

Vinyasa Uprising



Deepen your practice with

JIMMY BARKAN
JUSTIN BARNES
ANNIE CARPENTER
EDWARD CLARK
SEANE CORN
DIEGO DELSOL
JANE JAMES
SEAN JOHNSON
JONNY KEST
KINO MACGREGOR
VINNIE MARINO
CLAIRE MISSINGHAM

EDDIE MODESTINI
GAIL MONDRY
MOSES
MATT PESENDIAN
SAUL DAVID RAYE
STEVE ROSS
MONICA SCHMIDT
MAX STROM
PAUL TOLIUSZIS
RUSTY WELLS
MARK WHITWELL

ARTOFVINYASA
YOGA CONFERENCE

SEPTEMBER 11-14, 2008
SONESTA BEACH RESORT
MIAMI BEACH, FL

Conference Features

Kirtan Concerts
Steve Ross and Sean Johnson

Yoga Demonstrations
Matt Pesendian and Edward Clark, of Tripsichore

Keynote with Max Strom

Yoga Bazaar Expo Show

Beginners Path, Teacher Training

Yoga Intensives and Workshops

artofvinyasa.com / 800.599.YOGA

CONFERENCE SPECIAL EVENTS

ALL BEGIN AT 8PM



KEYNOTE BY
MAX STROM
The Global Impact of Yoga;
Our gift and responsibility.
Thursday, September 11, 2008


YOGA DEMONSTRATION BY
MATT PESENDIAN
Freestyle Vinyasa
Friday, September 12, 2008



FOLLOWED BY



STEVE ROSS
KIRTAN CONCERT
A Blissful & Intoxicating Experience!
Friday, September 12, 2008



YOGA DEMONSTRATION BY
EDWARD CLARK
THE GALAPAGOS OF YOGA:
The most eccentric fusion of yogic innovations
you could ever (or never) imagine
Saturday, September 13, 2008

FOLLOWED BY

**SEAN JOHNSON &
THE WHITE LOTUS BAND**
KIRTAN CONCERT
Calling the Spirits:
An Evening of Mystic Mantra Music
Saturday, September 13, 2008



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Dear Friends,

Vinyasa is a flowing sequence of poses connecting breath with movement – evolving us, individually and collectively, as we become less and less swayed by the fluctuations of our minds.

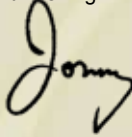
With consciousness.... We breathe. We move. We heal. It is that simple.

We invite you to join the Vinyasa Uprising that is gaining momentum across the nation, rooting us to gratitude, and integrating joy into our worldwide community of yogis.

Light your fire. Lighten your body. Free your mind.

We look forward to welcoming you!

With Loving Kindness,



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

JONNY KEST
CENTER FOR YOGA

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OMEGA
INSTITUTE

OUR PRESENTERS



JIMMY BARKAN

The nation's premiere Hot Yoga teacher finds his roots in the tradition of Bishnu Gosh, from his lineage in Calcutta. The Barkan Method Hot Yoga and Hot

Vinyasa sequences are set in the tradition of Tantra Yoga. Barkan became a disciple of Paramahansa Yogananda in 1983 and continues to practice the ancient technique of Kriya Yoga.



JUSTIN BARNES

Justin believes there is a benevolent force in this universe that turns acorns into oak trees, caterpillars into butterflies and cosmic energy into human beings.

This intelligence is all around us and within us, never leaving us; it is with us always and in all ways. It is us who choose to leave it. When we practice this ancient science, we link up with this boundless source once again. Looking for credentials? How many years of study? Justin believes credentials, titles and certifications belong with the mentality we're trying to break free from. How about this, Justin is a human being, living in this world and searching for the light. Know anyone like that?

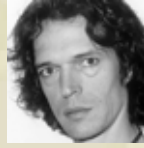


ANNIE CARPENTER

A senior teacher at the original Yogaworks, Annie leads teacher trainings, workshops, and retreats in Los Angeles and abroad. Known as a teachers' teacher, she has

developed an intelligent blend of sequencing with detailed instruction that maintains her love of movement and flow. Having a profound understanding

of functional anatomy, Annie seamlessly hooks each practice to a structural key unlocking any obstacles to freedom within the body, while bringing the mind to a focused, steady state. Annie appears in the Yoga Journal Book, "Yoga," and has modeled for Yoga Journal several times.



EDWARD CLARK

Edward Clark fuses his keen artistic vision with a deep understanding of the essential pursuit of yoga practice. With one foot in dance, one foot in Ashtanga, and the

other in Sivananda (for Edward this is possible) he has synthesized the use of breath, asana, choreography and philosophy. His classes are entertaining, demanding and exhilarating. Edward Clark is the creator of Tripsichore yoga Theatre, the London based yoga group who have amazed audiences throughout Europe and North America with their sensual and lyric application of yoga to make serenely absorbing performance art. Mr. Clark began studying yoga in 1979. Noteworthy among his teachers are Narayani and Giris Rabinovitch, but he confesses huge admiration for the Ashtanga Vinyasa, Sivananda, Iyengar and Viniyoga practices. The technique Tripsichore uses is a synthesis of many aspects of yoga. Mr. Clark says, "We are quick to disclaim that what we do is dance. While there are dancers in the company, there are others who have never been in a dance studio. They meet on a common ground of pure yoga." Mr. Clark is also Head of Movement and Dance at the prestigious Webber Douglas Academy of dramatic Art in London. "The incorporation of yoga in the training of actors was an outrageous idea 10 years ago and is now being copied throughout training institutions in the UK," says Mr. Clark.

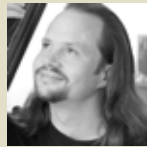




SEANE CORN

As an inspired communicator, Seane's classes are an eclectic fusion of various healing and Spiritual modalities making them intuitive, insightful and educational.

Featured in commercials, magazines and named the "National Yoga Ambassador" for YouthAIDS, Seane utilizes her national platform to bring awareness to the HIV/AIDS crisis through her "Off the Mat, Into the World" campaign". She received the 2005 "Conscious Humanitarian" award for her outreach efforts. Her award winning DVDs "Vinyasa Flow Yoga" are available through Gaiam International.



SEAN JOHNSON

Sean Johnson, founder of Wild Lotus Yoga in New Orleans, is a passionate kirtan singer and creative yoga teacher who seeks to joyfully unify hatha and bhakti

yoga. His classes awaken the heart through ecstatic chant, storytelling, creative vinyasa flows, mystical poetry, and enchanting music. Sean encourages you, through your practice, to celebrate and honor the blessing of being alive. Sean, accompanied by The Wild Lotus Band, leads kirtan concerts, workshops, and retreats across the U.S. and abroad.



DIEGO DELSOL

Diego del Sol is a unique teacher who has the ability to transfer yogic wisdom to others with a natural and inspiring ease. He teaches daily classes in San Francisco, where

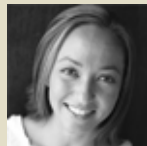
he has become a city favorite and received "Best of the Bay" honors from San Francisco Magazine. He leads workshops, retreats, and teacher trainings around the world. Diego's enthusiasm, insight, and distinctive style come from putting into practice the timeless wisdom of sages and enlightened masters. Diego has been practicing and studying yoga, meditation and healing arts for over 15 years. He has been sharing the gifts of his practice to guide and heal students since 1997. His teaching enables for a direct and inspiring yoga experience where students connect with their full potential of body and mind, revealing the inner light of wisdom and peace.



JONNY KEST

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



KINO MACGREGOR

Kino MacGregor is the youngest certified woman in the lineage of Sri K. Pattabhi Jois. The founder of Miami Life Center, a space for Ashtanga yoga, holistic health and

consciousness on Miami Beach, she leads classes, workshops and retreats internationally. As a life coach and Ph.D. student with a Master's Degree from New York University, Kino integrates her commitment to consciousness with her yoga teaching in an inspirational and playful approach.



JANE JAMES

Jane's teaching style reflects the Wabi Sabi way of seeing things. Where one lets go of the old workout mentality of comparison and perfection and discovers a

new edge of self-awareness and acceptance. Jane's creative and powerful vinyasa flows become simply mirrors where one finds real beauty and truth in what is imperfect and incomplete. You may find her any day of the week teaching and practicing at Jonny Kest Center for Yoga in metro Detroit.



VINNIE MARINO

One of the most popular vinyasa flow teachers in Los Angeles, Vinnie began practicing yoga as a teenager in New York. After years of exploring different types of yoga,

he felt a deep connection to the vinyasa flow style. His first teacher training was at white lotus in Santa Barbara then went on to complete the YogaWorks advanced teacher training program. Vinnie teaches a strong, physically challenging class set to inspiring music from trance to rock. His blend of alignment and music has attracted a devoted following of advanced practitioners throughout the country. Vinnie leads retreats and workshops throughout the world.

OUR PRESENTERS



CLAIRE MISSINGHAM

A UK based leading teacher of Vinyasa Flow Yoga, known for her passionate, dynamic and inspirational style of teaching yoga that incorporates both the

physical and spiritual aspects of the yoga practice. Her classes integrate deep vinyasa flow asana with the application of precise alignment, meditation, intention and prayer to enable us to create self-awareness, acceptance and compassion for all. Claire also incorporates massage and deep hands on assists in her yoga classes and private sessions. Claire has recently been featured in The Times Style magazine, ES magazine, Health and Fitness, Zest, Natural Health and Time Out, Vogue, Tatler, Harpers and Queen, Conde Naste Traveler and Grazia. Claire's clients include Natalie Imbruglia, Melanie C, Emma Bunton, Minnie Driver, Neve Campbell and A-list celebrities. Claire's new BHAKTI VINYASA FLOW YOGA DVD is coming out soon, as is her new signature clothing line for MANUKA. A true yogini visionary with enough energy to enlighten all! Om, Shanti



EDDIE MODESTINI

Eddie Modestini is considered to be a teacher's teacher. He has been a yogi and yoga teacher since 1983. Eddie has been certified in Iyengar Yoga and is now a student

of Pattabhi Jois. He is well versed in both systems, has an amazing eye for reading students' bodies, and is a master of yoga therapy. He states, "Through the experience of watching yoga heal me, I know that it has the capacity to heal the masses." Eddie lives with his family in Maui and runs Maya Yoga Studio with his wife Nicki Doane.



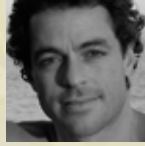
GAIL MONDRY Gail Mondry is a senior teacher at the Center for Yoga of metro Detroit where she teaches slow flow and vinyasa yoga classes. Practicing with Jonny Kest, his teachers and students

for the past seven years, has provided an amazing environment to become a strong, creative vinyasa teacher. The ability to grow with such a devoted yoga community and the continuity of practice it provides has established a fertile environment for enrichment as a student and teacher. Gail teaches workshops both locally and nationally and is known for her challenging and inspirational teaching style. She believes in the healing powers of yoga and meditation and has found them, with her own journey thru life and all its challenges, to be amongst her greatest teachers.



MOSES Moses' born Michael Kup is a down to earth yogi whose main inspiration is drawn from the infinite well of human divine love. Moses has the unique ability to nurture others to feel and celebrate their

emotions and creativity. His classes make you feel at ease. He always sees the best side of things and then believes it with such strength that it's hard not to enter into the field of that same positive possibility. He is known to create a safe, fun, loving, and exciting space to evolve.



MATT PESENDIAN

Matt Pesendian, L.Ac. has been practicing and studying the art of Hatha Yoga for 18 years, dedicating his studies to the teachings of T. Krishnamacharya and Zhander

Remete, the founder of Shadow Yoga. He received his master's degree in Traditional Chinese Medicine and is a nationally certified acupuncturist. In 2005 he developed a Medical Qigong program at the Cancer Center of Santa Barbara and studies Qigong under Grandmaster Ting Jue Zhou. He currently lives in Los Angeles and teaches Shadow Yoga workshops internationally.



SAUL DAVID RAYE Saul David Raye is known for his empowering and transformational approach to yoga, healing and spirituality. He began practicing Yoga and Meditation as a teenager and has studied with masters in various

spiritual and healing traditions. He spent several years in Asia and India studying and practicing Yoga, Thai massage, Pranic healing and meditation. Saul's teaching draws on the depth of the Yoga tradition, ayurveda, tantra and all forms of universal light love and wisdom. He is able to bring alive the holistic nature of healing in a way that is simple, powerful and accessible, allowing people to connect more deeply with their own authentic power and spirit. He holds certifications in Yoga, bodywork and energy healing, is an ordained minister and musician who infuses his classes with healing music and chants. He has been on the faculty of numerous national conferences and has been featured in different health publications. He is a co-founder of Shanti House LA, a local non-profit providing food and healing services in the local community and the original Sacred Movement Center' in LA. His teaching schedule includes teacher trainings, workshops, classes and retreats.

**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.

**PAUL TOLIUSZIS**

Owner of Miami Yogashala and Brickell Yogasahala, Paul is one of the few senior yoga teachers in the Miami area. A gifted and natural teacher, jnana yogi Paul skillfully navigates the asana lesson while also explaining non-dualistic yoga in an inspiring way. An everyday, working instructor, Paul enjoys teaching all populations, beginners, and advanced students equally. Over the past 15 years Paul has founded 2 yoga schools, presented at national conferences, certified hundreds of teachers, and joyously interacted with many wonderful people through yoga.

**MONICA SCHMIDT**

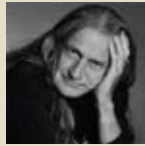
Monica Schmidt has self-studied yoga via 10 years of teaching, workshops, and personal research. She specializes in anatomy and asana mechanics, giving straight-forward instruction on approaching difficult poses with greater ease. A love of dance/gymnastics prompts a playful, experimental atmosphere in class. Monica holds a Bachelor's Degree in Exercise Science & Health Promotion.

**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.

**MAX STROM**

Max Strom is known for inspiring and impacting the lives of his students, teaching with the aim of personal transformation and has become one of the most revered teachers of yoga in the US. Former owner and director of Sacred Movement Yoga in Los Angeles, Max now travels worldwide teaching and lecturing on yoga and spirituality, and leading teacher trainings.

**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).



TEACHER TRAINING

THURSDAY, SEPTEMBER 11, 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.



ANNIE CARPENTER **Delicious Sequencing: Heart and Science**

CODE: TTAC

We want our students to have a satisfying, meaningful experience in our classes -- yummy and nourishing.

In this daylong Teacher Training Intensive, Annie will deconstruct the components of a successful sequence, like the ingredients of a great recipe, and teach you how to choose the ingredients, or poses, and when to blend each element in, just as surely as when and how many hot peppers to add to your black bean chili!

The morning will include a flow practice, which we will then analyze as a template recipe. In the afternoon, we will consider how to drive or inspire your sequences to deeper dimensions, considering how moving beyond the asana "limb" can inform and "spice up" your sequences to bring the heart into your classes.



JANE JAMES **Vinyasa Kids Yoga: Teacher Training**

CODE: TTJJ

Challenge yourself and your children to a unique vinyasa style practice. Learn how to light the vinyasa flame of yoga within your kids and build that fire into a passion they will carry with them into the teenage years and beyond.

Discover how to "connect" rather than to "correct" your kids, providing them with positive tools that will make a real difference in their development physically, emotionally, and spiritually.

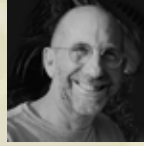
Open to all.



JONNY KEST **Vinyasa Teacher Training**

CODE: TTJK

In this six hour intensive you will learn the foundation and framework of building a complete Vinyasa flow. Both teachers and students will deepen their understanding of themselves and Vinyasa flow through a unique powerful process of direct constructive feedback. Identify what may be yoga myths and rigid teaching principles. Learn how to connect vs. correct your students and your practice. Open to students and teachers of all levels.



EDDIE MODESTINI **Maya Yoga: An Intelligent Blend of Vinyasa and Alignment**

CODE: TTEM

In this day long workshop we will start with a nice strong flow based practice focused on opening the groin area and strengthening the back. Eddie will cover in detail all of the lunge work that Maya yoga is famous for. The afternoon session will complement the morning and include inversions as well.



MAX STROM **Refining Communication and How to Teach Vinyasa Flow to Beginners**

CODE: TTMX

Part 1 - Refining Communication

People often assume that their favorite teachers are able to speak clearly, concisely, and lovingly because they were born that way. But this is rarely true. Teachers who excel with communication often simply work harder at it and never stop studying and improving their art of teaching. This seminar offers several techniques for refining and empowering your ability to communicate what you want to say in the tone you want to say it with. The practical principles you will learn in this workshop will take you to new levels in your teaching and inspire you for weeks to come.

Part 2 - How to Teach Vinyasa Flow to Beginners

The beginner needs a combination of flowing-movement, safety, and education. They need to learn to breathe and to understand why they need to learn to breathe. Leading such a class is often intimidating to teachers leaving them reluctant to teach beginning students at all. Experience Max Strom's renowned prana-flow class for beginners, refined over a ten-year period. Class will include a short talk, vinyasa-flow, breathing, and meditation. It will help you to embrace teaching beginning students with new confidence and knowledge.

Bring your mat and writing materials. (Please no recording equipment)

FULL DAY INTENSIVES

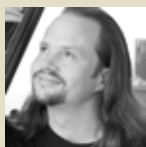
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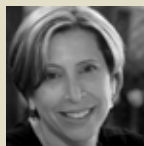
JIMMY BARKAN
Devas, Brahma Namaskar
- A Salute to Gods and Goddesses
CODE: INJB

Bring yourself in tune with a universal flow of energy so we become open vessels to develop whatever level is needed and to attract all blessings. Incorporate the higher, spiritual aspects of yoga into the physical dynamics of the postures, helping to awaken the Shakti energy through five specific vinyasas. Includes asana, pranayama, and meditation.



SEAN JOHNSON
Bhakti PlayShop: A Day Long Retreat
CODE: INSJ

This day long retreat is designed for yogis who love the sensuality of physical asana practice and who also have a desire to dive into the passionate depths of bhakti yoga--the devotional yoga of the heart. In this day-long immersion, we will enter the depths of bhakti yoga through story, poems, kirtan singing, music, dance, ritual, asana, creative expression, and other sweet surprises. We will also explore ways of integrating bhakti yoga into a creative vinyasa asana practice that not only stretches and strengthens our bodies, but enlivens our hearts. Through this process, our practice is transformed into a creative and generous offering to the Universe. In addition to practicing vinyasa yoga, we will delve deeply into one of the most powerful of bhakti yoga practices-- kirtan, the singing of simple, energy-based sounds called mantras. The mantras polish away the clutter in our heads and melt the numbness in our hearts, so we feel clear, awake, and brilliantly alive. Kirtan and portions of the asana practice will be accompanied by the live soundtrack of Sean's posse of New Orleans groove masters The Wild Lotus Band who will spice up the day with their mystic sounds.



GAIL MONDRY
Vinyasa Flow Immersion - One Breath, One Movement
CODE: INGM

The beauty of yoga is that like minded people can come together no matter how long they have been practicing and move forward on their own path. Developing a flow that makes sense physically, emotionally and even spiritually, requires a deeper understanding of the body's mechanics and the minds resistance to change. Learn how to develop an environment that allows each student to flow towards their potential while supported by the group's positive energy in the room.

In the morning we will actively flow in a 75 minute vinyasa practice. Directly after, we will take notes and record the flow. The afternoon will be a workshop/practice specifically focusing on the flow of the morning and its different challenges. A wonderful workshop for students and/or teachers to accelerate their understanding of one breath one movement. Come immerse yourself in your vinyasa.



SAUL DAVID RAYE
The Art of Thai Yoga Massage
CODE: INSD

Thai Yoga Massage is an ancient and sacred system of healing with roots in Yoga, Ayurveda, and Buddhist spiritual practice. This system of yoga therapy combines elements of massage, acupressure, twisting, stretching and meditation to release tension and enhance wholeness of body, mind and spirit in both giver and receiver. During this workshop you will gain a deeper understanding of Yogic healing and learn a powerful and effective sequence to relieve tension in the feet, legs, back, shoulders and head. Handout will be included. Please bring a blanket and a yoga mat. All levels.



MAIN WORKSHOPS

FRIDAY SEPT 12 8:00am - 10:00am

ANNIE CARPENTER

Anchor and Set Sail into Arm Balances!

CODE: 11AC

Freedom comes from security ... Lightness from a steady anchor. Find your steady, strong roots and soar into balancing poses. We begin balancing on one foot, transfer onto our hands, and conclude on our backside! Strong, playful practice.

EDWARD CLARK

Yoga Theatre 101

CODE: 11EC

Yoga Theatre presents a new means to explore the way simple asanas can be done with an aim to understanding their inherent beauty and expressive geometry. It is both meditative and vigorous. The emphasis will be on explaining the Tripsichore approach to breathing, backbends, inverted work and the Tripsichore Sun Salutations so that the class can begin to explore how energy flows through the body to create the forms and shapes at the heart of the choreography of Yoga Theatre. While it is FUN to do, it is also a serious orthodox practice that is respectful of technical discipline and safety.

SEANE CORN

Detox Flow

CODE: 11SC

This unique and challenging class focuses on cleansing the vital organs through a special vinyasa sequence that utilizes three internal components-compression, decompression and twists-to stimulate the purification process within the body. This class includes sun-salutes A and B, a detox standing pose sequence, breathing exercises and meditation.

VINNIE MARINO

Find Your Way Back

CODE: 11VM

We spend our lives hunched over car wheels and computers. Our shoulders slump forward and our chests close off, restricting our breathing. Through a sequence of progressively deeper backbends, this heart opening class will energize and uplift you, countering the effects of daily living on our bodies and minds.

MATT PESENDIAN

Introduction to Shadow Yoga

CODE: 11MP

Shadow Yoga, founded by Zhander Remete, is a

FRIDAY SEPT 12 10:30am - 12:30pm

JIMMY BARKAN

The Barkan Method...Hot Vinyasa...Free Your Hips and Your Mind Will Follow

CODE: 12JB

Unlock your hips and free your breath creating more space, freedom and ease. Release the pain, tension and worry of the past and find the power of being present to expand your consciousness. Mostly asana. Open to all levels.

EDWARD CLARK

Innovation and Orthodoxy

CODE: 12EC

This class focuses on challenging asanas and variations with an emphasis on analyzing Tripsichore's technical approach to breathing, backbends, inverted work and Tripsichore Sun Salutations.

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 movement 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.

MATT PESENDIAN

Moving the Shadow – Chaya Yoddha Sanchalanam

CODE: 12MP

"The laws of this journey are that each step is unrepeatable and unforeseen. One has no option but to respond to the demands of this real adventure. Everything is constantly moving and changing, as one stage dissolves into the next, to reveal new configurations, climates and landscapes." – Zhander Remete. This dynamic Shadow Yoga sequence introduces various warrior and sun forms (suryanamaskaras), paying special attention to the art of bandha (internal locks), marma (vital energetic junctions), nadi (energetic pathways), vinyasa (breath synchronized movement) and the cultivation of prana (inner life force).

SAUL DAVID RAYE

The Yoga of Touch: Healing with the Hands

CODE: 12SD

Awaken the power of conscious touch for healing the body, directing the mind, and awakening prana. Class includes asana adjustments, practical exercises, and discussion of the healing process and the yogic model of wholeness (koshas). Mostly asana.

MAX STROM

Awakening the Body, Healing the Spirit

CODE: 12MX

Is it possible that your hard body, so rigorously constructed, is really a means of building armor, to protect yourself? This class will not only focus on core strength and healthy physical alignment, but will also

FRIDAY SEPT 12 8:00am - 10:00am con't

Hatha yoga system designed to integrate the common principles of yoga asana, martial arts, dance, and Ayurvedic/Siddha medicine. From a yogic perspective, the term “shadow/chaya” refers to the many layers of our being - physical, energetic, mental/emotional, intuitive and spirit bodies. As an enlightened yogi once stated, “the appearance of this body is nothing but frozen layers of shadows.” The first recommended form, Balakrama (Stepping into Strength) and Uddiyana bandha (navel lock) will be introduced in this class. This bone strengthening sequence is especially designed to develop an awareness of one’s center, hands, feet, and breath.

STEVE ROSS
Vinyasa Flow

CODE: 11SR

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

MONICA SCHMIDT

Flying High Flow

CODE: 11MS

Arm balance within vinyasa requires focus, creates graceful strength, and builds confidence. We will explore alignment of upper body in beginner and advanced versions of arm poses and learn to “fly” while staying connected to breath and spirit.

RUSTY WELLS

Bhakti Flow

CODE: 11RW

Experience Extreme Power Flow Yoga in a dynamic session designed to take the seasoned practitioner to a new level. This challenging class, wrapped in love and devotion, will introduce students to Rusty’s signature freestyle vinyasa class. 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!



FRIDAY SEPT 12 10:30am - 12:30pm con't

invoke the question of our “life alignment.” An aligned body is healthy – an aligned heart and mind is even healthier. This unique practice is designed to awaken the strength of the body and the healing power of the heart. Class will include a short talk, vinyasa-flow, non-dogmatic philosophy, breathing, and meditation.

RUSTY WELLS
Resolve to Evolve

CODE: 12RW

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!

MARK WHITWELL

The Deep Dimensions of Yoga

CODE: 12MW

“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)

MAIN WORKSHOPS

FRIDAY SEPT 12 2:30pm - 4:30pm

ANNIE CARPENTER

Pranayama and the Savasana Brain

CODE: 13AC

Can you maintain the savasana in your mind while in the midst of a strong, sweaty flow? Annie will teach you several pranayama and bandha practices to establish your quiet focus to bring depth and ease, sthira and sukha, to your practice.

SEANE CORN

Yogini

CODE: 13SC

This women's only class will explore the feminine aspect of Spirituality, the role of women today as seeker, householder, worker and activist, and self-responsibility as a key to Transcendence. This uplifting and thought-provoking class will use the vinyasa practice to cultivate an inner journey towards healing, acceptance and empowerment.

JANE JAMES

Freedom

CODE: 13JJ

Come feel your true lightness of being as you work with asana and pranayama to explore an edge that extends far beyond the self. This hot & sensual vinyasa flow will challenge the body, calm the mind, and find you in connection with your deepest level of consciousness ... nibbana!

VINNIE MARINO

Get Hip

CODE: 13VM

Hip openers allow us to penetrate deeply into the emotional and physical body. In this strong asana practice we will use standing and seated poses to move through layers of resistance, opening the hips so we can experience greater freedom in the rest of the body.

EDDIE MODESTINI

Hip Openers!

CODE: 13EM

In order to explore the more advanced poses that yoga has to offer, you have to open your hips. This class will go deep and provide you with valuable information for your yoga practice!

STEVE ROSS

Yin Yoga

CODE: 13SR

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.

SATURDAY SEPT 13 8:00am - 10:00am

JIMMY BARKAN

The Barkan Method...Hot Yoga...

Shine with Shiva-Shakti

CODE: 21JB

Tap into the masculine-feminine force of the universe. Shiva without Shakti is unable to affect anything. Just as the moon does not shine without the moonlight, so also Shiva does not shine without Shakti. Mostly asana. All levels.

SEAN JOHNSON

"Knockin' on the Heart's Door" Kirtan Vinyasa

CODE: 21SJ

The heart's door opens from the inside out. Let's knock it down! Dive into the depths of bhakti yoga-- the ecstatic yoga of the heart-- in this powerful session devoted to freeing our spirit through passionate chanting, creative vinyasa yoga flows, rhythmic pranayama, and soulful poetry. The Wild Lotus Band, hailing all the way from New Orleans, will accompany portions of the class, providing a live soundtrack for your practice with mystical rhythms and enchanting melodies.

JONNY KEST

Beautiful Mind. Beautiful Body.

CODE: 21JK

Rasa refers to life's juice and vinyasa means flow. Happiness and vitality appear in life only when our juices are abundant and flow freely. We are all in danger of becoming stuck, rigid, and dried up, both physically and mentally, due to the choices we make. Rasayana is the path of rejuvenation. Vinyasa is the path of fluidity. Come experience a juicy practice of growth and transformation where you will learn how Vinyasa Yoga will enhance the sweetness and flow of your life.

VINNIE MARINO

Get into the Groove — Flow Practice

CODE: 21VM

Challenge yourself in Vinnie's Vinyasa flow practice. Build heat, strength and flexibility in this well sequenced class. We will focus on a combination of alignment and movement as we move through sun salutations and fun flow sequences. The whole class will be set to great music. Bring your towel!!

EDDIE MODESTINI

Wake up and flow!

CODE: 21EM

This is an awesome way to start the day! This will be a well balanced flow class with attention to detail. Special attention will be paid to the standing poses.

FRIDAY SEPT 12 2:30pm - 4:30pm con't

MAX STROM

Learn to Breathe to Heal Yourself and Your Relationships

CODE: 13MX

How does the way we breathe affect our stress level, quality of sleep, depression, and even our relationships? Breath penetrates, breath invigorates, and breath heals. In this special workshop we will integrate breathing exercises, and gentle movement. The effect of these done in sequence can lead to profound release and calm. Other benefits may include increased energy and mental clarity. Once you experience the power of your own breath, you will understand why it is called life force.

PAUL TOLISZIUS

Restorative Vinyasa: A Discourse on Four Main Paths of Yoga

CODE: 13PT

Slow moving, supported poses with calming pranayama and guided relaxation accompanied by a presentation on the paths of karma (selfless service), raja (royal, eight limb path), bhakti (devotional love), and jnana (wisdom leading to realization) yoga.



SATURDAY SEPT 13 8:00am - 10:00am con't

MATT PESENDIAN

The Art of Uddiyana Bandha

CODE: 21MP

The Hatha Yoga Pradipika states "Of all the bandhas, the Uddiyana is the most excellent." Come learn the basics behind this powerful yogic technique, it's benefits, and how to safely introduce it into one's yoga practice. The asana-vinyasa in this class will be based on a Shadow Yoga form.

SAUL DAVID RAYE

Ananda Ritam: The Yoga of Bliss

CODE: 21SD

The highest purpose of yoga is to realize our true nature – bliss: ecstatic connection to existence. It is our birthright and deepest desire, though it is hidden through the veils of maya and the five koshas. This ecstatic class will be a direct experience of your true nature, you will gain a deeper understanding of maya, the five koshas and the fullness of the yogic process. You will also be guided through a full spectrum practice that will leave you radiant, alive and blissful. All levels – open mind required.

MAX STROM

Spiraling Inward Toward Heaven

CODE: 21MX

In this class we explore strengthening and healing the body, primarily with postures that internally rotate the hips. This is especially healing for the lower back and neck. Since every adjustment to the body also affects the mind, spiraling our energy inward also has a profound emotional effect, as it promotes self-inquiry and true core strength. Standing postures, twists, backbends, and meditation. This workshop is appropriate for all levels.

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!

MAIN WORKSHOPS

SATURDAY SEPT 13 10:30am - 12:30pm

JUSTIN BARNES

Dynamic Arm Balancing Postures - Fun and Fearless

CODE: 22BB

Have you ever been in class when the teacher calls out a side bakasana... a handstand? The entire class goes into it and you wonder how that is possible? It is possible... and this class will show you how. Often it's not our bodies that prevent us from these exhilarating and beautiful asana, but our fears, self defeating attitudes and a lack of understanding of our yoga practice as fun, sensual and playful. These postures are not arbitrary acrobatic maneuvers reserved for the select few; they are rational, purposeful and powerful. They can teach us something about the capability of every human body. We are not limited ... but limitless. This class will not be a boring workshop style class. We're just going to go for it, and encounter the postures as though we were in an actual class. In other words, it's going to be fun! You need nothing except a willingness and sense of fearlessness. Come feel the grace and beauty of you're body. Let's get sweaty and deep! Let's transform and transcend! Don't miss this class!!!

ANNIE CARPENTER

Backbends: Open the Gates

CODE: 22AC

Where are you locked? Are you ready to step through? In this flow practice, Annie employs the art of sequencing to methodically guide you to encounter and open the three gates to a glorious urdha danurasana.

EDWARD CLARK

Tripsichore Sun Salutes

CODE: 22EC

Learn the innovative Tripsichore Sun salutes while discovering the specifics of breathing used to move into and through the challenging and unusual sequences of postures that Tripsichore uses in its daily practice.

SEANE CORN

SPIRITUAL ACTIVISM: Using Intuition, Mysticism and the Yogic Journey to Cultivate Inner Awareness and Initiate Global Change

CODE: 22SC

In this Vinyasa flow intensive we will explore the three realms of consciousness—the physical/mental, the energetic/emotional and the psychic/symbolic. These three realms create a holistic pathway for Self-investigation: the key for personal transcendence. In these three realms: asana, chakra exploration, meditation, reflection



SATURDAY SEPT 13 2:30pm - 4:30pm

ANNIE CARPENTER

Shoulder Girdle Freedom

CODE: 23AC

Focusing on your shoulders will have you practicing vinyasa flow for many years to come... Mindfully opening and strengthening this over-used area will prevent injury and make your practice light and fun. Plank, chatarunga and inversions become a delight. Anatomy and asana.

EDWARD CLARK

Tripsichore Variations

CODE: 23EC

These classes will follow a Primary Series format with excursions into the areas where Tripsichore's technique has special bearing. The use of breath and its function in vinyasa style movement will be closely examined. Everyone attending these classes will gain first hand understanding of the beauty and energy inherent in the postures and the Tripsichore variations.

SEANE CORN

Off the Mat, Into the World®:

YOGA, PURPOSE AND ACTION

CODE: 23SC

This intensive is an introduction aimed at inspiring individuals to become active in their local and global communities effectively, powerfully and JOYFULLY. First, a transformational vinyasa flow yoga sequence is taught to uncover your deepest passion and motivation. Then, Seane offers practical ways to begin to bring your own unique purpose into the world with the support of your community. Leave inspired and engaged!

VINNIE MARINO

A Simple Twist of Fate

CODE: 23VM

Start to unwind by learning to twist! Twists are a great way to detoxify the body, massaging the internal organs and lubricating the spinal discs...all helping to release the lower back. Come wring yourself out in this twisting flow practice.

SATURDAY SEPT 13

10:30am - 12:30pm con't

and prayer create a ritualistic journey initiating the mystical into the practical— bonding body, mind and Spirit. Learn how Self- confidence is the necessary tool for intuitive work, how to use your body to create a cosmic relationship with Spirit, and how, through prayer, we can become of service to Spirit and to the world around us. The intention of this day is to reconnect to our bodies, gain emotional insight, explore our individual Soul's purpose and cultivate skills—both physically and psychically- to Spiritually assist each other, our students, and the planet we inhabit.

DIEGO DELSOL
The Joyous Self

CODE: 22DD

Diego's classes teach the art of cultivating vitality and wisdom. You will learn and practice using your breath, mind and body to create a deeply healing, rejuvenating and inspiring experience. The practice is appropriate for all levels, from beginners to teachers and you will be challenged according to your own personal needs. The practice will give you a significant boost in strength, balance, focus, clarity, fluidity and insight. These are the seeds of self-awareness that lead to a radiant, confident and joyous self.

SEAN JOHNSON
Ganesha's Playhouse

CODE: 22SJ

Listen to the enchanting story of Ganesha, the beloved remover of obstacles, whose spirit blesses new beginnings and dissolves illusion. Then

celebrate and embody Ganesha's qualities of playfulness, earthiness, humility, good fortune, and humor through enthusiastic kirtan chanting, dynamic vinyasa flows that deeply root us to the source, live musical accompaniment from The Wild Lotus Band, and delicious prasad (yummy blessed sweets served at the end of the workshop).

STEVE ROSS
Vinyasa Flow

CODE: 22SR

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

MARK WHITWELL
Advanced Yoga for 'Perfect' Beginners

CODE: 22MW

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 breath you can do yoga," says Whitwell. Krishnamacharya. 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.

SATURDAY SEPT 13

2:30pm - 4:30pm con't

EDDIE MODESTINI
Maya Yoga Inversions

CODE: 23EM

In vinyasa yoga there is a strong emphasis on standing poses and flow. But when do we get to go upside down?? Inversions are really important for balancing your day and managing your life. They are rejuvenating, energizing, and extremely therapeutic. Be there!

SAUL DAVID RAYE
Thai Yoga Massage Partner Class

CODE: 23SD

Thai Yoga Massage is an ancient and sacred system of healing with roots in yoga, ayurveda and Buddhist spiritual practice. Combining massage, acupressure, twisting, stretching and meditation to create wholeness of body, mind and spirit in both giver and receiver. During this class you will be guided through giving and receiving a healing and relaxing Thai Yoga massage session. Guaranteed to release tension and lift your spirit. No prior experience required. Bring a friend or come alone. Please bring your yoga mat and a blanket, be prepared to have fun and relax. All levels welcome.

MAX STROM
How Well Do You Sleep?

CODE: 23MX

This workshop deals directly with the modern plagues of sleeplessness and anxiety. Since every adjustment to the body affects the mind, opening the joints, spine and chest area, and igniting our breath also has a profound emotional effect. This workshop is known to create a profound sense of serenity and gives you knowledge to take home with you to help you sleep and live more at ease. Class includes lecture, simple yoga postures, breath work, self-enquiry, and meditation. Appropriate for all levels.

MARK WHITWELL
Meditation Arising

CODE: 23MW

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)

MAIN WORKSHOPS

SUNDAY SEPT 14

8:00am - 10:00am

JIMMY BARKAN

The Barkan Method...

Hot Vinyasa Level II/III [Advanced]

High Voltage...Tied and Twisted

CODE:31JB

If we are viewed as lights in this world, this asana series will increase our voltage so that we may shine more brightly. Take your experience on the mat and apply it to your life. Mostly asana.

ANNIE CARPENTER

Twist and Cleanse!

CODE: 31AC

Perhaps the most confrontive of all poses, twists ask us

to come face to face with our inner koshas (sheaths) to cleanse and detoxify all layers of our selves. We move from light, easy twisting onto the most challenging, transformative twists and emerge lighter and freer.

EDWARD CLARK

This is it!

CODE: 31EC

This workshop is constructed so that both advanced practitioners and those fairly new to yoga will be challenged and entertained. This is a rare opportunity to study how the breath can be used to flow between postures and how to bring ease to asanas that many consider advanced. Even more important, everyone will gain an understanding of the beauty and energy of these postures. Join us and see for yourself ... this is it!

JONNY KEST

Slowburn

CODE: 31JK

Fast is slow, slow is fast. Sometimes the key to getting somewhere faster is to slow down. In this class you will slow down your breath and challenge your mind and body like never before. Discover a new edge and burn away unnecessary weight and tension leaving you light and free.

SUNDAY SEPT 14

10:30am - 12:30pm

SEANE CORN

The Body & Beyond

CODE: 32SC

In this class, we will explore the multifaceted dynamics of Vinyasa Flow yoga, including focusing on proper alignment, pranayama, meditation, reflection and prayer. Through the integration of asana, proper breathing techniques and conscious intention learn how to experience the creative and powerful practice of Vinyasa Flow as a devotional expression of life -beyond the body. Experience with Sun Salutes A and B is recommended.

SEAN JOHNSON

"Leaping with Hanuman!" Kirtan Vinyasa

CODE: 32SJ

Listen to the enchanting story of Hanuman, legendary monkey-hero of the great Indian epic The Ramayana. Then leap from the inspiration of that story into a dynamic yoga practice to light the flame of your spirit and stoke your devotion to life. The class will include enthusiastic kirtan chanting, dynamic vinyasa flows, inspiring poetry, and live musical accompaniment from The Wild Lotus Band. You will also be invited, emulating the great Hanuman, to make some 'leaps of faith' on and off the mat!

VINNIE MARINO

Learning to Fly - Arm Balance Class

CODE: 32VM

Reach new heights, whether you've never been able to get your feet off the ground or you can easily stand on your hands. Through detailed alignment we will learn how to place our bodies in these arm balancing postures. Let go of fear and explore your edge!

MOSES

Raw Organic Flow

CODE: 32MM

Join Moses as he mixes it up with a creative vinyasa flow, sweet music, a splash of yoga therapy, delicious adjustments, and self some expressed movement. Something fun, creative and improvisational to connect you with your passion for life ... a humble serving of Mosi-ness sharing with the intention of having a great yoga experience. All levels welcome.



SUNDAY SEPT 14

8:00am - 10:00am con't

KINO MACGREGOR

Strength: Yes, You Can!

CODE: 31KM

If you think you'll never be able to really lift up or if you want to take your lifting up to a new level, this class is for you. This class integrates the illusive "bandha" and core work in a way that is accessible for everyone. By using natural and scientific principles, like gravity, weight distribution, and mind-body connection, you will gain a new understanding of the potential for natural strength in your body. You will leave this workshop with tools you can apply to reach a new level of strength, presence and awareness.



EDDIE MODESTINI

Standing Poses: From the Ground Up!

CODE: 31EM

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 the feet in the standing poses, something that all Vinyasa Yogis need to know! This will be a fun strong class.

RUSTY WELLS

Crumble

CODE: 31RW

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!

SUNDAY SEPT 14

10:30am - 12:30pm con't

SAUL DAVID RAYE

Ananda Ritam: The Yoga of Bliss

CODE: 32SD

The highest purpose of yoga is to realize our true nature – bliss: ecstatic connection to existence. It is our birthright and deepest desire, though it is hidden through the veils of maya and the five koshas. This ecstatic class will be a direct experience of your true nature; you will gain a deeper understanding of maya, the five koshas and the fullness of the yogic process. You will also be guided through a full spectrum practice that will leave you radiant, alive and blissful. All levels – open mind required.

RUSTY WELLS

The Flow of Love and Devotion

CODE: 32RW

Stretching and jumping about for God can offer such a great way to shift the intention behind what is actually taking place on, and off, the yoga mat. Celebrate Bhakti Flow (chanting, pranayama and vinyasa) in an upbeat and fun experience that will be challenging for all levels of practitioner. Bhakti is the yoga of love and devotion. Let your heart sing as your body drenches itself in sweat. Walk away shining brighter. Come prepared to sweat and sing!

MARK WHITWELL

Advanced Practice

CODE: 32MW

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 as 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.

MAIN WORKSHOPS

SUNDAY SEPT 14

2:30pm - 4:30pm

JIMMY BARKAN

Yoga to Sacred Music

CODE: 33JB

The lights are off, the candles are lit and the music is playing! The scene is set for a mystical yogic journey. In this class we leave behind the analytical (left brain), and open to the experiential (right brain). Experience a full body massage from the inside out. Mostly asana.

JUSTIN BARNES

Break Through and Break Free

CODE: 33BB

Learn to use your vinyasa practice not only as a dynamic activation for the body but as a complete release for the mind. When we're in our heads constantly generating useless, recycled, redundant and endless thoughts, none of us can be free. Learn how through constant, steady and progressive yoga flow, we can get lost in spontaneous freedom and break the chains of intellectual bondage. Experience the freedom when the teacher gets out of the way and let's you fly into your own personal practice.

SEANE CORN

Chakra Flow

CODE: 33SC

In this informative and creative vinyasa class we will journey through the charkas and explore their physiological and psychological aspects. Through movement, breath, visualization, intention and prayer we can gain insight on how these energy centers, when blocked, can affect our physical health and emotional clarity. This class offers a glimpse into the possibilities of personal transformation through wisdom, self-responsibility and forgiveness.

SEAN JOHNSON

A Playshop for Yoga Teachers: Integrating Chanting Into Your Yoga Classes

CODE: 33SJ

This fun and informative playshop is designed for yoga teachers who want to learn more about mantra and explore simple ways of introducing chanting to your students in your classes. No musical experience or expertise is necessary. Yoga teacher/musician Sean Johnson will share information about the history of Bhakti yoga, teach several traditional mantras, share the basics of playing harmonium, and also provide participants with a handbook of resources on chanting and bhakti yoga.

CLAIRE MISSINGHAM

Fire! Vinyasa Yoga

CODE: 33CM

This workshop is a heated, rhythmic series of vinyasa yoga to detoxify and ignite your inner core strength and flame:

- Re-connect to your agni, or inner flame
- Super-strengthen and harness your core fire
- Detoxify your digestive system
- Dance through a soulful sequence of uplifting yoga postures
- Be inspired by live music
- Finish with a deep, blissful relaxation to reconnect to your inner Sahaja (natural joy)

Take home delicious Prasad (divine offering) & Fire Detox Tea!

SAUL DAVID RAYE

Thai Yoga Massage Partner Class

CODE: 33SD

Thai Yoga Massage is an ancient and sacred system of healing with roots in yoga, ayurveda and Buddhist spiritual practice. Combining massage, acupressure, twisting, stretching and meditation

to create wholeness of body, mind and spirit in both giver and receiver. During this class you will be guided through giving and receiving a healing and relaxing Thai Yoga massage session. Guaranteed to release tension and lift your spirit. No prior experience required. Bring a friend or come alone. Please bring your yoga mat and a blanket, be prepared to have fun and relax. All levels welcome.



PAUL TOLISZIUS

Sun Salutation Break Out

CODE: 33PT

Learn several new approaches to the classic vinyasa. Break down the essential asana into individual poses, then build on multiple loops, reference previously taught movements, make arm balance detours, and create new ways to spin the essential elements of surya namaskar. At least 10 interpretations will be practiced with assisting and hands on instruction.

CONFERENCE INFO

Airport Transfers

The resort is centrally located midway from both Miami International and Fort Lauderdale Airports. Transportation from both airports can be obtained by shuttle, taxi or private sedan service. Recommendations are as follows: From Miami International Airport which is located 25-30 minutes from the resort we recommend Super Shuttle for 1 passenger \$23.00 one way 5 or more passengers \$60.00 one way. Please contact Super Shuttle to set up your reservation at 305-871-2000. From Fort Lauderdale Airport which is located 15-20 minutes away from the resort we recommend Airport Express Shuttle for \$14.00 per person, \$44.00 1-4 person Lincoln town car, or \$88.00 4-10 person van ride. Please contact Airport Express Shuttle at 954-561-8888 or 800-244-8252.

Hotel

The lovely Sonesta Beach Resort is located just north of Miami Beach. Enjoy 12 acres of sandy beaches with an ocean front view where you can relax and enjoy your yogic endeavors. All rooms feature private balcony views of the ocean and/or bay with access to a full service spa. For details on your stay please visit (www.trumpsonesta.com) the site address is changing to, www.trumpmiami.com or call 800-461-8501.

Meals

Sonesta Beach Resort is proud to present its 'Food is Art' concept, taking great pride in bringing gourmet meals your way each and every beautiful day. You may visit each of the dining destinations to receive specially priced breakfast and lunch choices for conference attendees. Vegetarian and Vegan fare also available.

Kids

Hotel features the "Just Us Kids" club which is a daily supervised program for children ages 5-12. Admission is complimentary. Special activities include off-property excursions, beach and pool games and arts & crafts. "Just Us Little Kids" is a two-hour program designed for children ages 3-4 on Friday and Saturday beginning at 10:30am. Children must be potty trained. 24 hour advanced registration is required for all kids club attendees.

Conference Yoga Bazaar

The Art of Vinyasa 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 info@artofvinyasa.com or 800-599-YOGA [9642].

Props

Classes at the Art of Vinyasa 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 info@artofvinyasa.com or 800-599-YOGA [9642].

Conference Cancellation Policy

All requests for refunds/cancellations must be sent in writing to the Art of Vinyasa Conference address/fax. A \$100.00 per person charge applies to any cancellation made after August 1st, 2008. No refunds after September 9th, 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 Art of Vinyasa Conference and release Art of Vinyasa Conference, all employees, volunteers, or agents from liability. The Art of Vinyasa Conference is not responsible for, nor will refund tuition for any teacher cancellations.

Special Announcements and Updates

Visit artofvinyasa.com to obtain the latest information on special conference activities, entertainment sessions, class updates, etc.

MAKE YOUR RESERVATIONS EARLY TO INSURE THAT YOU RECEIVE THE SPECIAL DISCOUNTED RATE OF \$175 PER NIGHT/PER ROOM.

**CALL
800-461-8501**

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.

ANNIE CARPENTER Delicious Sequencing: Heart and Science	TTAC	EDDIE MODESTINI Maya Yoga: An Intelligent Blend of Vinyasa and Alignment.	TTEM
JANE JAMES Vinyasa Kids Yoga: Teacher Training	TTJJ	MAX STROM Refining Communication	TTMX
JONNY KEST Vinyasa Teacher Training	TTJK		

FULL DAY INTENSIVES

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

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

JIMMY BARKAN Devas, Brahma Namaskar – A Salute to Gods and Goddesses	INJB	GAIL MONDRY Vinyasa Flow Immersion - One Breath, One Movement	INGM
SEAN JOHNSON Bhakti PlayShop	INSJ	SAUL DAVID RAYE Thai Yoga Massage	INSD

THURSDAY SPECIAL EVENT

8:00pm

Max Strom Keynote : The Global Impact of Yoga; our gift and responsibility.

MAIN WORKSHOPS

Friday 8:00am - 10:00am

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

ANNIE CARPENTER Anchor and Set Sail into Arm Balances!	11AC	MATT PESENDIAN Introduction to Shadow Yoga	11MP
EDWARD CLARK Yoga Theatre 101	11EC	STEVE ROSS Vinyasa Flow	11SR
SEANE CORN Detox Flow	11SC	MONICA SCHMIDT Flying High Flow	11MS
VINNIE MARINO Find Your Way Back	11VM	RUSTY WELLS Bhakti Flow	11RW

MAIN WORKSHOPS

Friday 10:30am - 12:30pm

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

JIMMY BARKAN The Barkan Method...Hot Vinyasa... Free Your Hips & Your Mind Will Follow	12JB	SAUL DAVID RAYE The Yoga of Touch: Healing with the Hands	12SD
EDWARD CLARK Innovation and Orthodoxy	12EC	MAX STROM Awakening the Body, Healing the Spirit	12MX
JONNY KEST Vinyasa Uprising	12JK	RUSTY WELLS Resolve to Evolve	12RW
MATT PESENDIAN Moving the Shadow – Chaya Yoddha Sanchalanam	12MP	MARK WHITWELL The Deep Dimensions of Yoga	12MW

MAIN WORKSHOPS

Friday 2:30pm - 4:30pm

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

ANNIE CARPENTER Pranayama and the Savasana Brain	13AC	EDDIE MODESTINI Hip Openers	13EM
SEANE CORN Yogini	13SC	STEVE ROSS Yin Yoga	13SR
JANE JAMES Freedom	13JJ	MAX STROM How Well Do You Sleep?	13MX
VINNIE MARINO Get Hip	13VM	PAUL TOLISZIUS Restorative Vinyasa: A Discourse on Four Main Paths of Yoga	13PT

FRIDAY SPECIAL EVENTS

8:00pm

Matt Pesendian Yoga Demonstration
"Freestyle Vinyasa" Yoga Demonstration with Matt Pesendian

Followed by

Steve Ross Kirtan Concert
A Blissful & Intoxicating Experience!

MAIN WORKSHOPS

Saturday 8:00am - 10:00am

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

JIMMY BARKAN The Barkan Method...Hot Yoga..Shine with Shiva-Shakti	21JB	MATT PESENDIAN The Art of Uddiyana Bandha	21MP
SEAN JOHNSON "Knockin' on the Heart's Door" Kirtan Vinyasa	21SJ	SAUL DAVID RAYE Ananda Ritam: The Yoga of Bliss	21SD
JONNY KEST Beautiful Mind. Beautiful Body.	21JK	MAX STROM Spiraling Inward Toward Heaven	21MX
VINNIE MARINO Get into the Groove — Flow Practice	21VM	RUSTY WELLS Bhakti Flow BASICS	21RW
EDDIE MODESTINI Wake Up and Flow!	21EM		

MAIN WORKSHOPS

Saturday 10:30am - 12:30pm

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

JUSTIN BARNES Dynamic Arm Balancing Postures - Fun and Fearless	22JB	DIEGO DELSOL The Joyous Self	22SD
ANNIE CARPENTER Backbends: Open the Gates	22AC	SEAN JOHNSON Ganesha's Playhouse	22SJ
EDWARD CLARK Tripsichore Sun Salutes	22EC	STEVE ROSS Vinyasa Yoga	22SR
SEANE CORN Spiritual Activism	22SC	MARK WHITWELL Advanced Yoga for 'Perfect' Beginners	22MW

WORKSHOPS AT A GLANCE

MAIN WORKSHOPS

Saturday 2:30pm - 4:30pm

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

ANNIE CARPENTER Shoulder Girdle Freedom	23AC	EDDIE MODESTINI Maya Yoga Inversions	23EM
EDWARD CLARK Tripsichore Variations	23EC	SAUL DAVID RAYE Thai Yoga Massage Partner Class	23SD
SEANE CORN Off the Mat, Into the World®: YOGA, PURPOSE AND ACTION	23SC	MAX STROM How to Teach Vinyasa Flow to Beginners	23MX
VINNIE MARINO A Simple Twist of Fate	23VM	MARK WHITWELL Meditation Arising	23MW

SATURDAY SPECIAL EVENTS

8:00pm

Yoga Demonstration by Edward Clark

THE GALAPAGOS OF YOGA:

The most eccentric fusion of yogic innovations you could ever (or never) imagine

Followed By

Sean Johnson & the White Lotus Band

Calling the Spirits: An Evening of Mystic Mantra Music with Sean Johnson and the Wild Lotus Band, on tour from New Orleans

MAIN WORKSHOPS

Sunday 8:00am - 10:00am

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

JIMMY BARKAN The Barkan Method... Hot Vinyasa Level II/III [Advanced] High Voltage ... Tied and Twisted	31JB	JONNY KEST Slowburn	31JK
ANNIE CARPENTER Twist & Cleanse!	31AC	KINO MACGREGOR Strength: Yes, You Can!	31KM
EDWARD CLARK This Is it!	31EC	EDDIE MODESTINI Standing poses: from the ground up!	31EM
		RUSTY WELLS Crumble	31RW

MAIN WORKSHOPS

Sunday 10:30am - 12:30pm

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

SEANE CORN The Body & Beyond	32SC	SAUL DAVID RAYE Ananda Ritam: The Yoga of Bliss	32SD
SEAN JOHNSON "Leaping with Hanuman!" Kirtan Vinyasa	32SJ	RUSTY WELLS The Flow of Love and Devotion	32RW
VINNIE MARINO Learning to Fly— Arm Balance Class	32VM	MARK WHITWELL Advanced Practice	32MW
MOSES Raw Organic Flow	32MM		

MAIN WORKSHOPS

Sunday 2:30pm - 4:30pm

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

JIMMY BARKAN Yoga to Sacred Music	33JB	CLAIRE MISSINGHAM Fire! Vinyasa Yoga	33CM
JUSTIN BARNES Break Through and Break Free	33BB	SAUL DAVID RAYE Thai Yoga Massage Partner Class	33SD
SEANE CORN Chakra Flow	33SC	PAUL TOLISZIUS Sun Salutation Break Out	33PT
SEAN JOHNSON A Playshop for Yoga Teachers: Integrating Chanting Into Your Yoga Classes	33SJ		

ACCOMODATIONS

SONESTA BEACH RESORT

Miami, FL



The lovely Sonesta Beach Resort is located just north of Miami Beach. Enjoy 12 acres of sandy beaches with an ocean front view where you can relax and enjoy your yogic endeavors. All rooms feature private balcony views of the ocean and/or bay with access to a full service spa. For details on your stay please visit www.trumpsonesta.com or call (800) 461-8501.

PLEASE MAKE YOUR RESERVATIONS EARLY to receive the reduced rate of \$175.

BEGINNERS PATH

New to Yoga? 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 a wonderful selection to explore the benefit of yoga. May each class leave you feeling challenged, refreshed and at peace.

Namaste!

Suggested Beginners Yoga Path

We recommend trying some of these classes for a well rounded introduction to yoga when you are making your registration selections. (please see class descriptions)

Teacher Training Recommended for Beginners

MAX STROM

Refining Communication and How to Teach Vinyasa Flow to Beginners

CODE: TTMX

Full Day Intensives Recommended for Beginners

SEAN JOHNSON

Bhakti PlayShop: A Day Long Retreat

CODE: INSJ

Main Conference Workshops Recommended for Beginners

FRIDAY, Sept 30

VINNIE MARINO

Find Your Way Back

CODE: 11VM

MARK WHITWELL

The Deep Dimensions of Yoga

CODE: 12MW

ANNIE CARPENTER

Pranayama and the Savasana Brain

CODE: 13AC

SATURDAY, Sept 31

JONNY KEST

Beautiful Mind. Beautiful Body.

CODE: 21JK

DIEGO DELSOL

The Joyous Self

CODE: 22DD

SEANE CORN

Off the Mat, Into the World®:

YOGA, PURPOSE AND ACTION

CODE: 23SC

SUNDAY, Sept 1

KINO MACGREGOR

Strength: Yes, You Can!

CODE: 31KM

MOSES

Raw Organic Flow

CODE: 32MM

PAUL TOLISZIUS

Sun Salutation Break Out

CODE: 31PT

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.artofvinyasa.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, Sept 11**
Max Strom KeyNote
- Friday • September 12, 2008**
- Matt Pesendian Yoga Demonstration
- Concert by Steve Ross
- Saturday • September 13, 2008**
- Yoga Demonstration by Edward Clark
- Sean Johnson & the White Lotus Band Conert

* 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?

- Alive Yoga Brochure Friend Yoga Studio
- Email Blast Past Attendee I Love Yoga
- Concious Choice Magazine 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.artofvinyasa.com
- (2) MAIL TO ART OF VINYASA YOGA CONFERENCE
c/o Center for Yoga
555 S. Old Woodward Avenue
Birmingham, MI 48009
- (3) FAX TO (248) 723-3385
- (4) PHONE (248) 646-7054

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 ARTOFVINYASA.COM

REFLECTIONS

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 to info@midwestyoga.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.

Where is the conference held?

All workshops and events will take place at the Sonesta Beach Resort at Miami - Sunny Isles - Trump Sonesta 18001 Collins Avenue Sunny Isles Beach, FL 33160 Call 305 692 5600 or Reservation Hotline: 800 461 8501 or visit www.trumpsonesta.com.

Can I register for separate classes?

Registration is per day. 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@artofvinyasa.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, and demonstrations.

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@midwestyoga.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.

BE HERE NOW

OCTOBER 23 - 26
LAKE AUSTIN HYATT • AUSTIN, TX

SOUTHWEST 08 YOGA CONFERENCE



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

southwestyoga.com / 800.599.YOGA

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