Levels	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic	Yin Yang Flow Alignment Mindfulness Vin Yang Flow Ali Levels M	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic	8:30am-9:00 9:00am-9:30 9:30am-10:0
	Philosophy, Yoga Daršana / Ali Levels 277 Christopher 'Hareesh' Wallis	Techniques for "Double Happiness" EFT, Energy Psychology All Levels 234 David J. BookBinder	Practice Dharma Yoga® All Levels M 290	Vinyasa Yoga Int/Adv 228	Forrest Yoga® All Levels M 364	Triyoga® All Levels 297	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality Al Levels, Therapeutic 376 Cat Kabira	All Levels 304 Steven Weiss	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy, Desikachar Lineage Yoga Therapy All Levels, Teachers, Therapeutic 238	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271	8:30am-9:0 9:00am-9:3 9:30am-10:0 10:30am-11:
10:30am-11:00am	Philosophy, Yoga Daršana / Ali Levels 277 Christopher 'Hareesh' Wallis	Techniques for "Double Happiness" EFT, Energy Psychology All Levels 234 David J. BookBinder	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana:	Vinyasa Yoga Int/Adv 228 David Swenson Tools. Talents &	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou	Trivoga® All Levels M 297 Marysia Do	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality Al Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics	All Levels 304 Steven Weiss Preventing & Healing Injuries	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy. Deskacher Lineage Yoga Therapy Al Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy	Yin Yang Flow Alignment Mindfulness Yin Yang Flow Ali Levels 254 Tymi Howard Subtle Anatomy &	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:1 11:00am-11:3
10:30am-11:00am 11:00am-11:30am	Philosophy, Yoga Daršana / All Levels 277 Christopher 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation	Techniques for "Double Happiness" EFT, Energy Psychology All Levels 234	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana: Great Practice of Dharma Yoga	Vinyasa Yoga Int/Adv 228 David Swenson Tools, Talents & Techniques for Teachers	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana,	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality Ail Levels, Therapeutic 376 Cat Kabira Lintroductory Training in Biodynamic Energetics Energy Healing, Subtle Energy	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment Anusara Yoga	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy Deskachar Lineage Yoga Therapy All Levels, Teachers, Therapeutio 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain	Yin Yang Flow Alignment Mindfulness Yin Yang Flow Ali Levels 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga,	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Intuition & Abundant Energy	8:30am-9:0 9:00am-9:3 9:30am-10:0 10:30am-11: 11:00am-11: 11:30am-12:
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm	Philosophy, Yoga Daršana / All Levels 277 Christopher 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation	Techniques for "Double Happiness" EFT, Energy Psychology All Levels 234 David J. BookBinder	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana: Great Practice	Vinyasa Yoga Int/Adv 228 David Swenson Tools. Talents &	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou	Triyoga® All Levels M 297 Marysia Do Sequencing for Advanced Asana	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers,	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment Anusara Yoga	Yoga Therapy: Upper Back, Neck & Shoulders Physical Therapy. Deskacher Lineage Yoga Therapy Al Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subtle Anatomy & Chakras	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Inhuition	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:0 11:00am-11:0 11:30am-12:0 12:00pm-12:0
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm	Philosophy, Yoga Daršana / Ali Levels 277 Christopher 'Hareesh' Wallis	Techniques for "Double Happiness" EFT, Energy Fsychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana: Great Practice of Dharma Yoga	Vinyasa Yoga Int/Adv 228 David Swenson Tools, Talents & Techniques for Teachers	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana,	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality Ail Levels, Therapeutic 376 Cat Kabira Lintroductory Training in Biodynamic Energetics Energy Healing, Subtle Energy	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy	Yoga Therany: Upper Back, Neck & Shoulders Physical Therapy, Deskacher Lineage Yoga Therapy All Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers,	Yin Yang Flow Alignment Mindfulness Yin Yang Flow Ali Levels 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga,	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Intuition & Abundant Energy Kundailini Yoga, Meditation	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:0 11:30am-11:0 11:30am-12:0 12:30pm-12:3 12:30pm-1:0
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm	Philosophy, Yoga Daršana / All Levels 277 Christopher 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation	Techniques for "Double Happiness" EFT, Energy Fsychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana: Great Practice of Dharma Yoga	Vinyasa Yoga Int/Adv 228 David Swenson Tools, Talents & Techniques for Teachers Asittang Yoga All Levels, Teachers	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana,	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers,	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment Anusara Yoga	Yoga Therany: Upper Back, Neck & Shoulders Physical Therapy, Deskacher Lineage Yoga Therapy All Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers,	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga, All Levels	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Intuition & Abundant Energy Kundailini Yoga, Meditation	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:0 11:30am-11:0 11:30am-12:0 12:30pm-12:3 12:30pm-1:0
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm	Philosophy, Yoga Darsana / All Levels 277 Christopher / Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation, Tantire Philosophy, Yoga Darsana (Practical Philosophy) All Levels 280 Christopher 'Hareesh'	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience In Steps Life Coaching All Levels 10:30am-12:30pm	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Great Practice of Dharma Yoga Dharma Yoga All Levels	Vinyasa Yoga Int/Adv 228 David Swenson David Swenson David Swenson Swenson Tools, Talents & Techniques for Teachers Asitang Yoga All Levels, Teachers M	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers E	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana Advanced Asana, Vinyasa Yoga Int/Adv, Teachers 288 Desirée Rumbaugh &	Empowering Your Earth Connactions Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energeties Energy Healing, Subtile Energy All Levels, Taechers, Therapeutic	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga Yoga Anatomy Int/Adv, Teachers	Yoga Therany: Upper Back, Neck & Shoulders Physical Therapy, Deskaders Lineage Yoga Therapy All Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, Therapeutic	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga, All Levels M	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Intuition & Abundant Energy Kundalini Yoga, Meditation All Levels	8:30am-9:0(9:00am-9:3(9:30am-10:0 10:30am-11:0 11:00am-11:1 11:30am-12:0 12:30pm-12:1 12:30pm-1:0 1:00pm-1:30
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm	Philosophy, Yoga Darsana / All Levels 277 Christopher 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation, Tamtico Philosophy, Yoga Darsana (Practical Philosophy) All Levels 280	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels 10:30am-12:30pm 251	Practice Dharma Yoga® All Levels M Sri Dharma Mittra Maha Sadhana: Great Practice of Dharma Yoga® All Levels 253	Vinyasa Yoga Int/Adv 228 David Swenson Techniques for Teachers Ashtanga Yoga Ail Levels, Teachers M 213	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers E 259	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana Advanced Asana, Vinyasa Yoga Int/Adv, Teachers 288	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtile Energy All Levels, Therapeutic 376	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga Yoga Anatomy Int/Adv, Teachers 304	Yoga Therany: Upper Back, Neck & Shoulders Physical Therapy, Deskacher Lineage Yoga Therapy All Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, Therapeutic 241	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga, Yin Yoga All Levels M	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Intuition & Abundant Energy Kundalini Yoga, Meditation All Levels 348	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:0 11:00am-11:1 11:30am-12:0 12:00pm-12:3 12:30pm-1:0 1:00pm-1:30
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm 2.00pm-2.30pm	Philosophy, Yoga Darsana / All Levels 277 Christopher 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation, Tarthic Philosona (Practical Philosophy) All Levels 280 Christopher 'Hareesh' Wallis Wellspring of Power:	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels 10:30am-12:30pm 251 Zeo Sheehan	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Great Practice of Dharma Yoga Dharma Yoga Dharma Yoga All Levels 253 Tymi Howard	Vinyasa Yoga Int/Adv 228 David Swenson Tools, Talents & Techniques for Teachers Ashtanga Yoga All Levels, Teachers M 213 Andrey Lappa	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers E 259	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana Advanced Asana, Vinyasa Yoga Int/Adv, Teachers 288 Desirée Rumbaugh & Andrew Rivin	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers, Therapeutic 376 Cat Kabira Introductory Training in	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, Ivengar Yoga Yoga Anatomy Int/Adv, Teachers 304 Steven Weiss Preventing &	Yoga Therany: Upper Back, Neck & Shoulders Physical Therany. Deskacher Lineage Yoga Therany Al Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, All Levels, Teachers, Therapeutic 241 Markus Giess Yin Therapy &	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga, Yin Yoga All Levels M 310 Dario Calvaruso	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening 6 Apundant Energy Kundalini Yoga, Meditation All Levels 348 Noah Mazé	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:0 11:00am-11:1 11:30am-12:0 12:30pm-12:3 12:30pm-1:30 1:00pm-2:30 2:30pm-2:30
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm 2.00pm-2.30pm 2.30pm-3.00pm 3.00pm-3.30pm	Philosophy, Yoga Darsana / All Levels 277 Christopher, 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation, Tantire Philosophy, Yoga Darsana (Practical Philosophy) All Levels 280 Christopher 'Hareesh' Wallis Wellspring of Power: Yoga in Tantire Mode Meditation	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels 10:30am-12:30pm 251 Zeo Sheehan	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Great Practice of Dharma Yoga Dharma Yoga Dharma Yoga All Levels 253 Tymi Howard	Vinyasa Yoga Int/Adv 228 David Swenson Tools, Talents & Techniques for Teachers Ashtanga Yoga All Levels, Teachers M 213 Andrey Lappa	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers E 259 Sin Hee McCabe Structural Restoration Awareness:	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana Advanced Asana, Vinyasa Yoga Int/Adv, Teachers 288 Desirée Rumbaugh & Andrew Rivin	Empowering Your Earth Connactions Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, Int/Adv, Teachers 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Introug Noga Anatomy	Yoga Therany: Upper Back, Neck & Shoulders Physical Therany. Deskacher Lineage Yoga Therany Al Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, All Levels, Teachers, Therapeutic	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga, Yin Yoga All Levels M 310 Dario Calvaruso	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening 6 Apundant Energy Kundalini Yoga, Meditation All Levels 348 Noah Mazé	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:0 11:00am-11:1 11:30am-12:0 12:00pm-12:3 12:30pm-1:0 1:00pm-2:30 2.00pm-2:30 2.30pm-3.00 3.00pm-3.30
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm 2:00pm-2:30pm 2:30pm-3.00pm 3:00pm-3:30pm	Philosophy, Yoga Darsana / All Levels 277 Christopher, 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation, Tantire Philosophy, Yoga Darsana (Practical Philosophy) All Levels 280 Christopher 'Hareesh' Wallis Wellspring of Power: Yoga in Tantire Mode Meditation	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels 10:30am-12:30pm 251 Zeo Sheehan	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana: Great Practice of Dharma Yoga® All Levels 253 Tymi Howard The Creative Art of Assisting & Adjustments	Vinyasa Yoga Int/Adv 228 David Swenson Tools, Talents & Techniques for Teach Ashtanga Yoga All Levels, Teachers M 213 Andrey Lappa Sequencing Mandala Yoga Method Himalayan Universal Yoga	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers E 259 Sin Hee McCabe Structural Restoration Awareness: Spine, Neck, Shoulders, Arms	Triyoga® All Levels Milevels Marysia Do Sequencing for Advanced Asana Advanced Asana Advanced Asana Int/Adv, Teachers 100 288 Desirée Rumbaugh & Andrew Rivin The Integration of Strength & Flexibility Anusara Yoga, Hatha Yoga, Hatha Yoga, Hatha	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, All Levels, Teachers, Therapeutic 376 Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, yoga Anatomy Int/Adv, Teachers 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, Anatomy	Yoga Therany: Upper Back, Neck & Shoulders Physical Therany. Deskacher Lineage Yoga Therany Al Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, All Levels, Teachers, Therapeutic	Yin Yang Flow Alignment Mindfulness Yin Yang Flow Ali Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Yinyasa Yoga, Yin Yoga Ali Levels M 310 Dario Calvaruso Navakarana™: Safety Beyond Alignment	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening & Abundant Energy Kundalini Yoga, Meditation Ail Levels 348 Noah Mazé Illuminating Alignment Alignment, The Mazé Method	8:30am-9:00 9:00am-9:30 9:30am-10:0 10:30am-11:1 11:00am-11:3 11:30am-12:1 12:30pm-12:3 12:30pm-1:0 1:00pm-1:30 2.00pm-2:31 2.30pm-3.01 3.00pm-3.31 3.30pm-4.01
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10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm 2.00pm-2:30pm 2.30pm-3.00pm 3.00pm-3.30pm 3.30pm-4.00pm 4.00pm-4.30pm	Philosophy, Yoga Darsana / All Levels 277 Christopher, 'Hareesh' Wallis 7 Steps to Walk the Path of Yoga Meditation, 1 antric Philosophy, Yoga Darsana (Practical Philosophy) All Levels 280 Christopher, 'Hareesh' Wallis Wellspring of Power: Yoga in Tantric Mode Meditation, Tantric Mode Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy) All Levels 359 Chantal Phillips	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels 10:30am-12:30pm 251 Zeo Sheehan Crystals & Healing Mind Yoga, Spirituality, Evels, Therapeutic 264 Jill Lander	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Maha Sadhana: Great Practice of Dharma Yoga® All Levels 253 Tymi Howard 253 Tymi Howard The Creative Art of Assisting & Adjustments Hatha Yoga, Viryasa Yoga All Levels, Teachers M 357 Yogi Mohan	Vinyasa Yoga Int/Adv 228 David Swenson Techniques for Teachers Ashtang Yoga All Levels, Teachers M 213 Andrey Lappa Sequencing Mandala Yoga Method Himalayan Universal Yoga® Int/Adv, Teachers M 331 Samrat Dasgupta	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Chi Yoga Int/Adv, Teachers E 259 Sin Hee McCabe Structural Restoration Awareness: Spine, Neck, Shoulders, Forrest Yoga® All Levels, Teachers 244 Rose Erin Vaughan Science of Meridians:	Triyoga® All Levels M 297 Marysia Do Sequencing for Advanced Asana Advanced Asana Advanced Asana Int/Adv, Teachers 288 Desirée Rumbaugh & Andrew Rivin The Integration of Strength & Flexibility Anusar Aga, Hatha Yoga All Levels M 233 David Swenson So You Think M	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic Cat Kabira Introductory Training in Biodynamic Energy All Levels, Teachers, Therapeutic Cat Kabira Introductory Training in Biodynamic Energy Cat Kabira Introductory Training in Biodynamic Energy Subtle Energy All Levels, Teachers, Therapeutic Subtle Energy	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Anatomy Int/Adv, Teachers 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Alignment, Anusara Yoga, Voga Anatomy Int/Adv, Teachers Steven Weiss 316 Mark Whitwell God & Sex: Now We	Yoga Therany: Upper Back, Neck & Shoulders Physical Therany. Deskadare Lineage Yoga Therany all Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, Therapeutic 241 Markus Giess Yin Therapy & Application, Yoga Therapy All Levels, Teachers, Therapeutic 341 Emily Large Yom Therany: Datimize	Yin Yang Flow Alignment Mindfulness Yin Yang Flow Ali Levels M 254 Tymi Howard Subtle Anatomy & Chakras Meditation, Vinyasa Yoga, Yin Yoga Ali Levels M Dario Calvaruso Dario Calvaruso Navakarana TM : Safety Beyond Ali gmment Navakarana Vinyäsa Ali Levels M 345 Jacquelyn Umof	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Inerapeutic 271 Guru Jagat Third Eye Opening & Abundant Energy Kundalini Yoga, Meditation All Levels 348 Noah Mazé illuminating Alignment Alignment, The Mazé Method All Levels, Teachers 319 Daphne Tse	8:30am-9:00 9:00am-9:30 9:30am-10:00 11:00am-11:3 11:30am-12:0 12:00pm-12:3 12:30pm-1:00 1:00pm-2:30 2:30pm-3:30 3:30pm-4:30 4:30pm-5:00 5:30pm-6:00
10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm 12:30pm-1:00pm 1:00pm-1:30pm 2.00pm-2:30pm 2.30pm-3.00pm 3.00pm-3.30pm 3.30pm-4.00pm 4.30pm-5.00pm	Philosophy, Yoga Darsana / All Levels 277 Christopher 'Hareesh' Walls 7 Steps to Walk the Path of Yoga Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy, All Levels 280 Christopher 'Hareesh' Wellspring of Power: Yoga in Tantric Mode Meditation, Tantric Philosophy, Yoga Darsana (Practical Philosophy, Yoga Darsana (Practical Philosophy, Yoga Darsana (Practical Philosophy) All Levels	Techniques for "Double Happiness" EFT. Energy Psychology All Levels 234 David J. BookBinder Building Resilience in 5 Steps Life Coaching All Levels 10:30am-12:30pm 251 Zeo Sheehan Crystals & Healing Mind Yoga, Spirituality, Energy Awareness All Levels, Therapeutic 264	Practice Dharma Yoga® All Levels M 290 Sri Dharma Mittra Great Practice of Dharma Yoga® Dharma Yoga® All Levels 253 Tymi Howard The Creative Art of Assisting & Adjustments All Levels, Teachers M All Levels, Teachers M	Vinyasa Yoga Int/Adv 228 David Swenson Techniques for Teachers Asitang Yoga All Levels, Teachers M 213 Andrey Lappa Sequencing Mandala Yoga Method Himalayan Universal Yoga® Int/Adv, Teachers M 331	Forrest Yoga® All Levels M 364 Xiaoyuan Zhou Exploring the Wisdom of Tao KUN Tai Cri Yoga Int/Adv, Teachers E 259 Sin Hee McCabe Structural Restoration Awareness: Spine, Neck, Shoulders, Awareness: Spine, Neck, Shoulders, Awareness: Spine, Neck, Shoulders, All Levels, Teachers 244 Rose Erin Vaughan	Triyoga® All Levels Marysia Do Sequencing for Advanced Asana Advanced Asana Advanced Asana Int/Adv, Teachers 288 Desirée Rumbaugh & Andrew Rivin The Integration of Strength & Flexibility Anusara Yoga, Hatha Yoga All Levels M 233 David Swenson	Empowering Your Earth Connections Physical Health, Mind Yoga, Spirituality All Levels, Therapeutic Cat Kabira Introductory Training in Biodynamic Energetics Energy Healing, Subtle Energy All Levels, Teachers, Therapeutic Cat Kabira Introductory Training in Biodynamic Energetics Subtle Energy All Levels, Teachers, Subtle Energy All Levels, Teachers, Subtle Energy All Levels, Teachers, Subtle Energy All Levels, Teachers, Therapeutic	All Levels 304 Steven Weiss Preventing & Healing Injuries Through Yoga Anatomy Voga Anatomy Int/Adv, Teachers 304 Steven Weiss Preventing & Through Yoga Anatomy Noga Anatomy Noga Anatomy Int/Adv, Teachers Through Yoga Anatomy Noga Anatomy Int/Adv, Teachers 316 Mark Whitwell	Yoga Therany: Upper Back, Neck & Shoulders Physical Therany. Deskadars Lineage Yoga Therany Al Levels, Teachers, Therapeutic 238 Markus Giess Yoga Anatomy: Anatomy of Back Pain Yin Yoga, Yoga Anatomy All Levels, Teachers, Therapeutic 241 Markus Giess Yin Therapy & Application Yin Yoga, Meditation, Yoga Therapy All Levels, Teachers, Therapeutic 341 Emily Large	Yin Yang Flow Alignment Mindfulness Yin Yang Flow All Levels M 254 Tymi Howard Subte Anatomy & Chakras Mediation, Vinyasa Yoga, Yin Yoga Ali Levels M 310 Dario Calvaruso Navakarana™: Safety Beyond Alignment Navakarana Vinyasa Ali Levels M 335	Pranayama Techniques Traditional Yoga, Pranayama All Levels, Therapeutic 271 Guru Jagat Third Eye Opening for Intuition & Abundant Energy Kundalini Yoga, Meditation All Levels 348 Noah Mazé Illuminating Alignment Alignment, The Mazé Method All Levels, Teachers 319 Daphne Tse	8:00am-8:30 8:30am-9:00 9:00am-9:30 9:30am-10:00 10:30am-11:0 11:00am-11:3 11:30am-12:0 12:00pm-12:3 12:30pm-1:00 1:00pm-1:30 2.00pm-2.30 2.30pm-3.00 3.00pm-3.30 3.30pm-4.00 4.00pm-4.30 4.30pm-5.00 5.30pm-6.00 6.00pm-6.30 6.30pm-7.00

OVERVIEW CLASS SCHEDULE

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	ire 2-Hou	r Workshop	Half-Day Intensive	All-Day Intensive	e Special Paid	d Programme	Community Event (C	omplimentary)	23 Session ID	🚺 English v	with Mandarin Translati	ion 🕒 Mandarin wi	th English Translation
		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	
		393	235	311	231	209	255	243	272	352	355	323	
	8:00am-8:30am	Corie Chu	David J. Bookbinder	Dario Calvaruso	David Swenson	Andrey Lappa	Tymi Howard	Rose Erin Vaughan	Guru Jagat	Noah Mazé	Yogi Mohan	Dr. Omanand Guruji	8:00am-8:30am
	8:30am-9:00am	Intro to Energy Healing	Cultivating Creativity	Navakarana™: Rhythm, Sound &	Flying, Floating & Handstanding	Awaken the Energetic Body (Bandhas)	Super Soul Flow	Science of Meridiens	Detoxing Mind, Body, Spirit:	Project Inversion	Secret Energy: M Pranayama	Being Blissfull Meditation	8:30am-9:00am
	9:00am-9:30am	Intro to Energy Healing Energy Healing All Levels	Cultivating Creativity Life Coaching All Levels	Mental Absorption M Navakaraņa Vinyāsa /	Ashtanga Yoga, Hatha Yoga, Vinyasa Yoga	Body (Bandhas) Universal Yoga®, M Tantric Hatha Yoga	Vinyasa Yoga M All Levels	for Yogis Science of Meridiens, Hatha Vinyasa Yoga	Body, Spirit: Awakening Chakras Kundalini Yoga, Meditatior	Project Inversion Alignment, The Mazé Method	Hatha Yoga, Traditional Yoga, Pranayama	Traditional Yoga, Meditation	9:00am-9:30am
	9:30am-10:00am			All Levels	Int/Adv	All Levels		Int/Adv	All Levels	All Levels	All Levels, Therapeutic	All Levels, Therapeutic	9:30am-10:00am
		278	268	292	230	212	285	358	335	332	303	239	
Щ	10:30am-11:00am	Christopher 'Hareesh' Wallis	Guru Jagat	Sri Dharma Mittra	David Swenson	Andrey Lappa	Desirée Rumbaugh & Andrew Rivin	Chantal Phillips	Emily Large	Samrat Dasgupta	Steven Weiss	Markus Giess	10:30am-11:00am
Z	11:00am-11:30am	Energy Leaks Meditation,	Yogic Business Academy	Dharma Yoga Master Class	Inversions & Backbends	Universal Mandala Asana Vinyasa	Protect Neck,	Reiki 1 Weekend Certification Day 1	Yoga Therapy for Concentration	Calisthenics & Science	Prostural Alignment, Yoga Mechanics, Spine	Yin Yoga & The Six Senses	11:00am-11:30am
DL	11:30am-12:00pm	Tantric Philosophy, Yoga Darśana (Practical Philosophy)/All Levels	Yogic Business Academy Business of Yoga, Kundalini Yoga All Levels		Ashtanga Yoga, Hatha Yoga, Vinyasa Yoga	Universal Yoga®, Himalayan Universal Yoga	Shoulders & Wrists Anusara Yoga, Hatha Yoga All Levels	Reiki Healing All Levels, Teachers,	Physical Therapy, Yoga Therapy in Desikachar Lineage All Levels, Teachers, Therapeutic	of Core Sama Yoga All Levels	Anatomy Yoga Anatomy, Alignment,	Yin Yoga, Yoga Philosophy, Mental Health All Levels	11:30am-12:00pm
15	12:00pm-12:30pm	Philosophy)/All Levels	-	Int/Adv, Teachers	All Levels			Therapeutic	All Levels, Teachers, Therapeutic	All Levels M	Anusara, Iyengar All Levels, Teachers	Alí Levels	12:00pm-12:30pm
		384 Sonia Samtani	388 🕒 Tiger Hu Kou			385 Rico Guevara	387 Malbert Lee						
DAY	1:00pm-1:30pm	12:45pm - 2:15pm	12:45pm - 2:15pm			12:45pm-1:45pm (60 mins)	12:45pm - 2:15pm						1:00pm-1:30pm
R	1:30pm-2.00pm		Essentials for Opening a Yoga Studio			Zumba	Gong Sound Meditation Experience						1:30pm-2.00pm
ATURI		281 Christopher 'Hareesh'	249	298	360	217	286 Desirée Rumbaugh &	358	269	324	366	294	
SA.	2.30pm-3.00pm	Wallis	Zeo Sheehan	Nikki Costello	Yogini Kaliji	Brian Campbell Bodywork to Increase	Andrew Rivin	Chantal Phillips	Guru Jagat	Dr. Omanand Guruji	Xiaoyuan Zhou	Marysia Do	2.30pm-3.00pm
0,1	3.00pm-3.30pm	Awakened Relationship Meditation, Tantric Philosophy,	Accessing Your Infinite Wisdom	The lyengar Flow Practice	Triyoga®: Partner Stretch Triyoga®	Breath Potential Forrest Yoga®, Yoga Bodywork,	Hip Openers & Hamstring Freedom	Reiki 1 Weekend Certification Day 1	The Art of Relationships & Yogic Sexuality Kundalini Yoga	Yoga Therapy: Techniques for Common Ailments	Kun Tai Chi Yoga:	Basics Done Better (Alignment) Advanced Asana,	3.00pm-3.30pm
	3.30pm-4.00pm	Yoga Darsana (Practical	Accessing Your Infinite Wisdom Spirituality, Channelling, Wisdom	lyengar Yoga, Vinyasa Yoga	Triyoga® All Levels		Anusara Yoga, Hatha Yoga	Reiki Healing All Levels, Teachers,	Kundalini Yoga All Levels	Traditional Yoga, Yoga Therapy	The Completion of Spirit Kun Tai Chi Yoga All Levels, Therapeutic	Advanced Asana, Vinyasa Yoga All Levels, Teachers	3.30pm-4.00pm
	4.00pm-4.30pm	Philosophy)/All Levels	All Levels	Int/Adv, leachers	W	All Levels		Therapeutic		All Levels, Therapeutic			4.00pm-4.30pm
		394	266	293	225	215	334	358	320	263	344	314	
	5.00pm-5.30pm	Corie Chu Healing Through	Jill Lander	Sri Dharma Mittra	Chris Su	Brian Campbell	Emily Large	Chantal Phillips	Daphne Tse	Sin Hee McCabe	Jacquelyn Umof	Mark Whitwell	5.00pm-5.30pm
	5.30pm-6.00pm		How To Expand Good Fortune	Self Knowledge & Yoga Nidra	Restorative Yoga: M The Power of Deep Relaxation	the Nervous System	Sacrum & Hips	Reiki 1 Weekend Certification Day 1	Soulsongs: The Healing Power	Forrest Yoga® M Hands On Assists	Get Stretchy: Sink into the Splits	The Heart of Yoga Yoga in the Tradition of	5.30pm-6.00pm
	6.00pm-6.30pm	Numerology, Energy Healing, Personal Development, Coaching All Levels	How To Expand Good Fortune Feng Shui All Levels	Dharma Yoga®, Yoga Nidra	Mindfulness Yin Yoga	Forrest Yoga®, Yoga Bodywork, Myofascial Release All Levels. Teachers. Therapeutic	Physical Therapy, Yoga Therapy in Desikachar Lineage	Reiki Healing All Levels, Teachers,	The Healing Power of Mantra Nada Yoga All Levels	Hands On Assists for Hips Forrest Yoga®	Vinyasa Yoga, Yin Yoga All Levels	Krishnamacharya All Levels	6.00pm-6.30pm 6.30pm-7.00pm
	6.30pm-7.00pm	All Levels		All Levels, Teachers	All Levels, Therapeutic	All Levels, reachers, merapeutic	All Levels, reachers, merapeutic	Therapeutic		All Levels, Teachers			
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		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	
		Theatre 1 250	395	Convention Hall A 245	Convention Hall B 232	219	287	Room S222 347	Room S223 322	Room S224-225 240	211	270	
	8:00am-8:30am	Theatre 1 250 Zeo Sheehan		Convention Hall A 245 Rose Erin Vaughan	Convention Hall B	219 Brian Campbell		Room S222	Room S223	Room S224-225 240 Markus Giess	211 Andrey Lappa		8:00am-8:30am
	8:30am-9:00am	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend it	395 Ariel Tang Everyday Miracles	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens:	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Fly, Oh My!	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve	287 Desirée Rumbaugh & Andrew Rivin Backbends for a	Room S222 347 Jacquelyn Umof	Room S223 322 Dr. Omanand Guruji Third Eye Awakening	Room S224-225 240 Markus Giess Yin Yoga & Mindfulness (Meditation)	211 Andrey Lappa Powerful Universal Yoga Pranayama	270 Guru Jagat Kundalini: Beauty Yoga	8:00am-8:30am 8:30am-9:00am
	8:30am-9:00am 9:00am-9:30am	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend it Channeling, Spirituality,	395 Ariel Tang Everyday Miracles	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Heart, Neck, Shoulders	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Fly, Oh My! Ashtanoa Yoga, Hatha	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Yoa@	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hatha Yoga	Room S222 347	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yooa	Room S224-225 240 Markus Giess Yin Yoga & Mindfulness (Meditation) Yin Yoga, Mindfulness, Meditation, Contemplation	211 Andrey Lappa Powerful Universal Yoga Pranayama Universal Yoga®,	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aqing	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am
	8:30am-9:00am	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend It Channelling, Spirituality, Wisdom All Levels	395 Ariel Tang Everyday Miracles Bhakti (Chanting) Coaching, Meditation All Levels	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Hearth, Vinyasa Yoga All Levels M	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Fly, Oh My! Astranga Yoga, Hatha Yoga, Vinyasa Yoga All Levels	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Yoga® Yoga Bodywork, M Mysofascial Release/ All Levels	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hatha Yoga All Levels M	Room S222 347 Jacquelyn Umof Beginner Barre Bare All Levels	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yoga All Levels, Therapeutic	Room S224-225 240 Markus Giess (Meditation) Yin Yoga, Mindfulness, Meditation, All Levels	211 Andrey Lappa Powerful Universal Yoga Pranayama Universal Yoga®, Pranayama, Hatha Yoga All Levels	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aging Kundalini Yoga All Levels	8:00am-8:30am 8:30am-9:00am
	8:30am-9:00am 9:00am-9:30am 9:30am-10:00am	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend it Channelling, Spirituality, Wisdom Al Levels 283	395 Ariel Tang Everyday Miracles Bhakt (Chanting) Coaching, Meditation All Levels 236	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Heart, Neck, Shoulders Hatha Vinyasa Voga All Levels M 312	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Ply, Oh My! Asthanga Yoga, Hatha Yoga, Vinyasa Yoga All Levels 226	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Yoga®, Yoga Bodywork, M Mysofascial Release/ All Levels 214	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hatha Yoga All Levels M	Room S222 347 Jacquelyn Umof Beginner Barre Barre All Levels 372	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yoga All Levels, Therapeutic 333	Room S224-225 240 Markus Giess (Meditation) Yin Yoga, Mindfulness, Meditation, Contemplation All Levels 302	211 Andrey Lappa Powerful Universal Yoga Pranayama Nuhversal Yoga All Levels 367	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aging Kundalini Yoga All Levels 300	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am 9:30am-10:00am
ш	8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend it Chanelling, Spirituality, Wisdom All Levels 283 Christopher Hareesh' Wallis	395 Ariel Tang Everyday Miracles Bhakti (Chanting) Coaching, Meditation All Levels 236 David J. BookBinder	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Heart, Neck, Shoulders Hatha Vinyasa Yoga All Levels M 312 Dario Calvaruso	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Fly, Oh My/ Astranga Yoga, Hatha Yoga, Vinyasa Yoga All Levels 226 David Swenson	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Yoga®, Yoga Bodywork, M Mysofascial Release/ All Levels 214 Brian Campbell	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hattha Yoga Ail Levels <u>M</u> 295 Marysia Do	Room S222 347 Jacquelyn Umof Beginner Barre Ail Levels 372 Chantal Phillips	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yoga All Levels, Therapeutic 333 Emily Large	Room S224-225 240 Markus Giess (Meditation) Yin Yoga, Mindfulness, Meditation, All Levels 302 Steven Weiss	211 Andrey Lappa Powerful Universal Yoga Pranayama Universal Yoga All Levels 367 Xiaoyuan Zhou	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aging Kundalini Yoga All Levels 300 Nikki Costello	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am
Z	8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am 11:00am-11:30am	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend It Wigdom Al Levels 283 Christopher Hareesh' Walls Yoga as Integration	395 Ariel Tang Everyday Miracles Bhakti (Chanting) Coaching, Meditation All Levels 236 David J. BookBinder Staying Sane with the Personal	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Heart, Neck, Shoulders Mall Levels 312 Dario Calvaruso Navakarana ¹⁹⁴ . M	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Fly, Oh My/ Ashtanga Yoga, Alatha Yoga, Vinyasa Yoga All Levels 226 David Swenson Breath, Bandhas &	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Yoga®, Yoga Bodywork, M Mysofascial Release/ All Levels 214 Brian Campbell	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hatha Yoga Ali Levels Marysia Do Handstand Energetics Advanced Asana.	Room S222 347 Jacquelyn Umof Beginner Barre Barre All Levels 372 Chantal Phillips Reiki 1 Weekend Certification Day 2	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yoga All Levels, Therapeutic 333 Emily Large Yoga Therapy for Peak Performance	Room S224-225 240 Markus Giess Yin Yoga & Mindfulness (Meditation) Yin Yoga, Mindfulness, Meditation, Contemplator All Levels 302 Steven Weiss Anatomy Fundamentals: Injury Prevention & Rehab	211 Andrey Lappa Yoga Pranayama Universal Yoga® All Levels 367 Xiaoyuan Zhou Xiaoyuan Zhou Kun Tai Chi Yoga: E Energy Transformation	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aging Kundalini Yoga All Levels 300 Nikki Costello The Voice Practice	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am 11:00am-11:30am
	8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend ft Channelling, Spirituality, Wisdom Al Levels 283 Christopher 'Hareesh' Wallis Yoga as Integration Meditation, Tantire Philosophy.	395 Ariel Tang Everyday Miracles Bhakti (Chanting) Coaching, Meditation All Levels 236 David J. BookBinder	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Heart, Neck, Shoulders Mall Levels 312 Dario Calvaruso Navakarana ¹⁹⁴ . M	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Ply, Oh My/ Asthanga Yoga, Hatha Yoga, Viryasa Yoga All Levels 226 David Swenson Breath, Bandhas & Pranayama Ashtanga Yoga, Pranayama	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Yoga®, Yoga Bodywork, M Mysofascial Release/ All Levels 214 Brian Campbell Healing Touch Techniques Forrest Yoga® Yoga Bodywork, Mydiascial Fielases All Levels Teaphers	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hatha Yoga All Levels M 295 Marysia Do Handstand Energetics	Room S222 347 Jacquelyn Umof Beginner Barre All Levels 372 Chantal Phillips Reiki 1 Weekod Certification Day 2 Reiki Healing All Levels, Feachers,	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yoga All Levels, Theraputo 333 Emily Large Yega Therapy for Peak Performance Physical Therapy for Peak	Room S224-225 240 Markus Giess (Meditation) Yin Yoga, & Mindfulness, (Meditation, Contemplation All Levels 302 Steven Weiss Anatomy Fundamentals: Injury Prevention &	211 Andrey Lappa Powerful Universal Universal Yoga Pranayama, Hatha Yoga All Levels 367 Xiaoyuan Zhou	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aging Kundalini Yoga Jal Levels 300 Nikki Costello	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm
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16 JUN	8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am 11:30am-11:30am 11:30am-12:30pm 12:00pm-12:30pm	Theatre 1 250 Zeo Sheehan Accept What Is and Then Transcend ft Channelling, Spirituality, Wisdom Al Levels 283 Christopher 'Hareesh' Wallis Yoga as Integration Meditation, Tantire Philosophy.	395 Ariel Tang Everyday Miracles Bhakti (Chanting) Coaching, Meditation All Levels 236 David J. BookBinder Staying Sane with the Personal Craziness Index Life Coaching / All Levels 389	Convention Hall A 245 Rose Erin Vaughan Science of Meridiens: Opening the Heart, Neck, Shoulders Hatha Vinyasa Yoga. All Levels M 312 Dario Calvaruso Navakarana TM : M Progression Beyond Alignment Navakarana Vinyäsa 379 Jenny Smith	Convention Hall B 232 David Swenson Scorpions, Peacocks & Insects That Ply, Oh My/ Asthanga Yoga, Hatha Yoga, Viryasa Yoga All Levels 226 David Swenson Breath, Bandhas & Pranayama Ashtanga Yoga, Pranayama	219 Brian Campbell Tuck or Not Tuck: Ideal Spinal Curve Forrest Voga®, Voga Bodywork, M Mysofascial Release/ All Levels 214 Brian Campbell Healing Touch Techniques Forrest Voga®, Voga Bodywork, Mychael Relaxes All Levels Teachers, Therapeutic M 378 Christophe Blanc	287 Desirée Rumbaugh & Andrew Rivin Backbends for a Fluid Spine Anusara Yoga, Hattha Yoga Ali Levels M 295 Marysia Do Handstand Energetics Advanced Asana, Vinyasa Yoga Int/Adv, Teachers 382 Martina Lee	Room S222 347 Jacquelyn Umof Beginner Barre All Levels 372 Chantal Phillips Reiki 1 Weekod Certification Day 2 Reiki Healing All Levels, Feachers,	Room S223 322 Dr. Omanand Guruji Third Eye Awakening Technique Traditional Yoga All Levels, Theraputo 333 Emily Large Yega Therapy for Peak Performance Physical Therapy for Peak	Room S224-225 240 Markus Giess (Meditation) Yin Yoga, Mindfulness, (Meditation) Yin Yoga, Mindfulness, Meditation) All Levels 302 Steven Weiss Anatomy Fundamentals: Injury Prevention & Rehab Yoga Anatomy, Alignment	211 Andrey Lappa Powerful Universal Yoga Pranayama Universal Yoga@, Pranayama, Hatha Yoga All Levels 367 Xiaoyuan Zhou Kun Tai Chi Yoga	270 Guru Jagat Kundalini: Beauty Yoga Secrets & Anti-Aging Kundalini Yoga all Levels 300 Nikki Costello The Voice Practice Art of Teaching	8:00am-8:30am 8:30am-9:00am 9:00am-9:30am 9:30am-10:00am 10:30am-11:00am 11:00am-11:30am 11:30am-12:00pm 12:00pm-12:30pm
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