



BE HERE NOW

DEEPEN YOUR PRACTICE WITH

ROBERT BOUSTANY
NICKI DOANE
ALAN FINGER
LILIAS FOLAN
SHARON GANNON
RICH GOLDSTEIN
JONNY KEST
CHRIS KILHAM
GARY KRAFTSOW
MISHA LAIRD
DAVID LIFE
VINNIE MARINO
MEHTAB
MIKA
EDDIE MODESTINI
SHARON MOON
STEVE ROSS
MATTHEW SANFORD
CHRISTINA SELL
PRIYANKA SHANBAG
MARK URIDEL
RUSTY WELLS
MARK WHITWELL
CRAIG WILLIAMS

CONFERENCE FEATURES

KIRTAN CONCERT
YOGA DEMONSTRATIONS
KEYNOTE
BEGINNERS PATH
TEACHER TRAINING
INTENSIVES & WORKSHOPS
YOGA BAZAAR EXPO SHOW

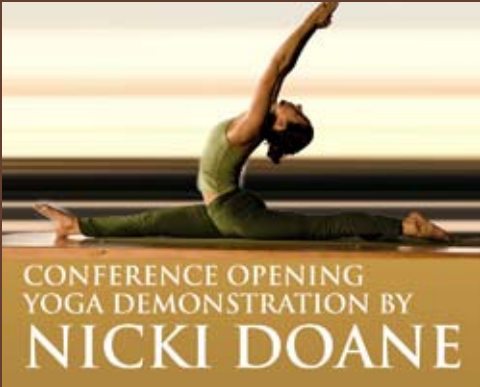
SOUTHWEST 08 YOGA CONFERENCE

OCTOBER 23 - 26, 2008

HYATT REGENCY AUSTIN • DOWNTOWN AUSTIN, TX

southwestyoga.com / 800.599.YOGA

THURSDAY 8:00PM



FRIDAY 8:00PM

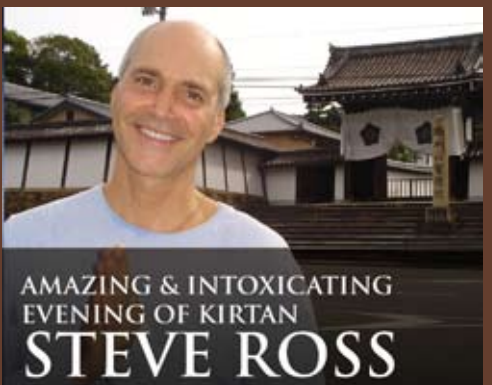


SATURDAY 7:00AM



CONFERENCE
SPECIAL
EVENTS

SATURDAY 7:30PM



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Dear Friend,

After 28 years of practicing yoga and meditation...there is one truth that remains humbling to me every time... to be present, to remain grounded through the breath, in observation of reality as it is.

We welcome you to be here now.

Take time to notice moments of stillness and silence.

Expand through breath and posture.

Explore your body and mind in a much simpler, more organic state.

Come join our community of yogis and an incredible faculty...It shall be joyful, as happiness only becomes real when it is shared.

Namaste,



Jonny Kest



PLEASE ENJOY OUR BROCHURE

Learn about the many wonderful teachers, classes, and events available to you. Please reference the "workshops at a glance" page, as it will be a great resource for you in choosing your class schedule.

THANK YOU TO OUR SPONSORS



OUR PRESENTERS



Robert Boustany

Robert Boustany is a physicist, who has been teaching yoga for 38 years. He is known for a details understanding of the anatomy of poses, and will often give energetic, and therapeutic reasons for alignments. Classes are taught with lighthearted interludes between focused intense work. His background is primarily Ashtanga, Iyengar, and Forrest Yoga. Though he has studied extensively many esoteric forms of yoga, qigong etc. His philosophic basis is Advaita Vedanta



Nicki Doane

Nicki Doane began practicing yoga in 1988 and started teaching in 1992. She first studied with Sri K Pattabhi Jois in 1991 in Mysore, India and cites him, along with Eddie Modestini, Gabriella Giubilaro, and Tim Miller among her most influential teachers. Although rooted in Ashtanga yoga, Nicki's teaching goes beyond the traditional. Her vinyasa classes combine asana, pranayama, philosophy, and poetry. Nicki's emphasis is on awareness: creating integrity within each pose that can be carried beyond the mat into daily life. Nicki teaches at yoga studios and conferences across the globe and is featured in two Ashtanga Yoga DVD's available through Gaiam Inc. Nicki co-directs Maya Yoga Studio on Maui, HI with her husband and teaching partner Eddie Modestini.



Alan Finger

Yogiraj Alan Finger, a pre-eminent Western Tantric yoga master who has been teaching for over 45 years, together with his father Mani and informed by their teachers Paramahansa Yogananda, Shuddhanand Bharati, Swami Venkatesananda and yogi Nishraisananda, founded the ISHTA lineage of yoga, melding asana, meditation, Ayurvedic principles and Tantric philosophy. He offers private and group classes at the ISHTA world headquarters in Manhattan and workshops at studios, conferences and retreats worldwide.



Liliás Folan

Recognized as the "First Lady of Yoga" since her ground breaking 1972 PBS television series, Liliás! Yoga and You, Liliás Folan is regarded as one of America's most knowledgeable and beloved Master Yoga teachers. Steeped in many different yoga traditions, in recent years Liliás relies strongly on her own personal experience and intuition to influence her teaching. She has spent over forty years inspiring students and teachers throughout the USA with the benefits of yoga body, mind and spirit. Folan's audience includes housewives, athletes, executives, seniors, Olympians, artists, members of Congress and a former President of the US. She's taught internationally in Australia, Russia, Italy, Ireland, Germany, and for the British Wheel of Yoga. Liliás recently took part in the New York Times Speaker Series.



Sharon Gannon

Sharon Gannon teaches yoga as a path to enlightenment, through compassion for all beings, She is a pioneer in teaching yoga as spiritual activism and has been practicing yoga and meditation for over 35 years. She is the co-founder, with David Life, of the Jivamukti Yoga Method, which is taught in JY Schools worldwide, and is the author of many books and producer of and featured in music CDs and yoga DVDs. She is the recipient of the 2008 Compassionate Living Award from The Farm Sanctuary, and nominated by JANE Magazine as the Gutsiest Woman of the Year 1999.



Rich Goldstein

Rich (Raghurai) Goldstein is the Managing Partner of Yoga Yoga, in Austin, Texas, a group of 4 centers with over 350 classes weekly. He combines an extensive background in business management, marketing and operations, with a deep respect for each individual's commitment to living with a more heart-centered work experience. He is a certified Kundalini Yoga Teacher and teaches regular weekly classes as well as workshops on The Business of Yoga and The Yogic Edge.



Jonny Kest

By way of breath, Jonny brings a beautiful balance of intensity and grace to each therapeutic class where he encourages the student to 'get out of their own way' and allow one's own healing powers to inspire each practice.



Chris Kilham

Chris Kilham has been practicing yoga since 1970, and has taught in universities, jails, schools, hospitals and many diverse places. He is the author of the international best-seller *The Five Tibetans*, and offers a unique fusion of traditional hatha, kundalini, and Tibetan yogas, all delivered with humor.



Gary Kraftsow

Gary Kraftsow has been a pioneer in the transmission of yoga for health, healing and personal transformation for over 30 years. After beginning his study of yoga in India with T.K.V. Desikachar in 1974, Gary founded the American Viniyoga Institute in 1999. He developed, directs, and serves as senior teacher of AVI's teacher and therapist certification programs. Gary is the author of two books and created two yoga therapy DVDs, using the unique Viniyoga approach of adaptation to suit the needs of the individual.



Misha Laird

Misha draws from the rigors of an architectural education, the rollercoaster ride of motherhood, and the vibrant charm of a mid-western girl, to sculpt a safe and nurturing space, where her students consistently get what they came for. Misha demystifies yoga, welcoming all into that magical space by serving it straight from the heart.



David Life

David Life imbues his classes with metaphor, musicality and spirituality, spiced with humor, vigor and spontaneity. He is considered to be a "teacher's teacher" and he is a respected, popular, and in-demand teacher around the globe. Together with Sharon Gannon, David Life has created the Jivamukti Yoga Method. The Jivamukti Yoga method is recognized by TIME magazine as one of the nine methods of hatha yoga taught in the world today. Jivamukti Yoga method emphasizes vinyasa, scriptural study, devotion, music, chanting and meditation as well as animal rights, veganism, environmentalism and political activism.



Vinnie Marino

One of L.A.'s most popular vinyasa teachers. Vinnie began practicing as a teenager in New York. After years of exploring different styles of yoga, he felt a deep connection to vinyasa flow. Vinnie teaches at yoga works in Santa Monica, Ca. where he completed the advanced teacher training program. Vinnie teaches a strong, physically challenging practice set to inspiring music from trance to rock. He is the featured model in the health section of the L.A. times and leads workshops and retreats throughout the world.



Mehtab

Mehtab began teaching Kundalini Yoga in 1974 in San Rafael, California in public schools and drug rehabilitation programs. He is the recipient of the International Kundalini Yoga Teacher's Association "Building Communities in Yoga" award and president of the Yoga Care Foundation that provides yoga for disadvantaged populations. Mehtab is the author of ten books, including *Gong Yoga: Healing and Enlightenment Through Sound*. He is the founder of the Yoga Yoga studio group in Austin along with his wife Guru Karam Benton, also an established Kundalini Yoga teacher. Together they have nurtured the growth of their yoga community into one of the largest in the United States.



Mika

First a musician, in 1997 Mika began 2 years of training daily in Ashtanga Yoga with Master Baptiste Marceau. Mika subsequently spent 3 years in India, primarily in the Gangotri cave area of Hymalayas, instructed by masters in the Agni (Fire) Yoga. Today Mika teaches popular yoga classes in Paris and at conferences around the world. Long-time private clients include Paulo Coelho (author of "The Alchemist"), Princess Lalla Meriem in Morocco.

OUR PRESENTERS



Eddie Modestini

Eddie Modestini is what is known as a teacher's teacher. He has been a yogi since 1983 and has been teaching for that long as well. Eddie has been certified in Iyengar yoga and is now a student of Pattabhi Jois. He is well versed in both systems and has an amazing eye and holds the ability to read students' bodies and is a master of yoga therapy. "Through the experience of watching yoga heal me, I know that it has the capacity to heal the masses." Eddie co-directs Maya Yoga Studio on Maui, HI with his wife and teaching partner Nicki Doane.



Sharon Moon

Sharon has been a student of yoga for over 35 years. She began practicing Ashtanga Vinyasa Yoga in 1995 and it has taken her around the world to teach. She is grateful to David Swenson for first teaching her Ashtanga and to Guruji for making it all possible. Her teaching style is dedicated to the tradition of Ashtanga. It is direct and dynamic while maintaining playful heart awareness.



Steve Ross

Steve Ross has practiced various styles of yoga for nearly 30 years and has been an instructor for over twenty years. He has explored the physical aspects of yoga as well as the philosophical and spiritual roots of yoga. He spent four years as a monk in the Vedic tradition, and since that time, he has ceaselessly sought out and reveled in the presence of some of the most notable masters of our time - in India and elsewhere. He is honored to have the opportunity to share his knowledge and experience with other spiritual seekers. Steve combines upbeat, inspirational music with a relaxed, easy spirituality that make his classes at Maha Yoga some of the most popular in Los Angeles. His events are ecstatic. His sold out retreats are well known to produce a blissful state of being.



Matthew Sanford

Matthew Sanford is an Iyengar-style yoga teacher who is paralyzed from the chest down. He is the author of *Waking: A Memoir of Trauma and Transcendence* and founder of the non-profit Mind Body Solutions. He is a leading voice in the integrative health movement and won the national Volvo-for-Life Award in 2008.



Christina Sell

Christina Sell is a certified Anusara Yoga® teacher and author of the book *Yoga from the Inside Out: Making Peace with your Body through Yoga*. Christina's classes are challenging, fun and inspiring. Dedicated to helping people of all ages and abilities experience the joy of yoga practice and conscious living, Christina maintains an active local and national teaching schedule. She lives outside of Austin, Texas with her husband and two retired greyhounds.



Priyanka Shanbag

Priyanka has been devoted to her daily yoga practice since she was a child, having never missed a morning practice. She has studied with teachers in India and the U.S. Along her journey; she realized that a daily yoga practice was a great way to relieve chronic back pain. Priyanka now teaches classes at the Jonny Kest Center for Yoga, specializing in Healthy Backs Yoga, which combines asana and breathing as an integral part of moving the spine in six different directions. Her aura of calmness, humility, compassion, sense of humor, and innovative teaching style draws students to her class.



Mark Uridel

Mark Uridel, MSPT, RMT, ERYT has 20 years of training and experience in Yoga. Member of the International Association of Yoga Therapists, he integrates his Physical Therapy expertise into his Yoga classes to provide an educational, healing and transformational experience. Mark teaches Anatomy of Movement for Yoga and Yoga Therapeutics nationally and provides Physical Therapy consultation and personalized Yoga programs for his patients. Mark has appeared in the *Yoga Journal* and presented at the Body-Mind-Spirit Educational Conference in Santa Clara, California and at the Texas Yoga Retreat. He describes Yoga as a process of moving toward wholeness and encourages his students to have acceptance, compassion and loving-kindness for themselves and others.



Rusty Wells

Rusty Wells is a San Francisco-based, world-traveled teacher of Bhakti Flow, a form of yoga wrapped in love and devotion. His teaching philosophy is based on the idea that through the practice of yoga, we can actually reduce suffering in this world, and at the heart of the individual yoga practice is the discovery of universal oneness. He has been inspired by many wonderful teachers including Shri Dharma Mittra, Pandit Rajmani Tigunait, Swami Sivananda, Baron Baptiste and pretty much everyone he gets to meet. Rusty, and his unique, challenging, vibrant style of yoga, has been featured in numerous publications, including Yoga Journal, Yogi Times, 7X7, Breathe Magazine, San Francisco Chronicle, Bay Guardian, and San Francisco Magazine, among others.



Mark Whitwell

Having studied since 1973 in the home of Krishnamacharya “the teacher of our teachers” with his son TKV Desikachar, Mark Whitwell seeks to put back what has curiously been left out of western yoga education and practice, adapting Yoga to individual differences and remarrying Yoga to its Tantric origins. Mark is most interested in revealing authentic Yoga and how each person can easily, naturally and actually practice. Mark edited and contributed to Desikachar’s book *The Heart of Yoga*. His own book is *Yoga of Heart: The Healing Power of Intimate Connection* (Lantern Books).



Craig Williams

Craig Williams (Shambhu-Das) is a Clinical Herbalist and Acupuncturist in private practice specializing in Traditional Chinese Medicine, Ayurveda and Yoga. He holds a Master’ Degree in Oriental Medicine and is a Professional Member of the American Herbalist Guild. Craig is the recipient of the prestigious “Veda Kovid” title awarded by David Frawley and the American Institute of Vedic Studies recognizing extensive training in the Vedic Sciences of Ayurveda, Yoga, Jyotish, Tantra and Vedanta. He also holds a Bachelor’s Degree in Religious Studies with a focus on Hindu Studies and has studied Mantra therapy with Ashley Thomas- Farrand.



TEACHER TRAINING

THURSDAY, OCTOBER 23, 2008

9:00am - 12:00pm & 2:30pm - 5:00pm

Teacher Training is an opportunity for students and teachers alike to deepen their practice. This continuing education is open for everyone. Please select ONE of the following Teacher Training session options.



Jonny Kest Principles of Sequencing & the Power of Adjustments

CODE:TTJK

Sequencing and adjustments are the high art of teaching and may be the skills that will transform your influence as a great teacher. Learn the dynamics of designing a flow and giving adjustments to achieve an array of desired outcomes. Like opening a lock, every sequence of postures, enhanced through individualized adjustments, is a key to the doorways of freedom.



Gary Kraftsow Yoga Therapy

CODE:TTGK

Low Back, Sacrum & Hips

In the morning session, you will learn and experience therapeutic sequences for the low back, sacrum and hips – sequences designed by Gary Kraftsow and used in the 2005 NIH study for chronic back pain, which found the gentle approach of Viniyoga to be an effective treatment for chronic back pain. Get relief now by learning to assess needs, create goals, and treat low back pain.

Upper Back, Neck & Shoulder

In the afternoon session, you will learn and experience therapeutic sequences for the upper back, neck & shoulder. The methodology used for the 2005 NIH protocol sequences designed by Gary Kraftsow form the basis of these sequences, which successfully, consistently relieve and treat upper back, neck & shoulder pain. Using the gentle approach of Viniyoga, you will leave this class with a new understanding of yoga as treatment for structural conditions.



Eddie Modestini & Nicki Doane Vinyasa Fusion: A Creative Blend of Vinyasa and Alignment

CODE:TTEM

Vinyasa Fusion was engendered on Maui, born of personal practice in the Krishnamacharya lineage. Maya Yoga classes are open to all levels, creating a classroom environment where the work is accessible to Every Body in the room, from beginners to advance.

Vinyasa Fusion fuses the breath and flow of vinyasa style yoga with alignment principles, which support safety, postural integrity, and personal awareness in the practice. Classes are challenging yet spiritually uplifting, incorporating asana, philosophy, and poetry. Morning practice will be a strong vinyasa class with inversions and the afternoon session will include hip-openers and arm balances. We invite you to explore Eddie and Nicki's approach to vinyasa yoga that strengthens all aspects of your being!

FULL DAY INTENSIVES

THURSDAY, OCTOBER 23, 2008

9:00am - 12:00pm & 2:30pm - 5:00pm



Chris Kilham
Yoga To The Core

CODE: INCK

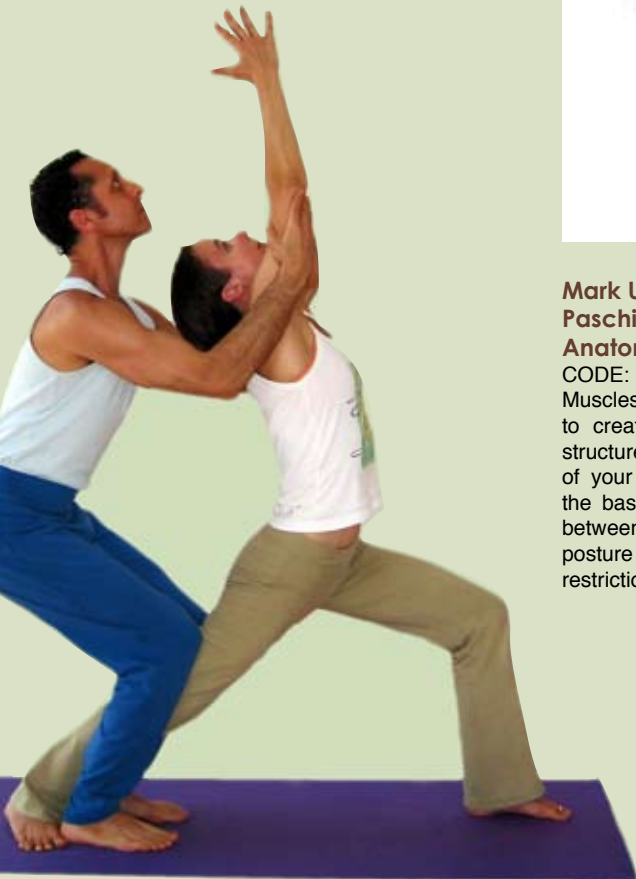
Yoga practice promotes core strength, energy and awareness. Through methods derived from diverse systems of yoga, we'll work on the edge of body, mind and spirit to develop these core attributes. Yoga is first and foremost an expansive, delusion-shattering path to spiritual freedom. In this intensive workshop we'll dive into the deep end of the yogic pool. Tune in, turn on and power up with Yoga to the Core.



Mehtab
Kundalini Yoga:
Chakras and Relationships

CODE: INME

Sexuality, compassion and intuition are the energies of the second, fourth and sixth chakras. In this Kundalini Yoga intensive, you will awaken and integrate these feminine energy centers to create successful relationships with your lover, your friends and family, and most importantly your intuitive inner teacher.



Mark Uridel
Paschimatana -
Anatomy of Forward Bends

CODE: INMU

Muscles and fascia connect throughout your body to create sutras (threads) that unite your whole structure. The Paschima Sutra runs along the back of your body connecting the top of your head to the base of your toes and all of the structures in between. Experience the anatomy of movement and posture with specific Yoga for releasing myofascial restrictions on the entire back side of your body.

MAIN WORKSHOPS

FRIDAY OCT 24

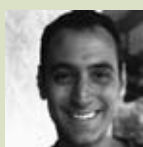
8:00am - 10:00am



Liliás Folan
Yoga is for Every B-O-D-Y

CODE: 11LF

Explore key postures, breathing practices and inner smile relaxation, as well as the three R's of stretching from her highly acclaimed book *Liliás! Yoga Gets Better with Age*. Enjoyably paced classes that will improve your health, inspire your heart, create and restore flexibility and strength. All sizes and shapes welcome!



Vinnie Marino
Arm Balances

CODE: 11VM

Balancing on your hands is exhilarating and liberating, and incorporating these postures into your flow practice can keep it playful and joyous. With your arms as your foundation learn to use your core to lift up and take off and get ready to fly!



Sharon Gannon
Women Of Yoga

CODE: 11SG

Traditionally Yoga was a form of Goddess worship; a means to discover the "god-in-us" by allowing nature to be the teacher. As a culture we have forgotten those lessons. We need a new paradigm. This class will be an experiential exploration of what it might mean to be a yogini, allowing the divine feminine to come forth at this time of global crisis, rampant violence, environmental breakdown and consciousness shift. This is a call to all women of yoga to become, in your own unique way, a leader, able to contribute to the healing of our disconnection with nature, the Divine and ourselves. Please bring a blanket. Mostly asana. All Levels. Women Only



Steve Ross
Vinyasa Flow: Sweafest

CODE: 11SR

Legendary yoga instructor, Steve Ross, brings his playful and fun "Happy Yoga" vinyasa flow class to Austin. Steve uses contemporary music (Hip Hop, R&B, Pop and Reggae) to produce a challenging and celebratory, unique class.



Matthew Sanford
Asana Backwards

CODE: 11MS

Learn how practicing from an energetic level can change your practice. The study of asana usually travels from the physical performance of poses toward their energetic depth. Matthew draws upon his unique practice with yoga and paralysis to give students a deeply focused experience in the opposite direction - from the asana's inward energetic experience toward its physical action.



Chris Kilham
Methods of Power

CODE: 11CK

While all yoga methods impart benefits, some methods possess a special tang, an extra potency. In *Methods of Power*, we'll work with Tibetan Kundalini Yoga, some Chi Kung, and other yogic practices that greatly enhance energy and awareness. We'll practice the legendary Five Tibetans, and we'll open our energetic channels wide. Open to all who want a deep dive into the yogic pool.



Priyanka Shanbag
Awaken The Healer Within

CODE: 11PS

Life is full of challenges physical and emotional, this is a fact of life. Inside us lies great strength, endurance and the natural hormones to help fight and deal with these concerns. In this class we pay emphasis on our breath and asanas, we tap into these resources, our residual energy to awaken the healing vibrations and ignite the fire inside us and thus help rediscover our full potential to strengthen and heal our body and mind and enable us to lead a healthier lifestyle.



David Life
Jivamukti Yoga- Twist all Night

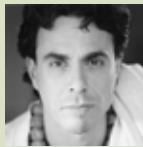
CODE: 11DL

The basis for life on earth is DNA and when we harmonize with the internal spiral code a new level of understanding is reached about how life is reborn in each moment. Twists can help detoxify the internal organs and lymphatic system. By compressing and decompressing the body held in a twist, the normal cleansing processes are supported. All levels



Alan Finger
Shiva/ Shakti, Male/Female
and the Power of Tantra
 CODE: 12AF

The word tantra comes from the Sanskrit words for expansion and liberation. Explore the polarities of male and female and their divine play in the physical, energetic and metaphysical realms and their union, or Yoga, into non-duality and true unbound intelligence, oneness and unconditional love. Suitable for couples or singles, aspects of maithuna practice will be explored in the greater context of shiva/shakti and tantric philosophy, meditation and energetic practice.



Chris Kilham
Yoga, Sex and the Big Bang
 CODE: 12CK

This perennial favorite workshop is back! Sexual ecstasy and spiritual illumination are companion aspects of the same sublime bliss, which is attainable through Yoga practice. Physical yoga is an intrinsically erotic pursuit. Consider that many yoga asanas are in fact lovemaking positions, and you discover a lot of crossover between yoga and sex. Dive deeply into your energy, your skin, and your ecstatic self. We are all gods and animals. Find the place where orgasm and enlightenment meet. All levels welcome.



Sharon Gannon
Back to the Future
 CODE: 12SG

On a psychokinetic level back bending moves one into the future. (Forward bending takes us into our past). We will explore how to apply yogic principles to back bending so as to allow us to safely, fearlessly and confidently move into the future with a sense of adventure. The class will include a vigorous vinyasa warm-up preparing us to focus on several back-bending asanas, progressing from simple to more advanced. Please bring a blanket. Mostly asana. All Levels



Misha Laird
Yoga Gently
 CODE: 12ML

This is a great practice for students of all ages and experience who wish to practice gently and relax deeply. We'll start standing with mindful movement and gradually work our way down to the floor, luxuriously taking time to let our breath into the nooks and crannies of our being.



Jonny Kest
Vinyasa Uprising
 CODE: 12JK

There is a secret growing underground movement of living a more healthy and happy life filled with gratitude. Where the flow of ujayii pranayama breath and asana becomes a radical expression of what is beautiful inside and out. Come and discover a new edge where you learn to be true to yourself, even if it means disappointing someone else. In this two hour Vinyasa Workshop you will experience backbends to open your heart and build strength, forward bends to open your hips and surrender to grace, twists to wring out the old and open up to what's new, and breath to ignite the spirit of gratitude within. Open to all levels.



Mika
Gentle Yoga & Good
Didgeridoo Vibrations
 CODE: 12MM

The didgeridoo has a mythical, low frequency primal sound that heals and takes away the thinking. Vinyasa-style poses will flow gently in conjunction with the breath. From the beginner to seasoned practitioner, all efforts are celebrated.



Eddie Modestini & Nicki Doane
Intro to Vinyasa Fusion
 CODE: 12EM

This class will be an introduction to Vinyasa Fusion, suitable for all levels, focusing on opening the front body and strengthening the back. Using Suryanamaskar (Sun Salutations) to slowly build up heat and standing poses to reconnect you with the earth, we will move through a Vinyasa style practice that will leave you feeling recharged and stress free! We will cover in detail all the lunge work that Maya Yoga is famous for. Special attention will be paid to cultivating awareness in our hands and feet in order to ground us more deeply to the earth. Class will conclude with backbends and inversions. Learn to create safety and strength by applying basic alignment principles to a Vinyasa style practice.

MAIN WORKSHOPS

FRIDAY OCT 24

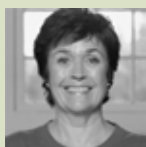
2:30pm - 4:30pm



Alan Finger
Kriya and Laya Yoga
Techniques: A Tantric
Approach

CODE: 13AF

Kriyas are cleansing actions taken to purify the mind and body of those patterns of thought, emotion and experience that remain held within our bodies and condition and limit us. Laya techniques dissolve karmic conditioning to take us even further into a state of spiritual freedom. Using visualization, pranayama (breathing), mantra and meditation to unblock the energy meridians (nadis) of the body, we detoxify the pathways of our consciousness, opening us to deep meditation and joyous living, divine inspiration and endless possibilities.



Liliás Folan
The Joy is in the Journey

CODE: 13LF

In the great tradition of yoga, mid-age is an ideal time to restore health and vitality, soften the aging process, and brings renewed joy and inspiration to your spiritual journey. An enjoyably paced, multilayered practice to awaken your witnessing self through key asanas, breathing, and guided inner smile relaxation. Leave refreshed and heart-centered. All levels. Teachers welcome to take notes.



Gary Kraftsow
Meditation

CODE: 13GK

Joy—purpose—connection: uncover and activate what's inside you through meditation. It is possible for you to experience deep self-awareness and realize your highest potential in spite of the stress and fast pace of modern life. Join Gary Kraftsow and be guided through an integrated meditation practice to discover elegance and grace in daily living.



David Life
Jivamukti Yoga Hot, Hip, and Holy

CODE: 13DL

Visionaries, poets and artists have always been better at communicating with the people than politicians. Fun sequencing distinct to the Jivamukti Yoga method will warm you up and keep you cookin'. Come prepared for an upbeat session with great music and sequences. This is classic Jivamukti: original, sequential, inspired with spirit, and a little wild. A vigorous Jivamukti Yoga class for all levels of practitioner.



Vinnie Marino
Backbends

CODE: 13VM

As we age we tend to round our backs, collapsing our shoulders and chest and compressing our breathing and our world view. Let's change that around...through a sequence of progressively deeper backbends. This heart opening class will energize and uplift you!



Mika
Breath & Movement in Sync

CODE: 13MM

Synchronize the breath and the movement to find a peace of mind. Experience the sounds: "AAaa..." the sound of the stomach; "OOoo..." the sound of the diaphragm; and "MMmm..." the sound of the throat. Mika will offer the diaphonic sounds, and you will make your body sing & stretch. All Welcome. Sun salutations at your own ability & energy levels



Matthew Sanford
Gravity and Inward Freedom

CODE: 13MS

The effect of gravity often deepens and expands a student's inward energetic experience in an asana and thereby helps reveal its inner workings. Matthew uses his unique experience with yoga and paralysis to explore both the subtle influence of gravity and how it teaches in a variety of asanas. Mastery of inversions is NOT required.



Christina Sell
The Shrine of the Heart

CODE: 13CS

By utilizing the Anusara Yoga® Universal Principles of Alignment™ in standing poses and backbends, this dynamic class will help students build a temple of the body and establish a place of sanctuary and worship within. This class is not appropriate for raw beginners or for those recovering from illness or injury.



Sharon Gannon
Chakra Purification Through
Asana and Mantra

CODE: 21SG

Each asana corresponds to a chakra and a mantra. We'll practice an asana series that activates the chakras from the root to the crown, while chanting bija mantras and focusing on the specific karmic cause that might be contributing to pain and stress in the body. Informative Introduction followed by asana. Bring a Blanket mostly asana All Levels welcome.



Mark Uridel
Yoga for a Healthy Neck:
Asana, Bandha, Pranayama
and Mantra

CODE: 21MU

The latest Medical Research reports that most people with neck pain respond positively to specifically designed exercises. A Yoga practice designed for the health of your neck.

5 ways Yoga helps to keep your neck healthy:

1. Relaxes your muscle tension.
2. Improves your posture and body awareness.
3. Strengthens the muscles that support your neck.
4. Reduces stress and mental tension.
5. Engages your whole body, mind and breath.



Jonny Kest
Beautiful Mind, Beautiful
Body ~ Vinyasa Rasayana
Experience

CODE: 21JK

Happiness and vitality appear in life only when our juices are abundant and free flowing. We are all in danger of becoming stuck, rigid, and dried up, both physically and emotionally, due to the choices we make. Rasayana is the path of rejuvenation. Vinyasa is the path of fluidity. Come experience a juicy beautiful practice of growth and transformation where you will uncover your inner beauty and enhance the sweetness and flow of your life...



Rusty Wells
Bhakti Flow BASICS

CODE: 21RW

Discover the harmony between strength, determination, and playfulness offered in a safe and nurturing environment. A Bhakti Flow experience sets the stage for spontaneous meditation to occur. It is a prayer-filled dance to the Beloved. Modifications and variations will be offered so that each student can find their own appropriate edge. Come prepared to sing, sweat and flow!



Gary Kraftsow
Yoga for Emotional Health:
Anxiety and Depression

CODE: 21GK

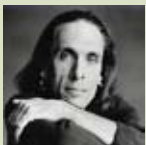
Modern science now confirms what the ancient yogis have known for thousands of years: troubling emotional states are directly related to disease in the body. Today, two of the most common and troubling emotional difficulties are anxiety and depression. In this class, you will explore the complex interaction between thought, emotion and physiology and learn yoga practices to nourish the system and restore equilibrium through asana, pranayama, chanting and meditation.



Mark Whitwell
The Deep Dimensions of
Yoga

CODE: 21MW

"Truth" is not something you have to search for; it is present in you as you, the life that is you. Yoga arose in ancient wisdom cultures as the non-dual understanding that all ordinary conditions are not and cannot be separate from Source. Mark will take you deep into yoga's roots to the shamanic past of the Upanishads, when yoga was practiced as a means of acknowledging and celebrating the very source of life. With this tantric understanding, your yoga can begin. There is a right Yoga for you. It is your direct intimacy with nurturing Source. Asana is tantra, hatha yoga, strength that is receiving, the union of all opposites, left with right, above to below, inhalation with exhalation, male with female within, without, spirit with form, source and seen. No more, no less, practice as whole body prayer to Life, the easy surrender to the life current for everyone. (Lecture and practice)



David Life
Jivamukti Yoga - An Upside
Down World

CODE: 21DL

Turning our view of the world upside down allows us to feel our potential for overcoming fear and depression. The class will include a vigorous vinyasa warm up and arm balances preparing us to focus on several of the most potent inversions providing the necessary chemistry to internally alter our state of consciousness to abide in the infinite NOW. All levels

MAIN WORKSHOPS

SATURDAY OCT 25

10:30am - 12:30pm



Alan Finger Chakra Yoga

CODE: 22AF

Based on his recent book Chakra Yoga, this workshop topic is one of Alan Finger's specialties and will leave you feeling rebalanced, invigorated and perhaps even amazed! The world of the chakras brings together the physical, emotional, mental and energetic bodies into a comprehensive system of the self. Using asana, meditation, visualization, mantra, yantra and philosophy, discover your strengths and weaknesses, open your "closed doors" and experience true balance and expanded consciousness. Travel through the energetic body to transcend your blocks and arrive at bliss consciousness.



Liliás Folan Reawaken Yoga in Midlife

CODE: 22LF

Hatha yoga is more than freeing the body—it is opening the heart, mind, and spirit. Moving at an enjoyable pace, we'll explore new ways to move, energy breathing and inner smile relaxation. Much of the content of this class is from her book Liliás! Yoga Gets Better with Age. Enhance balance and confidence in your body. Return home refreshed and energized with new tools for your personal practice. All levels. Teachers welcome to take notes.



Sharon Gannon The Diet of Enlightenment (Lecture)

CODE: 22SG

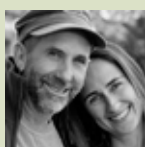
An insightful, optimistic and non-judgmental exploration into Patanjali's five Yamas and how they relate to the food we eat, and how that in turn affects personal issues: of violence, self-esteem, wealth/poverty, and physical health as well as identity issues arising from our perception of our past, present and future or who we were, who we are and who we will become. Drawn from the book Yoga and Vegetarianism. Please bring something to sit on. Feel free to tape record or take notes. All levels. Everyone who eats food is welcome: carnivores, vegetarians and vegans!



Rich Goldstein The Yogic Edge

CODE: 22RG

Skillfully Integrating Yoga into Your Professional Life. This class will provide a solid foundation of support for all yoga practitioners and yoga teachers who have an intention to bring a more joyful balance into their work lives. Through information, discussion, meditation and reflection, participants will leave with a new awareness and a set of tools for integrating their yoga into their professional lives.



Eddie Modestini & Nicki Doane Standing Poses: From the Ground Up!

CODE: 22EM

Get your feet on this earth! When Eddie was teaching in Italy years ago they nicknamed him Eddie Piedi, which means Eddie Feet! This class will include detailed work on transforming the feet and using your legs in standing poses, something that all Vinyasa yogis need to know! This will be a fun and strong class as we learn to build heat without sun salutations.



Matthew Sanford Effortless Integration

CODE: 22MS

Alignment and precision integrate mind and body without muscular action – this yogic insight is made clearly tangible by Matthew's experience with yoga and paralysis. Explore the energetic connections between alignment, precision, and prana through basic asanas and simple adjustments. Mostly asana.



Rusty Wells How to Build a Boat

CODE: 22RW

Build the strongest foundation possible. Here is a really challenging vinyasa class designed to build strength in your legs and the entire core (intermediate to advanced track.) From the ankles to the ribs, we will tone and stretch it all! From lunges to crunches, you can learn tools that can be used at home in order to safely and effectively build the strongest power yoga practice imaginable. These techniques will nourish your forward bends, deepen your backbends, strengthen the muscles around your spine and tone your entire midsection. Come prepared to sweat... a lot.



Craig Williams Agni Yoga: Returning to the Cave of the Heart

CODE: 22CW

The concept of Agni or the sacred Vedic fire is perhaps the most powerful and transformative symbol in all Yogic philosophy. Agni is the inextinguishable Flame hidden within the cave of our spiritual hearts and all yogic practices focus on directing our attention to this sacred fire and its healing light. In this workshop we will explore Ayurvedic, Tantric and Yogic methods to cultivate our awareness of this sacred Fire and explore the numerous ways Agni functions within our bodies and the Cosmos. We will also explore Mantra Therapy and its crucial role in guiding us on our journey to our true home: the Hridaya or Spiritual Heart.



Alan Finger
Chakra Yoga

CODE: 23AF

Based on his recent book "Chakra Yoga", this workshop topic is one of Alan Finger's specialties and will leave you feeling rebalanced, invigorated and perhaps even amazed! The world of the chakras brings together the physical, emotional, mental and energetic bodies into a comprehensive system of the self. Using asana, meditation, visualization, mantra, yantra and philosophy, discover your strengths and weaknesses, open your "closed doors" and experience true balance and expanded consciousness. Travel through the energetic body to transcend your blocks and arrive at bliss consciousness.



David Life
Jivamukti Yoga- Get Up, Standup, Don't Give Up the Fight!

CODE: 23DL

Walking upright is a challenge. Most human beings suffer from low self-esteem and that is reflected in standing postures that appear to collapse. This class will celebrate the connection to the earth from the toes to the top of the head and set free a lightness and magical effect on others. When we stand up for others, especially the defenseless, we stand straight and tall. A vigorous Jivamukti Yoga class for all levels of practitioner.



Vinnie Marino
Hip Openers

CODE: 23VM

Hip openers allow us to penetrate deep into the physical and emotional body. In this strong asana practice we will move through a standing flow and seated postures to break through layers of resistance. Open your hips to experience a greater freedom in the rest of the body.



Mika
Agni Yoga - The Fire at the Foundation of All Yogas

CODE: 23MM

Awaken the life force through meditation in movement. A more physical class, you'll feel the heartbeat and the fire within. Also includes relaxation with the didgeridoo for mythical sounds of the earth that takes away the thinking.



Eddie Modestini & Nicki Doane
Hip Openers

CODE: 23EM

Cultivate your seat of awareness and learn to sit comfortably for the rest of your life. Since yoga is all about creating and sustaining balance in our lives, this class is the perfect complement to a strong vinyasa yoga practice. This class will be more reflective in nature as we find our way into various postures; usually on the floor, but not limited to, and stay there to see what happens. In order to explore the more advanced poses that yoga has to offer, you have to open your hips. Come prepared to dive deep as we provide you with valuable information for your yoga practice to carry into the rest of your life.



Priyanka Shanbag
Move The Spine And Calm Your Mind

CODE: 23PS

It is said that you are only as young as your spine is flexible. This class emphasizes the importance of the spine, which has central and autonomic nervous systems and an attached muscular-skeletal system that makes up our emotional, spiritual and physical body. Stress and tension is part of our daily lives and is expressed thru the spine and its components. A slow flow yoga class combines coordinated breathing and innovative flow of spine movements that unravel and ease tension and stress in the joints and muscles, gradually leading to a calm, blissful mind and body. It helps develop greater range of motion and increase bone density and increase physical and mental core strength.



Mark Whitwell
Advanced Yoga for 'Perfect' Beginners

CODE: 23MW

the Four Secret Principles of Successful Yoga and Life. Yoga must be adapted to individual needs. "Adapt Yoga to the individual, not the individual to the yoga. There is a perfect yoga for every person. If you can breathe you can do yoga," says Whitwell. An introduction to asana, bandha, pranayama, meditation and life as a seamless process. Learn how to precisely adapt yoga to individual needs and health issues, yours, your family your students. Open to all levels. Practice and discussion.

MAIN WORKSHOPS

SUNDAY OCT 26

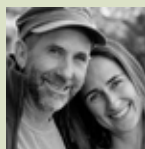
8:00am - 10:00am



Sharon Gannon
The Diet of Enlightenment
(Lecture)

CODE: 31SG

An insightful, optimistic and non-judgmental exploration into Patanjali's five Yamas and how they relate to the food we eat, and how that in turn affects personal issues: of violence, self-esteem, wealth/poverty, and physical health as well as identity issues arising from our perception of our past, present and future or who we were, who we are and who we will become. Drawn from the book *Yoga and Vegetarianism*. Please bring something to sit on. Feel free to tape record or take notes. All levels. Everyone who eats food is welcome: carnivores, vegetarians and vegans!



Eddie Modestini
& Nicki Doane
Suryanamaskar C

CODE: 31EM

This dynamic flowing sequence of standing postures, originally created by Tim Miller of Encinitas, CA, is the root of all "flow yoga" classes taught in America today. The beauty of the class lies in its spontaneity - it is always different! Depending on students' needs and backgrounds, the postures are linked together using a vinyasa sequence and conscious breathing. Dynamic backbends will complete the flow. This is an extremely fun class and can go very deep!



Jonny Kest
Sweat & Tears ~ Detox Flow

CODE: 31JK

Come melt away a lifetime of holding as you move through a true vinyasa experience. Leave your sweat and tears on your mat ... and with each passing moment feel lighter and more alive. This detox flow will include backbends, inversions, twists and long holding yin yoga postures.



Steve Ross
Vinyasa Flow: Sweatfest

CODE: 31SR

Legendary yoga instructor, Steve Ross, brings his playful and fun "Happy Yoga" vinyasa flow class to Austin. Steve uses contemporary music (Hip Hop, R&B, Pop and Reggae) to produce a challenging and celebratory, unique class.



David Life
Jivamukti Yoga Hot, Hip, and Holy

CODE: 31DL

Visionaries, poets and artists have always been better at communicating with the people than politicians. Fun sequencing distinct to the Jivamukti Yoga method will warm you up and keep you cookin'. Come prepared for an upbeat session with great music and sequences. This is classic Jivamukti: original, sequential, inspired with spirit, and a little wild. A vigorous Jivamukti Yoga class for all levels of practitioner.



Mark Whitwell
Meditation Arising

CODE: 31MW

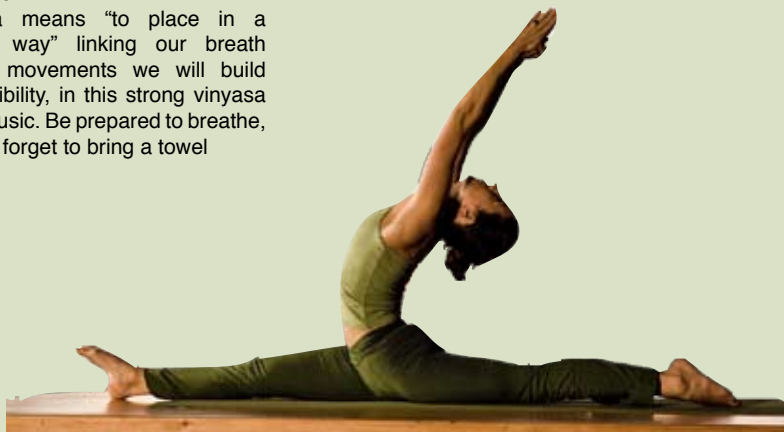
The peace and power of meditation comes naturally and certainly when conditions are right through your own appropriate Yoga. Asana, pranayama, meditation and Life are a seamless process. Stop fighting yourself to meditate, to eliminate thought or attain anything at all. Give up your yearnings for "higher" consciousness. Dive deep into Life, the Given, and awaken your heart as the doorway to experience all Life's polarities in union. (Lecture and practice)



Vinnie Marino
Vinyasa Flow

CODE: 31VM

Vinyasa means "to place in a special way" linking our breath to our movements we will build heat, strength, and flexibility, in this strong vinyasa sequence set to great music. Be prepared to breathe, move, and sweat. Don't forget to bring a towel





Alan Finger
Principles of ISHTA Yoga

CODE: 32AF

ISHTA Yoga is the Integrated Science of Hatha, Tantra and Ayurveda, as well as the Sanskrit term for an individualized or personalized practice. Founded by Alan Finger and his father Mani, the ISHTA system incorporates ancient Ayurvedic principles; tantric, kriya and laya yoga techniques; the knowledge of Yogananda and Iyengar; and a uniquely modern understanding of anatomy, energy and human nature into a path for self-knowledge and liberation. Explore with ISHTA founder Alan Finger how to blend asana, meditation, breath work, philosophy and the ancient Indian science of life into a seamless practice to uncover your unique self and your optimum path for self-awareness, expansion, growth and healing.



Vinnie Marino
Twists

CODE: 32VM

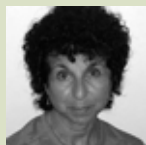
Wring out the old and breathe in the new! Twists are a great way to detoxify the body, massage the internal organs and release the lower back. This series of progressively deeper twists will help you understand the benefits and mechanics of these potent postures in ways that will enrich your entire practice.



Mehtab
Gong Yoga: Healing Through Sound

CODE: 32MM

The sound of the gong is used in yoga classes to create spontaneous meditation, deep relaxation and healing through the chakras. In this Gong Yoga class, we will practice ancient yoga kriyas to open the flow of energy and end with a Yoga Nida (yogi sleep) session that culminates in a 31-minute concert of multiple gongs played by master teachers!



Sharon Moon
Approaching Ashtanga through the Heart

CODE: 32SM

A led primary series with the focus on the heart opening with each breath. Practicing Ashtanga from the heart is liberating. There is no clinging, no resistance, and no attachment. We are able to be present with each breath in each moment. We can discover the rhythm of our Soul running through our being and our life. As we live that rhythm there are no limitations, only possibilities.



Steve Ross
Deep Yin

CODE: 32SR

Yin Yoga consists of deep slow opening floor poses designed to bring about maximum flexibility and enhanced health. Yin Yoga is an ideal companion to a vinyasa flow practice and produces a meditative state of mind.



Priyanka Shanbag
Balancing the Scales Within

CODE: 32PS

Maintaining the homeostasis in the body is essential for good health. Concentrating on breath and asanas help in keeping the natural balance in our body. This is homeostasis or in yoga parlance it is called Stithi Prajyana. A daily practice is necessary to realize the true meaning of yoga which is yoking of the body and mind. This class will help you to find that it is possible to find a balance in life.



Rusty Wells
Crumble

CODE: 32RW

This freestyle vinyasa class is not for the faint at heart. Intermediate to Advanced students only. Strong focus will be placed on backbends, splits and headstands. A Bhakti Flow experience sets the stage for spontaneous meditation to occur. It is a prayer-filled dance to the Beloved. Come prepared to sing, sweat, sweat some more, and flow!

MAIN WORKSHOPS

SUNDAY OCT 26

2:30pm - 4:30pm



Robert Boustany **Developing Maximum Strength**

CODE: 33RB

This class will take you through an exploration of arms, shoulders, upper back and chest to show how to maximize strength by focus, alignment, intense challenge suitable for you level, freeing emotions and the breath. All levels will be challenged, and practical information learned for any style or practice. Therapeutics will also be covered in this development.



Rusty Wells **Resolve to Evolve**

CODE: 33RW

Practice yoga philosophy in motion. Explore the first two limbs of yoga (the yamas and niyamas) carefully woven into a flow experience. Witness how the application of these precious yoga gems can be relevant and inspiring on the mat and in your daily life. A Bhakti Flow experience sets the stage for spontaneous meditation to occur. It is a prayer-filled dance to the Beloved. Come prepared to sing, sweat and flow!



Mika **Finding a State of Grace**

CODE: 33MM

Feel the perineum, feel the diaphragm, and lock the throat. Learn how to isolate these parts of the body, keeping control while your body maintains a state of meditation. Also includes relaxation with the didgeridoo for mythical sounds of the earth that take a way the thinking.



Mark Whitwell **Advanced Practice**

CODE: 33MW

Breath, asana and bandha (in that order) integrate as a seamless process. Apply asana and bandha efficiently to produce a powerful practice that is right for you. Breath and bandha is the central feature of your asana. Open to everyone advanced and beginners. Mark will always adapt practices to individual needs. "Yoga is the means for ordinary folk to absorb the nurturing and healing force of Life," says Whitwell. Asana is hatha yoga "ha tha," "Strength receiving" which has profound implication to our Life, health and experience. How do we make sure our asana is actually tantric union, hatha yoga? Practice and discussion.



Christina Sell **Inside Out and Upside Down**

CODE: 33CS

Practice a variety of challenging hand balances, inversions and standing poses to turn your preconceived notions inside out and upside down. Come ready to work and to play! This class is not appropriate for those recovering from injury or illness.



Priyanka Shanbag **Awaken The Healer Within**

CODE: 33PS

Life is full of challenges physical and emotional, this is a fact of life.

Inside us lies great strength, endurance and the natural hormones to help fight and deal with these concerns. In this class we pay emphasis on our breath and asanas, we tap into these resources, our residual energy to awaken the healing vibrations and ignite the fire inside us and thus help rediscover our full potential to strengthen and heal our body and mind and enable us to lead a healthier lifestyle.



REFLECTIONS

WORKSHOPS AT A GLANCE

TEACHER TRAINING

Thursday 9:00am – 12:00pm & 2:30pm – 5:00pm

*conference attendees choose one teacher to study with for the full day session.

Jonny Kest Principles of Sequencing & the Power of Adjustments	TTJK
Gary Kraftsow Yoga Therapy	TTGK
Eddie Modestini & Nicki Doane Vinyasa Fusion: A Creative Blend of Vinyasa and Alignment	TTEM

FULL DAY INTENSIVES

Thursday 9:00am – 12:00pm & 2:30pm – 5:00pm

*conference attendees choose one teacher to study with for the full day session.

Chris Kilham Yoga To The Core	INCK
Mehtab Kundalini Yoga: Chakras and Relationships	INME
Mark Uridel Paschimatanana – Anatomy of Forward Bends	INMU

SPECIAL EVENT

Thursday 8:00pm



Conference Opening Yoga Demonstration
by Nicki Doane
followed by...
Keynote Speech "Being in Your Body"
Matthew Sanford

MAIN WORKSHOPS

Friday 8:00am - 10:00am

*Three sessions per day. Please choose one class per time slot.

Lilias Folan Yoga is for Every B-O-D-Y	11LF	Vinnie Marino Arm Balances	11VM
Sharon Gannon Women Of Yoga	11SG	Steve Ross Vinyasa Flow: Sweatfest	11SR
Chris Kilham Methods of Power	11CK	Matthew Sanford Asana Backwards	11MS
David Life Jivamukti Yoga- Twist all Night	11DL	Priyanka Shanbag Awaken The Healer Within	11PS

MAIN WORKSHOPS

Friday 10:30am - 12:30pm

*Three sessions per day. Please choose one class per time slot.

Alan Finger Shiva/ Shakti, Male/Female and the Power of Tantra	12AF	Misha Laird Yoga Gently	12ML
Sharon Gannon Back to the Future	12SG	Mika Gentle Yoga & Good Didgeridoo Vibrations	12MM
Jonny Kest Vinyasa Uprising	12JK	Eddie Modestini & Nicki Doane Intro to Vinyasa Fusion	12EM
Chris Kilham Yoga, Sex and the Big Bang	12CK		

MAIN WORKSHOPS

Friday 2:30pm - 4:30pm

*Three sessions per day. Please choose one class per time slot.

Alan Finger Kriya and Laya Yoga Techniques: A Tantric Approach	13AF	Vinnie Marino Backbends	13VM
Lilias Folan The Joy is in the Journey	13LF	Mika Breath & Movement in Sync	13MM
Gary Kraftsow Meditation	13GK	Matthew Sanford Gravity and Inward Freedom	13MS
David Life Jivamukti Yoga Hot, Hip, and Holy	13DL	Christina Sell The Shrine of the Heart	13CS

SPECIAL EVENTS

Friday 8:00pm



Keynote Speech "Already Arrived" / Chris Kilham followed by...
Gong Celebration "Deep Relaxation" / Mehtab

SPECIAL EVENTS

Saturday 7:00am



Greeting the Day in a Sacred Way with Lilias

MAIN WORKSHOPS

Saturday 8:00am - 10:00am

*Three sessions per day. Please choose one class per time slot.

Sharon Gannon Chakra Purification Through Asana and Mantra	21SG	Mark Uridel Yoga for a Healthy Neck: Asana, Bandha, Pranayama and Mantra	21MU
Jonny Kest Beautiful Mind, Beautiful Body~Vinyasa Rasayana Experience	21JK	Rusty Wells Bhakti Flow BASICS	21RW
Gary Kraftsow Yoga for Emotional Health: Anxiety and Depression	21GK	Mark Whitwell The Deep Dimensions of Yoga	21MW
David Life Jivamukti Yoga- An Upside Down World	21DL		

MAIN WORKSHOPS

Saturday 10:30am - 12:30pm

*Three sessions per day. Please choose one class per time slot.

Alan Finger Chakra Yoga	22AF	Eddie Modestini & Nicki Doane Standing Poses: From the Ground Up!	22EM
Lilias Folan Reawaken Yoga in Midlife	22LF	Matthew Sanford Effortless Integration	22MS
Sharon Gannon The Diet of Enlightenment (Lecture)	22SG	Rusty Wells How to Build a Boat	22RW
Rich Goldstein The Yogic Edge	22RG	Craig Williams Agni Yoga: Returning to the Cave of the Heart	22CW

WORKSHOPS AT A GLANCE

MAIN WORKSHOPS

Saturday 2:30pm - 4:30pm

*Three sessions per day. Please choose one class per time slot.

Alan Finger Chakra Yoga	23AF	Eddie Modestini & Nicki Doane Hip Openers	23EM
David Life Jivamukti Yoga - Get Up, Standup, Don't Give Up the Fight!	23DL	Priyanka Shanbag Move The Spine And Calm Your Mind	23PS
Vinnie Marino Hip Openers	23VM	Mark Whitwell Advanced Yoga for 'Perfect' Beginners	23MW
Mika Agni Yoga – The Fire at the Foundation of All Yogas	23MM		

SPECIAL EVENTS

Saturday 7:30pm



Keynote Speech "Today...Right Now....
Whoever and Wherever YOU Are"

Sharon Gannon
followed by...

Amazing & Intoxicating Evening of Kirtan
Steve Ross

MAIN WORKSHOPS

Sunday 8:00am - 10:00am

*Three sessions per day. Please choose one class per time slot.

Sharon Gannon The Diet of Enlightenment (Lecture)	31SG	Eddie Modestini & Nicki Doane Suryanamaskar C	31EM
Jonny Kest Sweat & Tears~Detox Flow	31JK	Steve Ross Vinyasa Flow: Sweatfest	31SR
David Life Jivamukti Yoga Hot, Hip, and Holy	31DL	Mark Whitwell Meditation Arising	31MW
Vinnie Marino Vinyasa Flow	31VM		

MAIN WORKSHOPS

Sunday 10:30am - 12:30pm

*Three sessions per day. Please choose one class per time slot.

Alan Finger Principles of ISHTA Yoga	32AF	Steve Ross Deep Yin	32SR
Vinnie Marino Twists	32VM	Priyanka Shanbag Balancing the Scales Within	32PS 32RW
Mehtab Gong Yoga: Healing Through Sound	32MM	Rusty Wells Crumble	
Sharon Moon Approaching Ashtanga through the Heart	32SM		

MAIN WORKSHOPS

Sunday 2:30pm - 4:30pm

*Three sessions per day. Please choose one class per time slot.

Robert Boustany Developing Maximum Strength	33RB	Priyanka Shanbag Awaken The Healer Within	33PS
Mika Finding a State of Grace	33MM	Rusty Wells Resolve to Evolve	33RW
Christina Sell Inside Out and Upside Down	33CS	Mark Whitwell Advanced Practice	33MW

ACCOMODATIONS



At the Hyatt Regency Austin Downtown, luxury knows comfort. Great restaurants, a 10 mile hike-n-bike path surrounding the grounds, deluxe rooms which provide Hill Country or exhilarating city or river views, and unparalleled service are just a few of the amenities you will experience during your stay at the Hyatt Regency Austin Downtown. Relax in the perfect setting to *immerse yourself in your yoga practice*.

Reserve your rooms early to receive the special reduced rate of \$199 per room, per night, for all conference attendees. **Please make reference to the Southwest Yoga Conference when calling to set up your reservations.**

Inquiries: 512.477.1234

Visit the web: www.austin.hyatt.com

BEGINNERS PATH

Please allow us to assist you in choosing your class line-up for the conference. The classes below have been hand picked with balance in mind. We offer you an excellent selection to explore the benefit of yoga. May each of them leave you feeling challenged, refreshed and at peace.

*this line-up is just a suggestion if you are unsure of where to begin. You may choose any or all creating the perfect schedule for you. Enjoy!

Namaste!

Teacher Training Recommended for Beginners

Eddie Modestini & Nicki Doane

Vinyasa Fusion: A Creative Blend of Vinyasa and Alignment

CODE: TTEM

Full Day Intensives Recommended for Beginners

Mark Uridel

Paschimatanana – Anatomy of Forward Bends

CODE: INMU

Main Conference Workshops Recommended for Beginners

FRIDAY, Oct 24

8:00am – 10:00am

Lilias Folan

Yoga is for Every B-O-D-Y

CODE: 11LF

10:30am – 12:30pm

Misha Laird

Yoga Gently

CODE: 12ML

2:30pm – 4:30pm

Gary Kraftsow

Meditation

CODE: 13GK

SUNDAY, Oct 26

8:00am – 10:00am

Sharon Gannon

The Diet of Enlightenment (Lecture)

CODE: 31SG

10:30am – 12:30pm

Mehtab

Gong Yoga: Healing Through Sound

CODE: 32MM

2:30pm – 4:30pm

Priyanka Shanbag

Awaken The Healer Within

CODE: 33PS

SATURDAY, Oct 25

8:00am – 10:00am

Mark Uridel

Yoga for a Healthy Neck: Asana, Bandha, Pranayama and Mantra

CODE: 21MU

10:30am – 12:30pm

Alan Finger

Chakra Yoga

CODE: 22AF

2:30pm – 4:30pm

Mika

Agni Yoga – The Fire at the Foundation of All Yogas

CODE: 23MM



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE () _____ EVENING () _____

EMAIL _____

CONFERENCE REGISTRATION

Fill in your first and second choice below using the appropriate character class codes. Please choose carefully as there is a \$10 fee for voluntary class selection changes made after you have registered.

We encourage you to register online at
www.southwestyoga.com

DAY/TIME	1st choice	2nd choice
THURSDAY TEACHER TRAINING (Teacher Training will be with ONE teacher for the full 2-day sessions)		
9:00am – 12:00pm & 2:30pm – 5:00pm		
THURSDAY INTENSIVES (Intensives will be with ONE teacher for the full day session)		
9:00am – 12:00pm & 2:30pm – 5:00pm		
FRIDAY MAIN CONFERENCE		
8:00am – 10:00am		
10:30am – 12:30pm		
2:30pm – 4:30pm		
SATURDAY MAIN CONFERENCE		
8:00am – 10:00am		
10:30am – 12:30pm		
2:30pm – 4:30pm		
SUNDAY MAIN CONFERENCE		
8:00am – 10:00am		
10:30am – 12:30pm		
2:30pm – 4:30pm		

SPECIAL EVENTS*

Please indicate which of the following special events you plan to attend.

- Thursday, October 23**
Conference Opening Yoga Demonstration by Nicki Doane
Keynote Speech "Being in Your Body" / Matthew Sanford
- Friday, October 24**
 Keynote Speech "Already Arrived" / Chris Kilham
 Gong Celebration "Deep Relaxation" / Mehtab
Concert by Steve Ross
- Saturday - October 25**
 Greeting the Day in a Sacred Way with Liliias
 Keynote Speech "Today...Right Now....Whoever and
Wherever YOU are" / Sharon Gannon
 Amazing & Intoxicating Evening of Kirtan / Steve Ross

* No additional charge for events with conference registration.

CONFERENCE FEES

(onsite registration additional \$50)

REGISTRATION	Early Registration now - 8/1	Regular Registration 8/2 - 9/9
FULL CONFERENCE	549	599
TEACHER TRAINING/INTENSIVES	199	249
MAIN (3-DAY) CONFERENCE	399	449
2-DAY CONFERENCE PASS	349	399
1-DAY CONFERENCE PASS	229	279

ADDED VALUE BONUS:

ALL SPECIAL EVENTS, KEYNOTES AND CONCERTS are included with the price of registration!!

TOTAL AMOUNT \$ _____

SIGNATURE*** _____

HOW DID YOU HEAR ABOUT US?

- Yoga Yoga Studio Brochure Friend Yoga Studio
 Email Blast Past Attendee I Love Yoga
 Yoga Journal Jonny Kest Center for Yoga
 Yogamates.com
 Other _____

I AM A YOGA TEACHER YES NO

PAYMENT METHOD

PAYMENT IN FULL IS DUE AT TIME OF REGISTRATION.
CHECKS PAYABLE TO:

Art of Vinyasa YOGA CONFERENCE

CHECK VISA MASTERCARD

Account Number _____

Expiration Date _____

3-digit authorization code _____

Cardholder Signature*** _____

Please Print Name _____

THERE ARE FOUR WAYS TO REGISTER

- (1) ONLINE www.southwestyoga.com
(2) MAIL TO SOUTHWEST YOGA CONFERENCE
c/o Center for Yoga
555 S. Old Woodward Avenue
Birmingham, MI 48009
(3) FAX TO (248) 723-3385
(4) PHONE 800-599-YOGA(9642)

For more information: Call 800-599-YOGA (9642)

***Upon submitting my registration for the Art of Vinyasa Yoga Conference, I have read and agree with the conference cancellation policy and the waiver of liability as stated in the previous general information page.

YOU MAY ALSO REGISTER ONLINE AT SOUTHWESTYOGA.COM

CONFERENCE INFO

Airport Transfers

The Hyatt Regency Austin is located just 20 minutes from the local Austin Bergstrom Airport. Please see Supershuttle.com or call 512.258.3826 to reserve your airport transfer today.

Hotel

Great restaurants, a 10 mile hike-n-bike path, great restaurants, a 10 mile hike-n-bike path surrounding the grounds, luxurious rooms which provide Hill Country or exhilarating city or river views, and unparalleled service are just a few of the amenities you will experience during your stay at the Hyatt Regency Austin Downtown. Relax in the perfect setting to immerse yourself in your yoga practice. Inquiries?

Call 512.477.1234 / www.austin.hyatt.com

Meals

Only 20 minutes 'till class? **Perks Coffee and More** only 20 minutes 'till class? Perks Coffee and More provides light snacks and refreshments. Ready to relax? Hyatt Regency's very own full service restaurant, **Peppervine** provides great vegetarian options. For other quick, simple and delicious vegetarian friendly food and more...experience the **Yoga Café**, at the Perks Dining Outlet, open 6am – 10pm.

Conference Yoga Bazaar

The Southwest Yoga Conference will feature products and services beneficial to your yoga practice. Exposition hours will be posted daily on site and in your conference program materials. For information on being an exhibitor and to apply please contact us at southwestyoga.com / 800.599.YOGA [9642].

Props

Classes at the Southwest Yoga Conference are experiential, so you will need to bring a yoga mat for all sessions. Some classes may involve the use of additional props, such as blocks, straps, etc. depending on personal preferences and class disciplines. You may bring props with you, and/or props will be available for purchase in the exhibit area of the conference.

Potential Exhibitors

Exhibit space is limited, so respond quickly to secure the opportunity to showcase your company to hundreds of health and wellness conscious men and women active in the yoga community. For information on being an exhibitor and to apply please contact us at southwestyoga.com / 800.599.YOGA [9642].

Conference Cancellation Policy

All requests for refunds/cancellations must be sent in writing to the Southwest Yoga Conference via MAIL to 555 S Old Woodward Ave., Birmingham, MI 48009; FAX to 248-723-3385 or EMAIL to info@southwestyoga.com. A refund minus \$100.00 per person processing fee applies to all cancellations made by **August 25, 2008**. All requests for refunds must acknowledge the processing fee. Refund requests processed after **August 25, 2008** will receive a voucher toward our next yoga conference valid for one year and is non-transferable. There will also be a \$100 processing fee on all vouchers. No refunds or vouchers will be given after **Friday October 17, 2008**. Refunds will not be issued for late arrival, unattended events, and early termination of attendance or no-shows. All refunds will be issued 30 days after the conference.

Waiver of Liability

I understand that there are serious inherent risks with all physical activity and that when doing yoga, exercise routines or engaging in any similar strenuous activity, I may suffer minor or serious injury or even death. I understand these inherent risks, and I assume all such inherent risks associated with participation in any activities in conjunction with the Southwest Yoga Conference and release Southwest Yoga Conference, all employees, volunteers, or agents from liability. The Southwest Yoga Conference is not responsible for, nor will refund tuition for any teacher cancellations. The performance of this agreement by either party is subject to acts of God, government authority, disaster, strikes, civil disorders, or other emergencies, any of which make it illegal or impossible to provide the facilities and/or services for your meeting. It is provided that this agreement may be terminated for any one or more of such reasons by written notice from one party to the other without liability.

Special Announcements and Updates

Visit the Southwest Yoga Conference website often to obtain the latest information on conference activities, special events, and class updates. www.southwestyoga.com

MAKE YOUR RESERVATIONS EARLY TO INSURE THAT YOU RECEIVE THE SPECIAL DISCOUNTED RATE OF \$199 PER NIGHT/PER ROOM.

**CALL
800-461-8501**

What is the best way to register?

We recommend that you use our online system since this is the fastest way to guarantee your early placement in classes. You may also mail, phone or fax in your registration. MAIL to 555 S. Old Woodward Ave., Birmingham, MI 48009; FAX to (248)723-3385 or EMAIL us at info@southwestyoga.com. When you mail, phone or fax your registrations they will be manually input in the order in which they arrive in our offices. Phone orders can be called in during Monday - Friday from 9am to 4pm EST. What classes offer Yoga Alliance CEC's? ALL of the classes are approved to offer Yoga Alliance Continuing Education Credits. For each hour of class you complete - you earn 1 Yoga Alliance Continuing Education Credit. You may order a CEC certificate when you register and you will receive a certificate with the number of hours you earned so you can submit to Yoga Alliance. Where is the conference held? All workshops and events will take place at the Hyatt Regency Austin Downtown. The address is 208 Barton Springs, Austin, Texas 78704. For more info call Call 512.477.1234 / www.austin.hyatt.com

MAKE YOUR RESERVATIONS EARLY TO INSURE THAT YOU RECEIVE THE SPECIAL DISCOUNTED RATE of \$ 199 per room / per night for conference attendees only.

Can I register for separate classes?

Registration is per day. This includes 3 different workshops and several special events. We encourage you to fully immerse yourself and experience the whole day of the conference so that you can enjoy the interaction and variety.

Do I need to bring my confirmation email with me to the conference?

No. The confirmation email is for your own records. You will receive a print out of your class list when you check in to the registration desk at the conference.

I never received a confirmation email. Am I registered?

Sometimes the email confirmations are caught by your computer's spam blocker. Please check your spam folder. If the confirmation is not in there, email info@southwestyoga.com to request the confirmation email to be resent to you.

Do I need to pay separately for the special events?

No. ALL special events are included with your conference registration. This includes all keynotes, concerts, demonstrations and other events. Enjoy!

Can I go to special events on days that I am not registered? For example, if I am registered for Saturday, can I go to the Friday night events?

Yes. You may attend the events scheduled only for the night before your registered conference day provided that you have checked in at the registration table and received your conference packet before the special event.

Can I request a roommate?

Yes. Email your request to info@southwestyoga.com and we will contact you if a match becomes available.

What do I need to bring to the classes?

All classes are experimental. You will experience combinations of lecture, practice, meditation. We recommend bringing a yoga mat, towel and any props that you use to enhance your practice. You may also choose to bring a notepad and pen for taking notes. Wear comfortable clothing that enables you to move freely.

Jonny Kest Slowburn

A Vinyasa Yoga Weekend

Fast is slow. Slow is fast. Sometimes the key to getting somewhere faster is to slow down. This weekend, slow down your breath and challenge your mind and body like never before. Discover a new edge in Vinyasa Yoga and burn away unnecessary weight, tension, worry, and fear. Leave feeling light and free. In this workshop, we explore how slowing down the breath moves you deeper into your postures and relationships. The weekend includes breathwork, arm balances, inversions, and meditation. This workshop is open to those at all levels of yoga experience.

With his compassionate, yet disciplined, teaching style, Jonny Kest has extended his influential teachings throughout metro Detroit, where the yoga community continues to flourish. By way of breath, Jonny brings a beautiful balance of intensity and grace to each of his therapeutic classes, where he encourages the student to "get out of their own way" and allow their own healing powers to inspire each practice, leaving them feeling lighter and stronger. Jonny and his wife Milla have enjoyed sharing the gift of yoga through Jonny Kest Center for Yoga of metro Detroit, and have developed national yoga conferences to increase the presence of yoga near and far. jonnykest.com



July 18–20, 2008

OMEGA

Rhinebeck, New York • Course 2902-168/Tuition \$345 CE

register online at eOmega.org or call 800.944.1001

Southwest Yoga Conference
555 S. Old Woodward Avenue
Birmingham, MI 48009
USA