	etures 2-Hour V	Workshops Half-	-Day Intensives	All-Day Intensives / Co	ontinuing Education for	Teachers Com	munity Events (Compli	imentary)	M M	andarin 🚺 Japane	ese to Mandarin (no E	English) Manda	arin 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	
		32	202	10	127	101	190	144	44	107	196	73	
	8.00am-8.30am	Bill Mahony	Yogi Ashokananda	David Swenson	Miguel Sant'ana	Jared McCann	Kathy Zhou	Ross Rayburn	Carolyn Cowan	Jonas Westring	Eddy Marks	Dileep Puliyolly	8.00am-8.30am
	8.30am-9.00am	Upanishads 1:	Power of Relaxation	Ashtanga Fully Led	Hand Balancing	JM Vinyasa	Knowing Your True	Advanced	Altered States:	Principles of Alignment	Pranayama:	Kundalini Yoga	8.30am-9.00am
	9.00am-9.30am	Light in the Heart Upanishads	ATMA Meditation		Hand Balancing	Vinyasa/Hatha	Self Tai Chi Yoga	Biomechanics: Lotus Secrets	The Breath Breath Anatomy	Anusara	Balance & Rhythm lyengar	Kundalini	9.00am-9.30am
	9.30am-10.00am	All Levels	All Levels		All Levels	All Levels M	All Levels M	Hatha Int/Adv	All Levels	All Levels M	All Levels M	All Levels M	9.30am-10.00am
	10:00am-10.30am	167	163	69	15	151	179	203	102	74	119	157	10:00am-10.30am
	10.30am-11.00am	Tyler Mongan	Swami Govindananda	David Swenson	Amy Ippoliti	Sianna Sherman & Masood Khan	Tymi Howard	Jenny Smith	Rose Erin Vaughan & Jared McCann	Edward Clark	Markus Giess	Sin Hee McCabe	10.30am-11.00am
뿌	11.00am-11.30am	Numerology:	The Key to Genuine Happiness										11.00am-11.30am
N N N	11.30am-12.00pm	Live Your Dharma (1) Numerology	Happiness Vedas & Gita/Karma & Bhakti Yoga	Ashtanga:	Hands-on Assists	Myths of Yoga: Asana, Mantra, Mudra	Inversions Vinyasa	Teaching Kids Yoga:	Foundations: Tantra Yoga	Overcome Fear: Unusual Asanas &	Yin Therapy	Movement Transition:	11.30am-12.00pm
	12.00pm-12.30pm	All Levels	All Levels	First Series Overview Ashtanga	Teachers Hatha/Vinyasa	Vinyasa/Mythic Yoga	All Levels M	The Core Essentials Kids Yoga	Meditation/Pranayama/ Asana	Balances Tripsichore Vinyasa	Yin Yoga All Levels	Hip Opening Forrest Yoga	12.00pm-12.30pm
	12.30pm-1.00pm			All Levels	All Levels, Teachers	Flow All Levels	201 (12:45pm - 2:15pm)	All Levels	Int/Adv	Int/Adv	All Levels	Int/Adv	12.30pm-1.00pm
\(\bar{4}\)	1.00pm-1.30pm			M	M	M	Samrat Dasgupta			M		M	1.00pm-1.30pm
OS	1.30pm-2.00pm			16	129	188	A Healthy Spine (Sama Yoga)		5 - 5 - 1/2 - 1 - 2	174	150	81	1.30pm-2.00pm
HURSDAY	2.00pm-2.30pm	93	14	Amy Ippoliti	Miguel Sant'ana	Yogini Kaliji	176	Jenny Smith	Rose Erin Vaughan & Jared McCann	Tyler Mongan	Samantha Chan	Eddy Marks	2.00pm-2.30pm
- ∃ _	2.30pm-3.00pm	Gahl Eden Sasson	Aldo Privileggi				Tymi Howard						2.30pm-3.00pm
Ė	3.00pm-3.30pm	Surfing Synchronicities	Hypnotherapy: Love, Attraction, Relationships	Yoga Sequencing	How to Teach	Art & Science of		Teaching Kids Yoga: The Core Essentials	Foundations:	Anatomy & Physiology of Breath	Yoga Women's Health & Wellness	Iyengar: Yoga Therapy	3.00pm-3.30pm
	3.30pm-4.00pm	Mysticism/Kabbalah/ Astrology All Levels	Relationships Hypnotherapy	Hatha Vinyasa Yoga All Levels, Teachers	Handstand Hand Balancing	Yogaflow TriYoga	Vinyasa All Levels	Kids Yoga	Tantra Yoga Tantra Yoga	Breath Anatomy	Women's Yoga	lyengar/Therapeutic All Levels	3.30pm-4.00pm
	4.00pm-4.30pm	All Levels	Hypnotherapy All Levels		Intermediate/Teachers	All Levels	All Levels M	All Levels	Int/Adv	All Levels	All Levels/Women Only	7 W 2010/0	4.00pm-4.30pm
	4.30pm-5.00pm			M		M					M		4.30pm-5.00pm
	5.00pm-5.30pm	33	84	76	133 Rodney Yee & Colleen	125	23 Ana Forrest & Jose	105	117	137	181	55	5.00pm-5.30pm
	5.30pm-6.00pm	Bill Mahony	Eddy Marks	Edward Clark	Saidman	Michiko Minegishi	Calarco	Javier de Salas	Masood Khan	Rose Erin Vaughan	Yogi Ashokananda	Daphne Tse	5.30pm-6.00pm
	6.00pm-6.30pm	Upanishads 2: Thou Art That	Yogic Diet: Eastern &	Vinyasa: Fluidity, Breath with Movement	Arm Balances, Hip Openers, Inversions	Shoulders: Release & Activate		Mind Heart Opening	Connection to Creation Meditation/Chanting/	Science of Meridian: Master Workshop	Science of Relaxation	Yoga of Sound	6.00pm-6.30pm
	6.30pm-7.00pm	Upanishads	Western Perspectives lyengar		Hatha	Hatha	Forrest Yoga All Levels	Self Development/ Mediation/Spirituality/ Healing	Energy Healing	Vinyasa Hatha/Vinyasa	Active Meditation All Levels	Nada Yoga All Levels	6.30pm-7.00pm
	7.00pm-7.30pm	All Levels	All Levels	Int/Adv M	Int/Adv M	All Levels M	M	All Levels	All Levels	Int/Adv W			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	
		34	165	66	139	18	112	46	192	128	158	110	
	8.00am-8.30am	Bill Mahony	Swami Govindananda	David Swenson	Rose Erin Vaughan	Amy Ippoliti	Kathy Zhou	46 Carolyn Cowan	Michiko Minegishi		158 Sin Hee McCabe	110 Jonas Westring	8.00am-8.30am
	8.30am-9.00am	Bill Mahony Upanishads 3:	Swami Govindananda What Happens After		Rose Erin Vaughan Science of Meridians:	Amy Ippoliti Shoulder & Neck	Kathy Zhou Tai Chi Yoga: The Art	46 Carolyn Cowan Yoga & the Addictive	Michiko Minegishi Awakening Flow:	128 Miguel Sant'ana Advanced Handstand	158	110	8.30am-9.00am
	8.30am-9.00am 9.00am-9.30am	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads	Swami Govindananda What Happens After	David Swenson Ashtanga: Second Series Tour Ashtanga	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa	128 Miguel Sant'ana	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga	Jonas Westring Full-Spectrum Anusara Practice Anusara	8.30am-9.00am 9.00am-9.30am
	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels	Swami Govindananda What Happens After Death Vedas & Gital/karma & Bhakti Yoga All Levels	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa All Levels M	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv	158 Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am
	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels	Swami Govindananda What Happens After Death Vedas & GitarKarma & Bhakit Yoga All Levels 206	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels 68	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa All Levels M	128 Miguel Sant'ana Advanced Handstand Hand Belancing Int/Adv	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am
	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan	Swami Govindananda What Happens After Death Vedas & Gita/Karma & Bhaki Yoga All Levels 206 Eric Standop	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa All Levels M	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv	158 Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am
E	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am 11.00am-11.30am	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2)	Swami Govindananda What Happens After Death Vedas & Giat/Aurma & Bhakti Yoga All Levels 206 Eric Standop Face Your Career & Business	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Virryasa All Levels 68 David Swenson Tools, Talents,	Amy Ippoliti Shoulder & Neck Anatomy Hatha Viryasa All Levels M 143 Ross Rayburn How to Sequence	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels 135 Rodney Yee & Colleen Saidman	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels 80 Eddy Marks	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa All Levels M 149 Samantha Chan	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists &	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels	Jonas Westring Full-Spectrum Anusara Practice Anusara Intl/Adv 45 Carolyn Cowan Altered States: The Kundalini	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am
JNE	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am 11.00am-11.30am	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology	Swami Govindananda What Happens After Death Vedas & GlatlAfarma & Bhakit Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Viryasa All Levels M 68 David Swenson Tools, Talents, Techniques for	Amy Ippoliti Shoulder & Neck Anatomy Hatha Virryasa All Levels 143 Ross Rayburn How to Sequence Therapeutics in a Workshop	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hatha/Meditation/	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels 80 Eddy Marks lyengar: Profound Absorption	Michiko Minegishi Awakening Flow: Spine Hatha/Viryasa All Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga	Miguel Sant'ana Advanced Handstand Hand Belancing Int/Adv 75 Edward Clark Assists & Adjustments:	Sin Hee McCabe Breathe: Inversion-Back Bend Forest Yoga All Levels 152 Sianna Sherman Healing Adjustments	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am 11.00am-11.30am
JUNE	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2)	Swami Govindananda What Happens After Death Vedas & Giat/Aurma & Bhakti Yoga All Levels 206 Eric Standop Face Your Career & Business	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasa/Hatha	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Viriyasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hathal Meditation/ Restorative	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels 80 Eddy Marks lyengar: Profound Absorption	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa Ail Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Pre-natal Yoga	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels 152 Sianna Sherman	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm
8 JUNE	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology	Swami Govindananda What Happens After Death Vedas & GlatlAfarma & Bhakit Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Viryasa All Levels M 68 David Swenson Tools, Talents, Techniques for	Amy Ippoliti Shoulder & Neck Anatomy Hatha Viriyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Viriyasa	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hatha/Meditation/	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels 80 Eddy Marks	Michiko Minegishi Awakening Flow: Spine Hatha/Viryasa All Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic /Rasa Yoga	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels 89 (1pm - 1:45pm)	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm
8 JUN	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology	Swami Govindananda What Happens After Death Vedas & GlatlAfarma & Bhakit Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasa/Hatha All Levels M	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga All Levels, Teachers M	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Vinyasa Int/Adv, Teachers,	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hathar/Meditation/ Restorative All Levels, Therapeutic	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels 80 Eddy Marks Iyengar: Profound Absorption Iyengar All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa Ail Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Pre-natal Yoga Ail Levels M	Miguel Sant'ana Advanced Handstand Hand Belancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa Int/Adv	Sin Hee McCabe Breathe: Inversion-Back Bend Forest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic (Rasa Yoga All Levels, Teachers	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels 89 (1pm - 1:45pm) Coeans of Connection	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm 12.30pm-1.00pm
AY 8 JUN	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm 1.30pm-2.00pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology	Swami Govindananda What Happens After Death Vedas & GlatlAfarma & Bhakit Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasa/Hatha All Levels	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga All Levels, Teachers M 148	Amy Ippoliti Shoulder & Neck Anatomy Hatha Viriyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Viriyasa Int/Adv, Teachers, Therapeutics	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hatha/Meditation/ Restorative All Levels, Therapeutic M	46 Carolyn Cowan Yoga & the Addictive Personality Kundalin All Levels 80 Eddy Marks Iyengar: Profound Absorption Iyengar All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa Ail Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Pre-natal Yoga All Levels	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa	Sin Hee McCabe Breathe: Inversion-Back Bend Forest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic (Rasa Yoga All Levels, Teachers	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels 89 (1pm - 1:45pm) Eoin Finn	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm
RIDAY 8 JUN	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm 1.30pm-2.00pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology All Levels	Swami Govindananda What Happens After Death Vedas & Gial/Acmra & Bhakil Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading All Levels	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasa/Hatha All Levels M 53	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga All Levels, Teachers M	Amy Ippoliti Shoulder & Neck Anatomy Hatha Viriyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Viriyasa Int/Adv, Teachers, Therapeutics Ross Rayburn	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hathar/Meditation/ Restorative All Levels, Therapeutic	46 Carolyn Cowan Yoga & the Addictive Personality Kundalini All Levels 80 Eddy Marks Iyengar: Profound Absorption Iyengar All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa Ail Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Pre-natal Yoga All Levels M 120	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa Int/Adv 156	Sin Hee McCabe Breathe: Inversion-Back Bend Forest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic (Rasa Yoga All Levels, Teachers	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels 89 (1pm - 1:45pm) Eoin Finn Oceans of Connection Community Meditation	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm 12.30pm-1.00pm
AY 8 JUN	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 12.00pm 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm 1.30pm-2.00pm 2.00pm-2.30pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology All Levels	Swami Govindananda What Happens After Death Vedas & GiarKarma & Bhakti Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading All Levels 97 Gahl Eden Sasson Exploring Your Past	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasa/Hatha All Levels M 53 Daniel Scott	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Viryasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga All Levels, Teachers M 148 Samrat Dasgupta	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Vinyasa Int/Adv, Teachers, Therapeutics Ross Rayburn How to Sequence Therapeutics in a	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hathar/Meditation/ Restorative All Levels, Therapeutic M Rodney Yee & Colleen Saidman	46 Carolyn Cowan Yoga & the Addictive Personality Kundalin All Levels 80 Eddy Marks Iyengar: Profound Absorption Iyengar All Levels 171 Tyler Mongan Anatomy:	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa All Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Pre-natal Yoga All Levels M 120 Markus Giess Skeletal Variation:	Miguel Sant'ana Advanced Handstand Hand Belencing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa Int/Adv 156 Sin Hee McCabe	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic //asa Yoga All Levels, Teachers M 184 Yogini Kaliji Therapeutics:	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels 89 (1pm - 1:45pm) Eoin Finn Oceans of Comedion Community Meditation 88 Eoin Finn	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm 1.30pm-2.00pm 2.00pm-2.30pm
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RIDAY 8 JUN	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 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 3.00pm-4.00pm 4.00pm-4.30pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology All Levels 85 Eddy Marks Anatomy & Physiology: Asana & Pranayama Jyengar All Levels	Swami Govindananda What Happens After Death Vedas & Gial/Karma & Bhakti Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading All Levels 97 Gahl Eden Sasson Exploring Your Past Lifetimes Mysticism/Kabbalah/ Astrology All Levels	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasai-Hath All Levels M 53 Daniel Scott AcroYoga for Everybody Partner Yoga All Levels M 17	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga All Levels, Teachers M 148 Samrat Dasgupta Flexibility: Fundamentals & Advancement Sama Yoga All Levels M	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Vinyasa Inti/Adv, Teachers, Therapeutics in a Workshop Hatha Vinyasa, Therapeutics in a Workshop Hatha Vinyasa, Therapeutic Yoga Inti/Adv, Teachers, Therapeutics 178	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hatha/Meditation/ Restorative All Levels, Therapeutic M Rodney Yee & Colleen Saidman Yoga One Day Retreat Asana, Pranayama, Meditation, Philosophy All Levels, Therapeutic M 21 Ana Forrest & Jose	46 Carolyn Cowan Yoga & the Addictive Personality Kundalin All Levels 80 Eddy Marks Iyengar: Profound Absorption Iyengar All Levels 171 Tyler Mongan Anatomy: 3 Evils of the Mind (Past, Present, Future) Anatomy Physiology All Levels	Michiko Minegishi Awakening Flow: Spine Hatha/Vinyasa All Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Prenatal Yoga All Levels M 120 Markus Giess Skeletal Variation: Alignment Hatha/Anatomy/ Therapeutic All Levels	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa Int/Adv 156 Sin Hee McCabe Movement Transition: Neck, Shoulders, Spine Forest Yoga All Levels	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic /Rasa Yoga All Levels, Teachers M 184 Yogini Kaliji Therapeutics: Realign-Relax- Rejuvenate Therapeutics All Levels All Levels	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini Kundalini All Levels 89 (1pm - 1:45pm) Eoin Finn Oceans of Connection Community Mediation 88 Eoin Finn Open Heart, Open Hips Vinyasa Yoga, Blissology Alignment Beg/Int	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.00am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.00pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm 1.30pm-2.00pm 2.00pm-2.30pm 2.30pm-3.00pm 3.00pm-3.30pm 3.00pm-4.00pm
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RIDAY 8 JUN	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10.30am-10.30am 10.30am-11.00am 11.00am-11.30am 11.30am-12.00pm 12.30pm-12.30pm 12.30pm-1.00pm 1.00pm-1.30pm 2.00pm-2.30pm 2.30pm-3.00pm 3.00pm-3.30pm 3.00pm-3.30pm 4.00pm-4.00pm 4.00pm-4.500pm 5.00pm-5.00pm 5.00pm-5.30pm	Bill Mahony Upanishads 3: Self-Formed Joy Upanishads All Levels 168 Tyler Mongan Numerology: Live Your Dharma (2) Numerology All Levels 85 Eddy Marks Anatomy & Physiology: Asana & Pranayama yengar All Levels	Swami Govindananda What Happens After Death Vedas & Gital/Karma & Bhakit Yoga All Levels 206 Eric Standop Face Your Career & Business Face Reading All Levels 97 Gahl Eden Sasson Exploring Your Past Lifetimes Mysticism/Kabbalah/ Astrology All Levels 12 Aldo Privileggi Hypno-Meditation: Blocks & Limiting Beliefs Meditation/Conscious	David Swenson Ashtanga: Second Series Tour Ashtanga All Levels 98 Jared McCann Backbending: Entire Spine Vinyasai-Hath All Levels M 53 Daniel Scott AcroYoga for Everybody Partner Yoga All Levels M 17 Amy Ippoliti Hip Opening Flow	Rose Erin Vaughan Science of Meridians: Hips, Knees, Ankles Hatha Vinyasa All Levels M 68 David Swenson Tools, Talents, Techniques for Teachers Ashtanga All Levels, Teachers M 148 Samrat Dasgupta Flexibility: Fundamentals & Advancement Sama Yoga All Levels M 49 Chris Su Ving Yang Flow Vin & Yang Yoga	Amy Ippoliti Shoulder & Neck Anatomy Hatha Vinyasa All Levels M 143 Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Vinyasa Int/Adv, Teachers, Therapeutics Ross Rayburn How to Sequence Therapeutics in a Workshop Hatha Vinyasa, Therapeutics in a Workshop Hatha Vinyasa, Therapeutics 178 Tymi Howard Myofascial Release: Vinyasa & Yin	Kathy Zhou Tai Chi Yoga: The Art of Slowing Down Tai Chi Yoga All Levels M 135 Rodney Yee & Colleen Saidman Yoga One Day Retreat Hatha/Meditation/ Restorative All Levels, Therapeutic M Rodney Yee & Colleen Saidman Yoga One Day Retreat Asana, Pranayama, Meditation, Philosophy All Levels, Therapeutic M 21 Ana Forrest & Jose Calarco Free Your Spine	46 Carolyn Cowan Yoga & the Addictive Personality Kundalin All Levels 80 Eddy Marks Iyengar: Profound Absorption Iyengar All Levels 171 Tyler Mongan Anatomy: 3 Evils of the Mind (Past, Present, Future) Anatomy Physiology All Levels 104 Javier de Salas Spiritual Practice: Cultivate Self-Love	Michiko Minegishi Awakening Flow: Spine Hathal/vinyasa Ali Levels M 149 Samantha Chan The Art of Teaching Prenatal Yoga Pre-natal Yoga Ali Levels M 120 Markus Giess Skeletal Variation: Alignment Hathal/hatomy/ Therapeutic Ali Levels 205 Bryan Lau Yoga Anatomy 101 Hathal/Anatomy/ Hathal/Anatomy/ Topa Pagentic Ali Levels	Miguel Sant'ana Advanced Handstand Hand Balancing Int/Adv 75 Edward Clark Assists & Adjustments: Vinyasa Yoga Tripsichore Vinyasa Int/Adv 156 Sin Hee McCabe Movement Transition: Neck, Shoulders, Spine Forrest Yoga All Levels M 130 Patrick Creelman Grace & Fortitude: Eka Pada Sirsasana	Sin Hee McCabe Breathe: Inversion-Back Bend Forrest Yoga All Levels 152 Sianna Sherman Healing Adjustments Therapeutic /Rasa Yoga All Levels, Teachers M 184 Yogini Kaliji Therapeutics: Realign-Relax- Rejiuvenate Therapeutics All Levels M 182 Yogi Alshokananda ATMA Meditation & R	Jonas Westring Full-Spectrum Anusara Practice Anusara Int/Adv 45 Carolyn Cowan Altered States: The Kundalini Kundalini All Levels 89 (1pm - 1:45pm) Eoin Finn Oceans of Connection Community Meditation 88 Eoin Finn Open Heart, Open Hips Vinyasa Yoga, Blissology Alignment Beg/int 56 Daphne Tse Chakra Chanting & Sound Meditation	8.30am-9.00am 9.00am-9.30am 9.30am-10.00am 10:00am-10.30am 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-2.00pm 2.00pm-2.30pm 3.00pm-3.00pm 3.00pm-3.00pm 4.00pm-4.00pm 4.00pm-4.50pm
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tures 2-Ho	our Workshops Half	f-Day Intensives	All-Day Intensives / C	ontinuing Education for	r Teachers Com	munity Events (Compli	mentary)	M M	andarin Mapan	ese to Mandarin (no	English) Manda	arin only (no
	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
8.30am-9.00am	Bhakti Sutra 1: What is Bhakti?	Anger Management	Breath, Bandhas,	Wisdom of Inner	Sustainable	Ujjayi Breathing for	Power of Meditation	Alignment:	Slow & Steady:	Backbends,	Science of Meridians:	8.30am-
9.00am-9.30am	Bhakti Sutra, Yoga	Vedas & Gita/Karma & Bhakti Yoga	Pranayama Ashtanga Yoga/Pranayama	Balance a Tai Chi Yoga	Backbends Vinyasa	Inversions Tripsichore Vinyasa	Meditation	Himalayan Hatha Yoga Himalayan Hatha Yoga	Vinyasa Slow Vinyasa	Pranayama, Chanting Vinyasa/Rasa Yoga	Realization	9.00am-9
9.30am-10.00am	All Levels	Bhakti Yoga All Levels	All Levels M	All Levels M	Int/Adv	Int/Adv M	All Levels	Áll Levels	All Levels M	All Levels M	All Levels M	9.30am-1
10:00am-10.30am	11	36	19	65	147	22	114	121	72	145	173	10:00am-
10.30am-11.00am	Aldo Privileggi	Bill Mahony	Amy Ippoliti	David Swenson	Samrat Dasgupta	Ana Forrest & Jose Calarco	Lin Min	Markus Giess	Dileep Puliyolly	Ross Rayburn	Tyler Mongan	10.30am-
11.00am-11.30am	Hypnotherapy: Weight Loss, Body	Bhakti Sutra 2: Yoga & Spiritual Love	The Psoas Unleashed	Flying, Floating & Handstanding	Arm Balances & Inversions	Luminous Core	Kriyoga: Triangle Series	Yin Yoga Rebound	Tantra Yoga Sadhana	How to Avoid Knee Pain	Intro: Neuroanatomy & Neurophysiology	11.00am-
11.30am-12.00pm	n Sculpting Meditation/Hypnotherapy	Yoga Philosophy/Bhakti Sutra	Hatha/Vinyasa All Levels	Ashtanga	Sama Yoga	Forrest Yoga All Levels	Kriyoga/Pranayama	Yin Yoga All Levels	Tantra/Kundalini Yoga All Levels	Hatha	Yoga Anatomy & Physiology	11.30am-
12.00pm-12.30pm	All Levels	All Levels	All Levels M		Int/Adv M	•	All Levels M	1	All Levels M	All Levels, Therapeutic	All Levels	12.00pm-
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-1.30pm		Gahl Eden Sasson		Rodney Yee & Colleen Saidman		Martha Collard		David J Bookbinder		Sylvia Chiang		1.00pm-
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	M	1.30pm-
2.00pm-2.30pm	95	169	160	51	59	185	126	87	108	194	47	2.00pm-
2.30pm-3.00pm	Gahl Eden Sasson Archetypal Astrology:	Tyler Mongan	Sin Hee McCabe	Clayton Horton	Dario Calvaruso	Yogini Kaliji	Michiko Minegishi	Eoin Finn Sthira & Sukha	Jonas Westring	Anjan Kundu	Carolyn Cowan	2.30pm-
3.00pm-3.30pm	Archetypal Astrology: Why You Chose Your Sign	Meet Your Future Self Meditation	Forrest Yoga: Hands on Assist Hips	Five Pillars of Ashtanga	Kinaesthetic Techniques: Vinyāsa Practice	Hip Opening: 6 Directions	Yoga Bou®: Therapeutic Exercise	Art of Core Integration	Anatomy & Therapeutics Therapeutic/Anusara/	Yogalates	Overcoming Stress & Anxiety	3.00pm
3.30pm-4.00pm	Mysticism/Kabbalah/ Astrology	Numerology All Levels	Forrest Yoga All Levels	Ashtanga All Levels	Navakaraṇa All Levels M	TriYoga All Levels M	Hatha/Therapeutic All Levels M	Vinyasa/Blissology Alignment	Anatomy All Levels M	Yogalates All Levels	Kundalini All Levels	3.30pm
4.00pm-4.30pm	All Levels				99	177	58	All Levels 191	83	424	48	4.00pm
4.30pm-5.00pm 5.00pm-5.30pm		63 David J Bookbinder	116 Masood Khan	38	Jared McCann		Daphne Tse	Stephen Clasper	Eddy Marks	131 Patrick Creelman	Chris Su	4.30pm 5.00pm
5.30pm-6.00pm	Eric Standop	David J Bookbillder	Back Repair:	Brian Campbell	Jared WcCariff	Tymi Howard		Stephen Glasper	Standing Poses:			5.30pm
6.00pm-6.30pm	Face Reveal: Health & Nutrition	Cultivating Creativity Life Coaching	No More Chronic Pain Meditation/Chanting/	Releasing Neck Tension Forrest Yoga/Bodywork/	Hips + Forward Folds Vinyasa/Hatha	Dance of Vinyasa & Yin Vinyasa/Yin	Self-Care & Healing: Sound Meditation	Reiki Traditional Usui Reiki	Generate & Channel Energy	The 3 Pillars for Teachers	Yin Yoga & Mindfulness Meditation	6.00pm
6.30pm-7.00pm	Face Reading All Levels	All Levels	Energy Healing	MyoFascial Release All Levels	All Levels M	All Levels M	Nada Yoga All Levels	All Levels, Therapeutic	lyengar	Hatha Int/Teachers M	Mindfulness Yin Yoga All Levels M	6.30pm
7.00pm-7.30pm			All Levels, Therapeutic						All Levels			7.00pm
7.00pm 7.00pm	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	7.000111
	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-9.00am		Äyurveda Fundamentals: Create a Personalised		Ashtanga: Half Primary					Prana Kriya Yoga:			8.30am-
9.00am-9.30am	Voice Activation Nada Yoga	Lifestyle	Radiant Detox Glow Hatha/Vinyasa	& Intermediate Series Ashtanga	Ujjayi & The Legs Tripsichore Vinyasa	Gravity Surfing Forrest Yoga	Peace is Who You Are Meditation	Movement Artist Vinyasa Flow	Heart Energy Prana Kriya Yoga	Core Abs & Pranayama Core/Pranayama	Hips + Inversions Vinyasa/Hatha	9.00am
9.30am-10.00am	All Levels	Navakarana Vinyasa All Levels	All Levels M	All Levels	Int/Adv M	Int/Adv M	All Levels	All Levels	All Levels	All Levels	All Levels	9.30am-
10:00am-10.30am	n 162	64	146	67	39	134	159	42	115	60	82	10:00am-
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-11.30am	Seven Steps to	The Art of Balance	How to Sequence:	So You Think You Can	Techniques: Healing Wrists & Elbows	Twist, Twists, and	Dare Handstand	Kundalini: Hormones	Kriyoga: Vinyasa	Kinaesthetic Techniques:	lyengar:	11.00am
11.30am-12.00pm	Successful Living Vedas & Gita/Karma &	Self Development	Open Psoas Muscle Hatha/Anatomy	Balance Ashtanga	Forrest Yoga/Bodywork	Untwist Hatha	Forrest Yoga	Kundalini	Vinyasa Yoga/Kriyoga	Complex Movements Navakarana	Grow Your Lotus! Iyengar	11.30am-
12.00pm-12.30pm		All Levels	All Levels, Teachers	All Levels M	MyoFascial Release All Levels, Teachers	All Levels M	Int/Adv	All Levels	All Levels M	Int/Adv M	Int/Adv	12.00pm-
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-1.30pm		Yogini Kaliji	Hema Mirpuri	Sianna Sherman	Jonas Westring					Sylvia Chiang		1.00pm
1.30pm-2.00pm		Ahimsa Vegan Lifestyle	Kids Family Yoga	Urban Priestess: Women's Sacred Circle	Thai Yoga Therapy					How to Brand Yoursellf as a Successful Yoga Teacher	M	1.30pm-
2.00pm-2.30pm	170	96	41	40	187	24	122	142	155	123	166	2.00pm-
2.30pm-3.00pm	Tyler Mongan	Gahl Eden Sasson Kabbalah: Blueprint	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-3.30pm	Create Your Future: Brain & Heart Science		Anatomy Essentials: Remove Bad Karma	Working with Scar Tissue Forrest Yoga/Bodywork	Free the Spine: Flow	Tame the Pain	Yin Yoga: Purpose	The Science of Acupressure for Yogis	Hips, Mantra, Meditation	Chakra Tune Up	Hands-on Assist	3.00pm
3.30pm-4.00pm	Yoga Mind/Meditation	to Create Your Own Miracles Mysticism/Kabbalah/	Anatomy/Therapeutics	MyoFascial Release	TriYoga	Forrest Yoga	Yin Yoga All Levels	Acupressure Technique/	Hatha/Rasa Yoga	Kundalini/Chakras All Levels	Hatha All Levels, Teachers	3.30pm
	All Levels	Astrology All Levels	All Levels, Teachers	Teachers M	W	W		All Levels, Teachers (VI)	All Levels M			4.00pm
4.00pm-4.30pm				50	175	118	207	57	111	124	195	4.30pm
4.00pm-4.30pm 4.30pm-5.00pm	13	91	52						·			
4.00pm-4.30pm 4.30pm-5.00pm 5.00pm-5.30pm		91 Eric Standop	52 Daniel Scott	Chris Su	Tymi Howard	Masood Khan	Brian Campbell	Daphne Tse	Jonas Westring	Martha Collard	Patrick Creelman	
4.00pm-4.30pm 4.30pm-5.00pm 5.00pm-5.30pm 5.30pm-6.00pm	13 Aldo Privileggi Hypno-Meditation: Sleep Disorders &	Eric Standop Face & Body	Daniel Scott Counterbalance:		Tymi Howard Yin Yoga & Nidra	Closing Kirtan & Meditation	Art of Letting Go	Free Yourself:	Inner & Outer Hip	Gong Sound Therapy	The Last Class	5.30pm-
4.00pm-4.30pm 4.30pm-5.00pm 5.00pm-5.30pm 5.30pm-6.00pm 6.00pm-6.30pm	Aldo Privileggi Hypno-Meditation: Sleep Disorders & Anxiety	Eric Standop Face & Body Language: Love Face Reading	Daniel Scott Counterbalance: Partner Yoga Partner Yoga	Chris Su Restorative Yoga Therapy Mindfulness Yin Yoga All Levels.	Tymi Howard Yin Yoga & Nidra Yin Yoga & Yoga Nidra All Levels,	Closing Kirtan & Meditation Meditation/Energy Healing/	Art of Letting Go MyoFascial Release	Free Yourself: Dance, Sound, Meditation Nada Yoga/Movement Meditation	Inner & Outer Hip Spirals Anusara	Gong Sound Therapy Naad, Kundalini	The Last Class Vinyasa	5.30pm- 6.00pm-
4.00pm-4.30pm 4.30pm-5.00pm 5.00pm-5.30pm 5.30pm-6.00pm	Aldo Privileggi Hypno-Meditation: Sleep Disorders & Anxiety Hypnotherapy All Levels	Eric Standop Face & Body Language: Love	Daniel Scott Counterbalance: Partner Yoga	Chris Su Restorative Yoga Therapy Mindfulness Yin Yoga All Levels,	Tymi Howard Yin Yoga & Nidra Yin Yoga & Yoga Nidra All I evels	Closing Kirtan & Meditation	Art of Letting Go	Free Yourself:	Inner & Outer Hip Spirals	Gong Sound Therapy	The Last Class	5.00pm-5 5.30pm-6 6.00pm-6 6.30pm-7 7.00pm-7