

# BE INSPIRED BY THE BEST.

Swami Asokananda  
Baron Baptiste  
Barbara Benagh  
Mitchel Bleier  
Maty Ezraty  
Donna Farhi  
Lilias Folan  
Gessner Geyer  
Ann Greene  
Julie Gudmestad  
Gary Kraftsow  
Judith Hanson Lasater  
Cyndi Lee  
Sudha Carolyn Lundeen  
Timothy McCall  
Chuck Miller  
Kelly Morris  
Todd Norian  
Aadil Palkhivala  
Shiva Rea  
Natasha Rizopoulos  
Halé Sofia Schatz  
Sianna Sherman  
Rod Stryker  
Patricia Walden  
Rodney Yee

## CONTINUING EDUCATION FOR TEACHERS

Tuesday, April 20–Thursday, April 22

## ALL-DAY INTENSIVE WORKSHOPS

Friday, April 23

## MAIN CONFERENCE

Saturday, April 24–Sunday, April 25

### PLUS MINI-CONFERENCE

Graceful Passages:  
Yoga for Women at Midlife

# THE YOGA JOURNAL BOSTON CONFERENCE

yoga  
JOURNAL CONFERENCES

## The magazine you trust. The teachers you respect. The experience you deserve.

*Yoga Journal* is pleased to present our first ever New England conference in the historic city of Boston. This six-day event will transform the Sheraton Boston Hotel into an incredible yoga escape. Whether you've just bought your first sticky mat or you've been practicing for years, it will add new dimensions to your yoga practice. The conference will begin with three days of continuing education for teachers, during which you can improve your yoga knowledge and teaching skills in workshops led by world-renowned faculty. Following that program will be all-day intensive workshops, giving you the opportunity to practice, meditate, and gain new perspectives on yoga philosophy with your favorite teacher. Then comes the main weekend conference, which will offer more than 80 classes for every level of practitioner, along with some new twists, including a "New to Yoga" track, a special conference for women at midlife, four-hour master classes, and an opening-night Community Connection gathering.

We are honored to present, for the first time, a conference of this magnitude in New England. We look forward to seeing you in Boston.

Namaste,

John Abbott, *Publisher and CEO, Yoga Journal*



**Swami Asokananda** serves as president of Satchidananda-Ashram-Yogaville and Integral Yoga International and was also president of the New York

Integral Yoga Institute for 17 years. He received sannyas initiation (monkhood) from Swami Satchidananda in 1975. *For course descriptions, see pages 7, 8, 9, and 11.*



**Baron Baptiste** has studied yoga and meditation since childhood—his parents opened San Francisco's first yoga center 60 years ago. Baron is the author of *Journey into Power* and the owner-director of the Power Yoga Institutes in Boston and Cambridge, MA. *For course descriptions, see pages 7, 8, 9, 11, and 12.*



**Barbara Benagh** has been under yoga's spell since her first class in 1973. Her distinctive style reflects a practice ripened with time. She is a frequent

contributor to *Yoga Journal* and is featured on DVDs from [bodywisdommedia.com](http://bodywisdommedia.com) including *Yoga for Athletes*. Barbara lives in Boston and is an avid road cycling enthusiast. *For course descriptions, see pages 4, 5, 6, 9, 10, 12, and 13.*



**Mitchel Bleier and Sianna Sherman** are

Anusara Yoga instructors certified by John Friend.

For the past two years, they have been apprenticing

with him. Both dedicated themselves to the practice of yoga early on, and between the two of them there is a great wealth of knowledge of yoga philosophy and therapeutics.

*For course descriptions, see pages 8, 9, 10, and 12.*

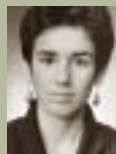


**Maty Ezraty** is a

student of K. Pattabhi Jois and many senior Iyengar teachers, which is reflected in her determined approach to teaching

correct form. She has been teaching since 1985 and is a founder and co-owner of YogaWorks in Santa Monica, CA. She was *Yoga Journal's* Asana columnist in 2001.

*For course descriptions, see pages 4, 5, 6, 8, and 10.*



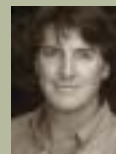
**Donna Farhi** has been practicing yoga for 29 years and teaching for more than two decades. She is the author of *The Breathing Book* and *Yoga Mind, Body*

& Spirit: *A Return to Wholeness*. Her more recent book, *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*, explores the nature of yoga as a complete life practice. *For course descriptions, see pages 4, 5, 6, 8, 10, and 11.*



**Liliias Folan** has introduced millions of people to yoga through her PBS-TV series *Liliias! Yoga and You*, which aired from 1972 to 1992. Her award-winning

yoga videos, best-selling books, and audio programs reflect the warm, caring, down-to-earth style that made her popular on TV. She lives in Ohio. *For course descriptions, see pages 7, 8, 10, 11, and 13.*



**Gessner Geyer** has

been teaching how human brain function affects human behavior for over a decade. He holds two Master's degrees from

Harvard University where he studied cognitive neuroscience. His work has been featured on PBS, ABC, and the CBC. Gessner is a certified teacher of Kundalini Yoga and lives in the Boston area. *For course descriptions, see pages 9 and 10. Please see keynote description on page 12.*



**Ann Greene and Todd Norian**, a husband-and-wife team,

share a passion for chanting kirtan and teaching yoga.

Todd, a certified Anusara

Yoga teacher and musician, has chanted kirtan for more than 20 years. He has also recorded CDs and is the founder of Shakti Fusion, a jazz-rock chanting band. Ann, an Anusara Yoga teacher, enjoys the blissful vibrations of chanting. *For course descriptions, see page 8 and 9.*

**Julie Gudmestad**

is a certified Iyengar Yoga teacher and director of the Gudmestad Yoga Studio in Portland, OR. Also a practicing physical therapist for

25 years, Julie integrates the healing powers of yoga with her Western medical knowledge for a unique teaching style. She writes *Yoga Journal's* Anatomy of a Yogi column. For course descriptions, see pages 4, 5, 6, 8, 10, 12, and 13.

**Gary Kraftsoff**

is the founder and director of the American Vinyoga Institute on Maui. He began his study of yoga with T.K.V. Desikachar

in 1974 and has been a teacher trainer in the Vinyoga lineage since 1980. His second book, *Yoga for Transformation*, was published in 2002. For course descriptions, see pages 4, 5, 6, 9, 10, and 12.

**Judith Hanson Lasater**

holds a Ph.D. in East-West psychology and is a physical therapist who has taught yoga since 1971. One of the founders

of *Yoga Journal*, Judith is also president of the California Yoga Teachers' Association and the author of *Living Your Yoga: Finding the Spiritual in Everyday Life*. She lives in San Francisco, CA. For course descriptions, see pages 4, 5, 6, 9, 10, 12, and 13.



**Cyndi Lee**, director of OM Yoga Center in New York City, practices both hatha yoga and Tibetan Buddhism. A yoga teacher for more than 20 years,

Cyndi is the author and artist of the best-selling OM Yoga in a Box series, as well as *Yoga: A Guide to Daily Practice* and *Yoga Body, Buddha Mind*. For course descriptions, see pages 7, 8, 10, 12, and 13.

**Sudha Carolyn Lundeen**

is certified as an advanced Kripalu Yoga instructor, holistic health nurse, and Phoenix Rising yoga therapist. The former

director of the Kripalu Yoga Teachers' Association, she has been leading programs on yoga, health, and healing for more than 20 years. She is currently a senior faculty member at Kripalu Center in Lenox, MA. For course descriptions, see pages 7, 9, 11, 12, and 13.

**Timothy McCall**

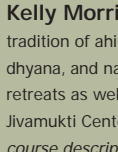
is a board-certified internist, the author of *Examining Your Doctor: A Patient's Guide to Avoiding Harmful Medical Care*, and *Yoga*

*Journal's* medical editor. He is writing a book for *Yoga Journal* on yoga therapeutics, due out in fall 2004. Timothy, who lives in Boston, has studied yoga with Patricia Walden since 1995. For course descriptions, see pages 6, 9, and 11.

**Chuck Miller**

has been practicing yoga since 1971 and learned Ashtanga Yoga from K. Pattabhi Jois in 1980. Teaching since 1988, he is the co-owner of

YogaWorks in Santa Monica, CA, where he is also the director of Ashtanga Yoga. Chuck is known for his focus on the holistic nature of Ashtanga Yoga. For course descriptions, see pages 8, 9, 11, and 12.



**Kelly Morris** teaches in the Jivamukti tradition of ahimsa, bhakti, svadhyaya, dhyana, and nada. She teaches international retreats as well as regular classes at the Jivamukti Center in New York City. For course descriptions, see pages 8, 9, and 11.

**Aadil Palkhivala**

began his formal study of yoga with B.K.S. Iyengar at the age of seven. He holds one of the few advanced yoga teacher certificates

and is the founder-director of Yoga Centers in Bellevue, WA. Aadil is also a certified Ayurvedic health science practitioner, naturopath, and bodywork therapist, as well as a clinical hypnotherapist. For course descriptions, see pages 7, 8, 11, and 12.

**Shiva Rea**

explores the art of yoga in practical, creative and life transforming ways. She is known for bringing the roots of yoga alive for modern

practitioners through the integration of movement meditation, yogic philosophy and art, nature's vitality, and spontaneous humor and joy. She is a leading teacher of vinyasa flow yoga worldwide, writes for *Yoga Journal*, and is the author of home practice CDs, videos, and DVDs. Shiva lives in California. For course descriptions, see pages 7, 8, 9, 10, 11, and 12.

**Natasha Rizopoulos**

has been teaching at YogaWorks in Santa Monica, CA, since 1997. She began her training as a teacher there and

has continued to study with a number of Ashtanga and Iyengar teachers, including with K. Pattabhi Jois on a trip to India in 2000. She appears in the *Yoga Journal* Home Practice video series. For course descriptions, see pages 8 and 10.

**Halé Sofia Schatz**,

nourishment educator and consultant, has explored the vital correlation between nourishment, health, and

spiritual awareness for over 30 years. She is the author of *If the Buddha Came To Dinner: How To Nourish Your Body To Awaken Your Spirit*. Halé lives in Boston, MA. Please see keynote description on page 13.

**Rod Stryker**

holds the title Yogiraj. He has taught Tantra, hatha, and Yogananda's Kriya Yoga for more than 20 years.

In addition to leading trainings and retreats worldwide, Rod specializes in the art of personalizing yoga and meditation practices for individuals, known as anava upaya yoga. He lives in Los Angeles. For course descriptions, see pages 7, 9, 10, 11, and 12.

**Patricia Walden**

teaches classic Iyengar Yoga and has been a student of B.K.S. Iyengar since 1976. She travels annually to India, where

she studies with him as well as with Geeta and Prashant Iyengar. Patricia is featured in a selection of *Yoga Journal* videos. She lives in Boston. For course descriptions, see pages 4, 5, 6, 10, 12, and 13.

**Rodney Yee**

is the co-director of the Piedmont Yoga Studio in Oakland, CA. He practices and teaches yoga to bring philosophy

into action and to unveil the natural beauty of our spirits. Rodney is featured in many award-winning yoga videos and DVDs, and was featured on *The Oprah Winfrey Show*. For course descriptions, see pages 7, 9, 10, 11, and 12.

Tuesday, April 20–Thursday, April 22

## CONTINUING EDUCATION FOR TEACHERS

### OPENING REMARKS BY BARBARA BENAGH

TUESDAY, APRIL 20  
1:00PM–2:00PM

#### YOGA OFF THE MAT



How does our yoga practice bring us in touch with the world at large? How do we affect the world and how does the world affect our practice?

We are pleased to present a Continuing Education for Teachers program in Boston. The days are structured to include asana-based classes in the morning session, and lecture and workshop classes in the afternoon session. Each class will fall under one of Yoga Alliance's RYT guidelines of Techniques & Teaching methodology, Anatomy & Physiology, or Philosophy/Ethics/Lifestyle.

### Tuesday, April 20

#### Session 1 8:30AM–11:30AM

**Slow Flow**—*Barbara Benagh*. Moving slowly can be intense and effective, nourishing deep tissue and building core strength. Barbara weaves movement and mindful breathing into a slow asana flow, inviting deep poses full of inner presence and revealing clarity. CE1BBEN

**Ashtanga Vinyasa: Surya Namaskar and Standing Postures**—*Maty Ezraty*. The Sun Salutations and standing poses are the foundation of an Ashtanga Vinyasa practice. We will practice and then break down key poses essential to a healthy, lifelong practice. The safety of the shoulders, low back, and knees will be emphasized. CE1MEZR

**Sequential Flow**—*Donna Farhi*. By learning to initiate impulse from the ground and allowing this force to move unimpeded, we rediscover the organic origins of asana. We will begin with a guided developmental movement inquiry, followed by intensive practice of slow vinyasa. CE1DFAR

**Preparation for Backbends**—*Julie Gudmestad*. Study the art of sequencing as you learn to prepare and open the body for backbends. Some applied anatomy will be covered, with a focus on joints and muscles. CE1JGUD

**How to Introduce Pranayama and Bandhas into an Asana Class**—*Gary Kraftsow*. Experience the powerful inner tools of psychophysical transformation. Examine the bandhas and integrate them into asana and pranayama practices, while purifying our systems. CE1GKRA

**Freedom of the Hip Joint**—*Judith Hanson Lasater*. We will focus on hip movements and deal with problems with this core joint in asana. CE1JLAS

**How to Teach Inversions**—*Patricia Walden*. Inversions have a profound effect on the endocrine, nervous, and circulatory systems. Learn how to prepare your students for inversions and how to teach Headstand, Shoulderstand, Plow Pose, and Bridge Pose. CE1PWAL

#### Session 2 2:30PM–5:30PM

**Easing Tension from the Neck and Shoulders**—*Barbara Benagh*. A tight upper back and neck is unpleasant and can sabotage your practice. We will identify common holding patterns and misalignments and explore ways to restore peace to the upper body. *Bring a blanket and block.* CE2BBEN

**Hands-on Adjustments and Reading Bodies**—*Maty Ezraty*. No two bodies are alike, so teaching the individual in front of you is a skill that must be honed to become a good teacher. We will look at and begin to read different bodies. We'll then apply the necessary hands-on adjustments for each individual's needs. *Attendance in morning class is recommended.* CE2MEZR

**Coming Together: The Sacroiliac Joint**—*Donna Farhi*. As the conduit for force between the legs and torso and the meeting point of the pelvis and spine, the sacroiliac joint is a crucial juncture point in the body. We will explore the anatomy, kinesiology, and correct function of this joint in standing postures, backbends, forward bends, and twists. CE2DFAR

**Working with Knee Problems in Yoga**—*Julie Gudmestad*. After discussing the structure of the knee joint and the muscles that support it, we will practice poses that improve the knee's alignment, strength, and flexibility. Hyperextended, arthritic, and strained (not severely injured) knees will be emphasized. CE2JGUD

**Diagnosis and Prescription for Yoga Therapy**—*Gary Kraftsow*. Refine your ability to perceive what is happening in your body and the bodies of your students during practice. We will focus on structural diagnosis and prescriptive application in asana practice. *Demonstration, lecture, discussion, and practice.* CE2GKRA

**Communication in Teaching Yoga—Judith Hanson Lasater.** How can we choose language that communicates with the clarity of satya (truth)? How can our words as teachers shape the class? How can we deal with “difficult” students and situations? We will cover practical skills for the teacher. CE2JLAS

**Pranayama: The Breath of Life—Patricia Walden.** Learn an asana sequence and deep breathing exercises to take your students inward and to prepare them for pranayama. *Bring a bolster and 2 blankets.* CE2PWAL

## Wednesday, April 21

### Session 3 8:30AM–11:30AM

**Slow Flow—Barbara Benagh.** See course description on page 4. CE3BBEN

**Detailing the First Series of Ashtanga Yoga—Maty Ezraty.** Using the sitting postures of the first series, we will focus on the knees and hips. We will use the linking of breath and movement to open our hips in preparation for the lotus poses. Variations will be introduced as needed. CE3MEZR

**Embodying Compassion—Donna Farhi.** Many of us practice with an unconscious attitude of self-aggression, which manifests itself as forcefulness. By welcoming ourselves as we are, we embody compassion and open the gateways to inner freedom. *Asana, pranayama, and meditation, followed by Q&A.* CE3DFAR

**Shoulder Alignment and Stabilization in Asana—Julie Gudmestad.** Learn basic shoulder anatomy as we practice healthy alignment in a variety of poses. Important muscles that support the shoulders and shoulder blades will be emphasized. CE3JGUD

**Secrets of Sequencing—Gary Kraftsow.** Study practical experiences designed to illustrate principles for creating personalized asana practice. We will investigate the principles used in developing different sequences for different physical and mental conditions, times of day, and seasons. CE3GKRA

**Asana Practice: Restorative Yoga—Judith Hanson Lasater.** Explore the theory and practice of restorative yoga. *Bring 3 blankets, an eye cover, and strap.* CE3JLAS

**How to Teach Backbends—Patricia Walden.** Learn how to prepare students for backbends and how to teach the two families of backbends. One family is composed of Ustrasana, Urdhva Mukha Svanasana, and Dhanurasana; the other is composed of Urdhva Dhanurasana and Viparita Dandasana. Discover how the two groups are related. *Not suitable for students with back problems.* CE3PWAL

### PANEL DISCUSSION 1:00PM–2:00PM

**Ethics on the Mat with Barbara Benagh, Donna Farhi, Judith Hanson Lasater, and Patricia Walden.**

### Session 4 2:30PM–5:30PM

**Conscious Breathing and the Management of Asthma—Barbara Benagh.** Learn the mechanics of breathing and how common dysfunctional breathing habits relate to asthma. We will practice breathing exercises and asanas that help manage asthma symptoms. *Dress warmly.* CE4BBEN

**Teaching Ashtanga to Beginning Students and Those with Physical Challenges—Maty Ezraty.** Ashtanga is often thought to be only for young people. In reality, Ashtanga is a brilliant method that can help both practitioner and instructor experience the heart of yoga. Breathing techniques and asana variations will be introduced to encourage students to practice ashtanga with ahimsa (nonviolence.) CE4MEZR

**The Dynamics of Touch—Donna Farhi.** We will explore the dynamics of breath-based touch and how the teacher can use it to model self-acceptance and unqualified presence. We will then discover how touch can unveil new possibilities and hidden freedoms. CE4DFAR

**Anatomy Awareness: The Hips, Pelvis, and Lower Back—Julie Gudmestad.** The hips form the foundation of the pelvis which is the foundation of the spine. Improve your awareness as we study the bones, joints, and muscles in these challenging parts of the body. *Lecture, demonstration, and asana.* CE4JGUD

**Secrets of Sequencing—Gary Kraftsow.** We will discuss how to remove doubts about why we do what we do, discover what is useful for each individual and what may be harmful, and learn how to modify our practice for different needs. *Lecture, discussion, and workshop.* CE4GKRA

**The Mysterious Sacroiliac Joint—Judith Hanson Lasater.** We will study the theory of sacroiliac-joint dysfunction and tips for avoiding pain in this area in asana. CE4JLAS

**Menopause: Coming into Fullness—Patricia Walden.** Menopause is a time of spiritual ripening. It is also a time of physical and emotional challenges, joint stiffness, hot flashes, insomnia, melancholy, and feelings of inadequacy. We will explore sequences that help relieve these symptoms, so you can experience menopause with grace and ease. CE4PWAL

## Thursday, April 22

### Session 5 8:30AM–11:30AM

**Opening into Backbends**—*Barbara Benagh*. Backbends wake us up and make us supple and strong. We will slowly ease into backbends creating reliable pathways toward more challenging poses. The goal is backbends that are steady, fluid, and inviting. *Bring 2 blankets*. CE5BBEN

**Introduction to Second Series: Understanding Backbends and Inversions**—*Maty Ezraty*. A strong inversion practice and a healthy backbend practice are keys to the Ashtanga second series. We will practice these second series poses and learn to modify them as needed. *Bring a strap and block*. CE5MEZR

**Sequential Flow**—*Donna Farhi*. See course description on page 4. CE5DFAR

**Shoulder Alignment and Stabilization in Asana**—*Julie Gudmestad*. See course description on page 5. CE5JGUD

**Secrets of Adaptation**—*Gary Kraftsow*. We will examine the fundamentals for creating a personalized asana practice and adapt the classic asanas as well as breathing patterns in asana practice. This will help you adapt asanas to address different conditions and optimize the benefits of your teaching and practice. CE5GKRA



LACEY TERRELL

**Freedom of the Hip Joint**—*Judith Hanson Lasater*. See course description on page 4. CE5JLAS

**Yoga for Depression, Part 1: Theory and Background**—*Timothy McCall & Patricia Walden*. Learn the role yoga can play in the treatment of three types of depression (lethargic, agitated, and hormonally related). We will discuss how the tools of yoga, including philosophy, asana, and breath awareness, can help treat depression. The approach will place yoga in a larger context that may include antidepressant medication and/or psychotherapy. CE5PWAL

#### PANEL DISCUSSION 1:00PM–2:00PM

**The Business of Yoga with Maty Ezraty**, co-owner and co-director, *YogaWorks*; *Martin Kupferman*, ancillary business director, *Yoga Journal*; *Elizabeth B. Rayer*, managing director, *Baptiste Power Yoga Institute*.

### Session 6 2:30PM–5:30PM

**Easing Tension from the Neck and Shoulders**—*Barbara Benagh*. See course description on page 4. CE6BBEN

**Hands-on Adjustments and Reading Bodies: Emphasis on Backbends and Inversions**—*Maty Ezraty*. We will look at and begin to read different bodies in backbends and inversions. We'll then learn and apply the necessary hands-on adjustments for different individual needs. *Attendance in morning class is recommended. Bring a strap and block*. CE6MEZR

**Coming Together: The Sacroiliac Joint**—*Donna Farhi*. See course description on page 4. CE6DFAR

**Anatomy Awareness: The Hips, Pelvis, and Lower Back**—*Julie Gudmestad*. See course description on page 5. CE6JGUD

**Diagnosis and Prescription for Yoga Therapy**—*Gary Kraftsow*. See course description on page 4. CE6GKRA

**Communication in Teaching Yoga**—*Judith Hanson Lasater*. See course description on page 5. CE6JLAS

**Yoga for Depression, Part 2: Practice**—*Timothy McCall & Patricia Walden*. We will try out various asanas that can be used in each of the three types of depression, as well as further explore the role of breath. You will be able to ask about the material taught in Part 1 and discuss individual treatment. *Prerequisite: Yoga for Depression, Part 1*. CE6PWAL

Friday, April 23

## ALL-DAY INTENSIVE WORKSHOPS

### All-Day Intensive Workshops

Friday, April 23 9:00AM–5:00PM

**Overcoming Obstacles on the Spiritual Path**—*Swami Asokananda*. While using asana and pranayama to untie many of our physical and psychological knots, we still face a number of obstacles along the path that are subtle and deeply rooted in our psyche. We will explore how yoga can be used to overcome the seven main obstacles that hide our true nature. *All levels.* F1ASOK

**Journey into Power: Baptiste Power Vinyasa Yoga**—*Baron Baptiste*. Learn how to integrate physical and spiritual principles into a vinyasa-style practice with an emphasis on gentleness and acceptance. Unite biomechanical precision, a focused mind, and an open heart. Work synergistically to dissolve energy blocks, held emotions, and limiting perceptions. Excavate your ideal practice, free your true self, and transform your life with yoga. *All levels.* F2BBAP

**The Joy Is in the Journey: Hatha Yoga and More**—*Lilias Folan*. Hatha yoga is more than freeing the body—it is opening the spiritual heart and quieting the mind. Learn a non-mechanical approach to poses, and the three R's of stretching. Welcome the witnessing self and inner-smile pathway to your heart. *All levels.* F3LFOI

**Yoga Body, Buddha Mind**—*Cyndi Lee*. Explore how the mutual support of hatha yoga and Buddhist meditation help us bring our bodies and minds into balance. Mindfulness meditation instruction will be practiced along with walking meditation. We will practice two asana sessions in which the challenges of yoga will provide an ideal opportunity to apply the Buddhist meditation techniques of watching our mind and opening our hearts. We will investigate how we can begin to integrate all of these practices, letting them inform one another. *All levels.* F4CLEE

**The Richness of Kripalu Yoga: A Path of Healing and Spiritual Awakening**—*Sudha Carolyn Lundeen*. We will be guided through the three stages of Kripalu Yoga. First, we'll focus on alignment and body awareness of the physical postures. Next, we'll focus on relaxing into the postures, using breath and concentration techniques to release energy blocks and tension. Finally, we'll explore releasing the willful form of the postures to experience the spontaneous movement initiated by prana and body wisdom. *All levels.* F5SLUN

**Yoga Synthesis**—*Aadil Palkhivala*. Equal parts strength, endurance, flexibility, balance, and relaxation are the physical yoga. Integrating the body, mind, emotions, and spirit is the yoga of life, the yoga synthesis. Through postures, breath, and yogic philosophy, we will learn to synthesize our practice into a practice for living. *All levels.* F6APAL

**Rasa Vinyasa: The Art of Teaching Vinyasa Flow Yoga**—*Shiva Rea*. Rasa has many meanings. In the arts, rasa brings us inner satisfaction with the beauty of dance, music, or painting. Within yoga and Ayurveda, rasa is our “inner juice,” associated with longevity, joy, devotion, and flexibility. We will explore the cultivation of rasa essence within the ritual of a class, the art of sequencing, and teacher self-care. The focus will be on three rasas—virya (strength/vitality), shanti (peace), and sringara (divine union)—while we explore the properties and relationships of asanas and pranayamas that form creative sequences for self-transformation. *For teachers.* F7SREA

**Prana—The Power of Yoga**—*Rod Stryker*. The science of Tantra provides two profound teachings on the skilled use of prana to reach the heights of yoga. Two deepening practices (vinyasa, pranayama, and internal concentration techniques) along with discussion lead us into the technology of empowered practice. *All levels.* F8RSTR

### Half-Day Intensive Workshop

Friday, April 23 1:00PM–5:00PM

**What is Vinyasa?**—*Rodney Yee*. What is it really like to follow the breath? What is it really like to use the breath as the master link between the mind and the body? Learn how to drop into the rhythm of your heart and the flow of your breath, right now, as it is, to navigate your way through your asana and meditation practice. Use the brain as an instrument of observation so that you can locate your true mind in the center of your heart. *All levels.* F9RYEE

#### WELCOMING REMARKS FROM PATRICIA WALDEN

FRIDAY, APRIL 23  
5:30PM–7:00PM

#### COMMUNITY CONNECTION GATHERING



Come meet and mingle with your fellow New England yogis. Connect with old friends and meet new ones! Patricia Walden, who has kept the Boston yoga community grounded for years, will welcome the group. Music will be performed by Todd Norian and light snacks will be served.

## Saturday, April 24–Sunday, April 25

# MAIN CONFERENCE

### Saturday, April 24

#### Session 1 7:00AM–9:00AM

**Going Deeper with Less Effort**—*Swami Asokananda*. A main purpose of asana practice is to bring the pranic level of our being into our awareness. This complete hatha class is designed to explore the balance between effort (ha) and release (tha) to enjoy the optimal flow of energy through our system. 1ASOKA ▲

**Building Your House on Rock: Setting the Foundation**—*Baron Baptiste*. Learn the building blocks of Baron's Power Vinyasa Yoga. Embrace your "beginner's mind" and bring this state of consciousness into a flow of foundational poses to help you establish a strong base from which you can expand and grow. 1BABAP ■

**Anusara Yoga: Flowing with Grace**—*Mitchel Bleier & Sianna Sherman*. Be led into the effortless place inside your heart through fun and invigorating poses. Using the universal principles of alignment and a Rajanaka Tantra philosophy, you will leave class completely transformed from the inside out. 1MBSSH ▲

**The Sacroiliac Joint**—*Donna Farhi*. As the conduit for force between the legs and torso and the meeting point of the pelvis and spine, the sacroiliac joint is a crucial juncture point in the body. Explore the correct function of this joint in standing postures. 1DOFAR ▲▼

**The Shoulders: Wings of the Heart**—*Ann Greene & Todd Norian*. Properly aligned shoulders allow the heart to become lighter, more open, and free. Discover the optimal blueprint for your head, neck, and shoulders using the principles of Anusara Yoga, and learn how to relieve chronic pain and avoid injury. *Bring a block, strap, and 1-2 stiff blankets.* 1AGTNO ▲

**Opening Your Shoulders**—*Julie Gudmestad*. Tight shoulders can impede your progress in yoga. We will utilize some anatomy instruction and practice of key poses to facilitate opening your shoulders. 1JUGUD ▲

**Making Friends with Yourself: How to Meditate Through Life Changes**—*Cyndi Lee*. See course description on page 13. 1CYLEE ▲★▶

**Introduction to Ashtanga Yoga**—*Chuck Miller*. We will take time to slow down and explore the essential principles of Ashtanga Yoga within the context of the beginning of the first series. 1CHMIL ▲

**Jivamukti Yoga: Fervor for the Subject**—*Kelly Morris*. The practice of Patanjali's first niyama (tapa, or heat) allows

#### MAIN CONFERENCE TRACK SYSTEM

*Yoga Journal* has devised a track system for the main conference to help you choose the program that best suits your needs. Each session has classes that fall into the following tracks: **All Levels, New to Yoga, Intermediate, Advanced, Contemplative, Therapeutic, and Women's Conference**. If you'd like to follow a Therapeutic program, for example, choose classes from the Therapeutic Track in each session. If you are a beginning practitioner, you would choose classes

All Levels Track	▲
New to Yoga Track	■
Intermediate Track	◆
Advanced Track	●
Contemplative Track	◐
Therapeutic Track	▼
Women's Conference	★

from the New to Yoga Track. Of course, you are free to select classes from any and all tracks. This system is merely a guide to help you follow a program specifically tailored to your needs.

the yoking of the soul to the Highest to come alive with fiery devotion. This fire burns away impurities of anger, hatred, and fear. With freedom from these obstacles, the soul can merge with its beloved. 1KEMOR ▲

**Inversions**—*Aadil Palkhivala*. We'll explore Sirsasana, Sarvangasana, and variations, and build toward Parsva Sarvangasana. Learn to use the inversions to harmonize the head with the heart and to link the thinking mind with intuitive wisdom. *Bring 2 or more blankets, a mat, and strap.* 1AAPAL ●

**Tasting the Joy of Advanced Hip Openers**—*Shiva Rea*. Experience a dynamic flow sequence that will lead you to the gate of Eka Pada Sirsasana or Foot Behind-the-Head with respect and creativity. We will provide a map in which all levels of experience and agility can receive the opening and energy released through these asanas. 1SHREA ◆

**Surya Namaskar**—*Natasha Rizopoulos*. Each of the poses comprising the classic Surya Namaskar A and B will be examined independently, then taught in the traditional sequences with a focus on the way the vinyasa breathing system links and illuminates each asana. 1NARIZ ▲

#### Session 2 9:30AM–11:30AM

**Urdhva Dhanurasana: The Blueprint of the Backbends**—*Maty Ezraty*. Backbends open the chest and heart, making the back both supple and strong. We will learn tools that improve the art of backbending and look at common mistakes and how to correct them. *For those who practice this pose regularly. Bring a strap and block.* 2MAEZR ◆

**Age Gets Better with Yoga**—*Lilias Folan*. See course description on page 13. 2LIFOL ▲★



**Kundalini Yoga for Self Knowledge—Gessner Geyer.** Kundalini Yoga is the yoga of Awareness. This class provides a vigorous stimulation of the nervous and glandular systems in order to prepare the mind for a penetrating meditative experience. 2GEGEY ▲

**Exploring the Chakras for Emotional Health—Gary Kraftsow.** Modern science is beginning to confirm that emotional health is fundamental to the maintenance of physical health. Let's explore this relationship using the chakra model as a map of the human psyche, then develop practices to restore equilibrium. 2GAKRA ▶▲

**Asana Flows—Judith Hanson Lasater.** Enjoy linking poses in challenging, original, and dance-like ways. 2JULAS ▲

**Yoga Basics for the Uninitiated but Curious—Sudha Carolyn Lundeen.** We will learn the basics of good alignment and yogic breathing in a series of floor and standing postures. Modifications will be taught as needed. Leave with greater confidence in your practice. 2SULUN ■

**A Yogic Perspective on Carpal Tunnel Syndrome—Timothy McCall.** Carpal tunnel syndrome has become near epidemic among computer users. Reviewing the anatomical and causative factors, we will discuss treatment options and show why some yoga practices can make matters worse. Learn exercises for opening the neck, chest, and arms that can be incorporated into daily life. *Bring an eight-foot strap.* 2TIMCC ▶▲

**Half First Series—Chuck Miller.** We will continue to build on the themes presented in the introduction and progress through the first half of the first series. Finishing postures will be introduced. 2CHMIL ▲

**Jivamukti Yoga: Self-Study—Kelly Morris.** Without daily reflection on the nature of being, our practice can stay mired in the physical and psychological realms. By practicing Patanjali's second niyama—svadhyaya, or self-study—we learn that the body and the mind are given to us in order to transcend them and to reign supreme. 2KEMOR ▲

**Virya Vinyasa: Cultivating Inner and Outer Strength—Shiva Rea.** Experience a vinyasa flow practice focused on embodying virya (vigor, courage, potency, and strength). Through an integration of bandhas, pranayamas, and sequencing centered on arm balances, standing poses, and core power, we'll open to the body of virya. 2SHREA ▲

**Twists: Unraveling the Vital Pulse—Rod Stryker.** The action of twisting rotates the outer body, freeing limitation in the neck, shoulders, hips, and vital organs. The inner life of twists opens us to our core's pulse, inviting us to spiral into expansion. 2ROSTR ▲

**The Playfulness of Arm Balances—Rodney Yee.** All too often we get serious, disappointed, or aggressive when we work with things that are difficult. Learn how to approach arm balances systematically. 2ROYEE ◆●

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## Session 3 1:30PM–3:30PM

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**Moving into Padmasana with Safety and Comfort—Swami Asokananda.** The stability of Padmasana (Lotus Pose) quiets the mind, awakens the divine force within, and directs that force up the spine into the crown of the head. We will focus on poses that provide effective stretches for accomplishing this asana. 3ASOKA ▲

**Backbending in Vinyasa—Baron Baptiste.** This dynamic flow practice will integrate universal and timeless philosophical principles with the classical techniques of vinyasa yoga (asana, pranayama, bandha, meditative awareness) to awaken your authentic strength, power, and inner peace. 3BABAP ●

**Slow Flow for Navigating Life's Changes—Barbara Benagh.** See course description on page 13. 3BABEN ▲★

**Ganapati and Kartikeya: The Beautiful Brothers—Mitchel Bleier & Sianna Sherman.** Ganapati and Kartikeya, the children of Shiva and Shakti, pulsate as complementary opposites. They show that everything is always possible in a dynamic relationship. Discover yoga's constant relationship with body, mind, and heart. 3MBSSH ▲ (CONTINUED)

## KIRTAN WITH TODD NORIAN AND ANN GREENE

SATURDAY, APRIL 24  
12:00PM–1:00PM

**KIRTAN CHANTING  
AND RELAXATION:  
An Invitation to Ecstasy**



Chant Sanskrit mantras to clear the mind, open the heart, and be transported into ecstasy. Ride the waves of rapture into a blissful guided relaxation. Todd and Ann will lead group chanting while playing the harmonium. Bring a yoga blanket and/or cushion to sit on.

## Saturday, April 24–Sunday, April 25

# MAIN CONFERENCE

### Saturday, April 24

#### Session 3 1:30PM–3:30PM (CONTINUED)

**The Four Qualities of Heart**—*Donna Farhi*. Patanjali's four brahmaviharas are explored as prerequisites to the ethical precepts for living the yamas and niyamas. Discover that these precepts are emphatic declarations of our truest nature. *Lecture, discussion, and meditation.* 3DOFAR ▶▲

**Kundalini Yoga for Awakening Your Divinity**—*Gessner Geyer*. In Kundalini Yoga the most important thing is experience. Your experience goes into your heart and whole being. This vigorous class prepares the body and the mind for an experience of the soul. 3GEGEY ▲

**The Upper Back, Neck, and Shoulders**—*Gary Kraftsow*. We will explore the biomechanics of the upper back, neck, and shoulders, and the types of problems that can affect these areas, then develop and practice a sequence of asanas designed to relieve stress and strengthen them. 3GAKRA ▼▲

**Making Friends with Your Hips**—*Cyndi Lee*. Hip openers are an opportunity for transforming habitual patterns of aggression toward ourselves. As we learn to relax and trust the flowing stillness and openings of hip openers, we observe how space is created in our minds and hearts. 3CVLEE ■

**Ashtanga Prep**—*Natasha Rizopoulos*. We will explore the Ashtanga primary series, examining the relationship between breath and movement and the recurring patterns of action and intention that inform the asanas in this sequence. The series will be examined in detail. 3NARIZ ▲

**Mudra: Awakening the Spirit of Hatha Yoga**—*Rod Stryker*. Mudra is the culmination of the physical practices of hatha. Mudra practice integrates asana, pranayama, and bandha techniques. While these practices are very accessible, they are more internally profound than advanced asanas. *Vinyasa, pranayama, and meditation.* 3ROSTR ◆

#### Session 4 4:00PM–6:00PM

**Refining Shoulderstand**—*Barbara Benagh*. Shoulderstand can elude even longtime yogis. We will examine the whys, whens, and hows of this pose. We will deconstruct Shoulderstand and explore strategies for creating a reliably steady and effective pose. *Bring 1-2 blankets.* 4BABEN ▲

**Anusara Yoga: Flowing with Grace**—*Mitchel Bleier & Sianna Sherman*. See course description on page 8. 4MBSSH ▲

**Mantra for the Shoulders**—*Maty Ezraty*. If we understand how to open and strengthen the shoulders, we can open

#### Session 3A 2:00PM–6:00PM

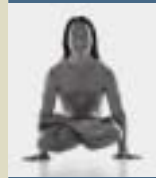
(If you choose one of these classes, it will act as Sessions 3 and 4.)



#### MASTER CLASS WITH PATRICIA WALDEN

**The Art of Backbending.** Refine your understanding of simple backbends and use this to help you in more complex poses. Learn to go from the simple to the complex

and from the gross to the subtle. 3PAWAL ◆ ●



#### MASTER CLASS WITH RODNEY YEE

**Exploring the Natural Curves of the Spine.** By keeping the natural curves of the spine in mind, we find the balance in all of our asanas.

Working from the foundation of our tailbone and pubis and the relationship between them, we will unleash the natural undulation of our spine. 3ROYEE ▲

new horizons in our practice. Learn the mantra of the shoulder girdle to open and strengthen the shoulders. *For students who have a Sun Salutation–based practice.* 4MAEZR ▲

**Lilias, Yoga, and Your Life**—*Lilias Folan*. Discover a conscious, intelligent, non-mechanical approach to strengthen and keep joy and freshness in your practice. Includes asana variations, the three R's of stretching, "new" salutations, energy breathing, and inner-smile relaxation. 4LIFOL ▲

**Stabilizing Your Core**—*Julie Gudmestad*. Imbalances between the back and abdominal muscles can contribute to back pain and posture problems. We'll focus on anatomy instruction and key poses to restore the balance. 4JUGUD ▲

**Nurturing Yourself with Restorative Yoga**—*Judith Hanson Lasater*. See course description on page 13. 4JULAS ▲★

#### YOGA TRANCE DANCE WITH SHIVA REA

SATURDAY, APRIL 24  
8:00PM

**Experience a high-energy  
movement meditation to  
liberate your creative  
life-force!**

**Kripalu Meditation-in-Motion**—*Sudha Carolyn Lundeen*. Kripalu meditation asks us to embrace the now, moment by moment, with equanimity. We will work with specific breathing techniques that train the mind to be fully present, strengthen the life force, and reconnect with the inner core. *Seated and moving meditations*. 4SULUN ▶▲

**First Do No Harm**—*Timothy McCall*. Yoga has tremendous potential both as preventive medicine and in the treatment of many health conditions. We will review contraindications and discuss how to balance the risks and benefits of yoga practice. *Lecture and discussion*. 4TIMCC ▲

**Jivamukti Yoga: Proper Intention**—*Kelly Morris*. Without proper intention in both our practice and our life, we only encourage the ego and thus invite suffering. We will explore proper intention in light of Patanjali's third niyama, *ishvara pranidhana* (devotion to the Highest). 4KEMOR ▲

**Twists and Backbends**—*Aadil Palkhivala*. Twists release emotional debris in the body and tension in the intervertebral muscles. Backbends move us from the past into the present while creating space in the spinal disks. We will stir up emotions through twists, then flow into backbends to release them into freedom. 4AAPAL ■

## Sunday, April 25

### Session 5 7:00AM–9:00AM

**Moving into Padmasana**—*Swami Asokananda*. See course description on page 9. 5ASOKA ▲

**Be Set Free!**—*Baron Baptiste*. Baron will inspire and challenge you during this Power Vinyasa Yoga class, which will use asana to reveal and release your habitual holding patterns of mind and body: self-doubt, rigidity, control, forcing a result, and being stuck in mental chatter. 5BABAP ▲

**Greeting the Day in a Sacred Way**—*Lilias Folan*. Gather in the sacred circle of morning stillness and friendship. Wake up your chakras and nonphysical body with a series of moves called glyphs. Dance and sing to raise the sun and the light in your life. This ritual holds the vibrations of the Native American, tai chi, and brahma murta traditions. 5LIFOL ▲

**Strengthening Your Inner Vitality with Breath, Gentle Movement, and Meditation**—*Sudha Carolyn Lundeen*. See course description on page 13. 5SULUN ▶▲★

**Ashtanga First Series**—*Chuck Miller*. We will do the whole first series of Ashtanga Yoga at a reasonably efficient pace. *For students already comfortable with the first series*. 5CHMIL ◆

### Session 5A 7:30AM–11:30AM

(If you choose this class, it will act as Sessions 5 and 6.)

#### MASTER CLASS WITH DONNA FARHI



**The Body as Spiritual Vehicle.** Many of us practice with an unconscious attitude of self-aggression, which manifests itself as forcefulness and striving. Through welcoming ourselves just as we are, we embody compassion and open the gateway to inner freedom and deep transformation. *Asana, pranayama, and meditation followed by Q&A*. 5DOFAR ▲

**Neck, Shoulders, and Upper Back**—*Aadil Palkhivala*. Most of us carry tension in the neck, shoulders, and upper back, which reduces the brain's ability to communicate with the body. Release tension in these key areas to promote a stronger mind-body connection. 5AAPAL ▼▲

**Roots Rock Yoga: The Grounding Force of Standing Poses and Arm Balances**—*Shiva Rea*. A challenging vinyasa class enlivened by rhythmic world music that follows the thread of the breath and effective use of *apana* (grounding force) in standing and arm balance poses. 5SHREA ▲

**Mudra: Awakening the Spirit of Hatha Yoga**—*Rod Stryker*. See course description on page 10. 5ROSTR ◆

**Harmonizing with the Earth**—*Rodney Yee*. Break down the illusion of our separateness by realizing our connection to the earth. Explore how the vibration of the earth can harmonize with the vibration of the foundation of our yoga postures, feeling the earth itself as our foundation. *Standing poses will be explored*. 5ROYEE ■

### Session 6 9:30AM–11:30AM

**Meditation Without Frustration**—*Swami Asokananda*. If you tend to grit your teeth to try to get your mind to stop thinking, your meditations may not be very enjoyable. Learn how to prepare for *dharana* (concentration), move more deeply into *dhyana* (meditation), and move beyond the mind without having to battle with it. 6ASOKA ▶▲

**Yoga Is for Every Body**—*Lilias Folan*. Learn postures with corresponding breathing and visualization, as well as the three R's of stretching, to improve your health, reduce stress, and tune in to your contentment connection. 6LIFOL ■ (CONTINUED)

Saturday, April 24–Sunday, April 25

MAIN CONFERENCE

CLOSING KEYNOTE ADDRESS BY GESSNER GEYER

SUNDAY, APRIL 25  
12:00PM–1:00PM

**YOGA, BREATH, & THE BRAIN:  
The Neurophysiology of Awareness,  
Wisdom, & Emotional Well-Being**

The practice of yoga helps us grow calmer, clearer and more compassionate. Brain research over the previous two decades affirms what yogis have known for years—how we move and breathe affects how we think and feel.



Sunday, April 25

Session 6 9:30AM–11:30AM (CONTINUED)

**Postural Changes & Osteoporosis**—*Julie Gudmestad*. See course description on page 13. 6JUGUD ▲★

**The Power of Twists**—*Gary Kraftsow*. Twists work deep into the muscles, organs, and glands of the torso. They free the neck, release blocked energy, and deepen inner focus. We will use principles of breath, adaptation, and sequencing to create a powerful experience of twisting. 6GAKRA ▲

**The Shoulder**—*Judith Hanson Lasater*. To understand the shoulder, we must understand the four small movements that shape all of its movements in asana. *Theory and asana practice focusing on the shoulder*. 6JULAS ▼▲

**Liberate Your Yoga**—*Cyndi Lee*. A hot, juicy OM Yoga vinyasa class in which all parts of the body will work in harmony with the breath and mind. Experiencing asanas and transitions with equal attention helps us experience the richness of every moment. 6CYLEE ●

**Mysore Ashtanga**—*Chuck Miller*. Practice does not need to be of the complete first series, but all students must be comfortable finding their way without much guidance. Focus will be on individual attention and refinement. 6CHMIL ◆

**Balancing**—*Patricia Walden*. We will do a sequence of asanas that are preparations for more challenging hand balances—Bakasana, Parsva Bakasana. Balance playfulness and concentration while building your practice. 6PAWAL ◆

**Finding the Full Capacity of Our Lungs Without Effort**—*Rodney Yee*. Let's do asana while keeping our mind focused on our breath and lungs. Instead of forcing a deep breath, we'll move the architecture of our body with ease and steadiness until we find the optimum breath. 6ROYEE ▲

Session 7 1:30PM–3:30PM

**Be Set Free!**—*Baron Baptiste*. See course description on page 11. 7BABAP ▲

**Walking Tour of Beacon Hill**—*Barbara Benagh*. Step back into our nation's history. Join Barbara for a stroll around historic Beacon Hill. Explore the history and sites including Louisburg Square, Charles Street, and the Museum of African American History. *Walking tour, no asana*. 7BABEN ▲

**Ganapati and Kartikeya: The Beautiful Brothers**—*Mitchel Bleier & Sianna Sherman*. See course description on page 9. 7MBSSH ▲

**Chronic Diseases: Digestive and Reproductive Systems**—*Gary Kraftsow*. The stress and strains of daily life, a less-than-perfect diet, exposure to toxicity in the environment, and hereditary tendencies all contribute to the development of chronic physiological problems. We'll explore and practice asanas and pranayama designed to work with common conditions. 7GAKRA ▼▲

**The Mysterious Sacroiliac Joint**—*Judith Hanson Lasater*. Learn the theory of sacroiliac-joint dysfunction and tips for avoiding pain in this area in asana. 7JULAS ▲

**Making Friends with Your Hips**—*Cyndi Lee*. See course description on page 10. 7CYLEE ■

**The Healing Benefits of Gentle Yoga, Breathing, and Rest After Treatment for Breast Cancer**—*Sudha Carolyn Lundeen*. Learn gentle postures to promote healing in areas affected by surgery and radiation, as well as breathing techniques to strengthen the immune system. Learn meditation and visualization techniques that help integrate the challenges that come with cancer diagnosis. *For women who have been treated for breast cancer and those who support women recovering from breast cancer*. 7SULUN ▼▲

**Inversions**—*Aadil Palkhivala*. See course description on page 8. 7AAPAL ●

**Virya Vinyasa: Cultivating Inner and Outer Strength**—*Shiva Rea*. See course description on page 9. 7SHREA ▲

**Treasures of the Yoga Sutras**—*Rod Stryker*. The defining text of the yoga tradition, Patanjali's Yoga Sutras provides guidance and inspiration. Gain an appreciation for the key principals of the Sutras that transform practice highlighted from the view of the practitioner. 7ROSTR ▶▲

**Menopause: Coming into Fullness**—*Patricia Walden*. See course description on page 13. 7PAWAL ▲★

Saturday, April 24–Sunday, April 25

KEYNOTE ADDRESS BY **HALÉ SOFIA SCHATZ**

SATURDAY, APRIL 24  
12:00PM–1:00PM

**YOGA OF NOURISHMENT**



We eat for physical sustenance. We practice spirituality to enrich our lives. The place where eating and spirituality meet is called the heart of nourishment, the daily practice of feeding our bodies to awaken our spirit.

#### Graceful Passages: Yoga for Women at Midlife

For women undergoing the physical, emotional, and spiritual passages that accompany aging, we are pleased to present a special mini-conference. Practice yoga with your peers in a nurturing, empowering environment, while focusing on emotional and health-related issues that arise when we reach midlife. You may choose to attend only this conference, which will have its own keynote and closing, or you may attend its workshops with the main conference.

### Saturday, April 24

**Session 1** 7:00AM–9:00AM

**Making Friends with Yourself: How to Meditate Through Life Changes—Cyndi Lee.** Buddhist meditation helps us ride the changes of life with spacious, unbiased, and direct observation. The fruit of this practice can be a renewed sense of making friends with oneself and cultivating the inherent stability, strength, clarity, and openness of one's everyday ordinary mind. 1CYLEE ▲★

**Session 2** 9:30AM–11:30AM

**Age Gets Better with Yoga—Lilias Folan.** In the great tradition of yoga, midlife is an ideal time to restore health and vitality, soften the aging process, and bring renewed inspirations to your spiritual journey. Develop a multilayered practice by awakening your witnessing self through key asanas, breathing, and guided relaxation. 2LIFOL ▲★

**Session 3** 1:30PM–3:30PM

**Slow Flow for Navigating Life's Changes—Barbara Benagh.** Moving slowly can be effective, nourishing deep tissue and building core strength. We will weave movement and mindful breathing into a slow asana flow, inviting deep poses full of inner presence and revealing clarity. 3BABEN ▲★

**Session 4** 4:00PM–6:00PM

**Nurturing Yourself with Restorative Yoga—Judith Hanson Lasater.** Women are often the caregivers. But do we take time every day to nurture and restore ourselves? This lack of self-nurturing is often especially true for women in midlife as we try to balance career, family, children leaving home, aging parents, and partners who are approaching retirement. You will learn how to rest deeply from the inside out. *Bring 3-5 blankets, an eye cover, and other yoga props.* 4JULAS ▲★

### Sunday, April 25

**Session 5** 7:00AM–9:00AM

**Strengthening Your Inner Vitality with Breath, Gentle Movement, and Meditation—Sudha Carolyn Lundeen.** As we enter midlife, it is especially important to cultivate inner awareness as well as keep the prana (life force) strong. You will be guided through pranayama (breathing) practices to quiet the mind and awaken the prana, coordinate the breath with gentle movements, and relax the nervous system. We will end with a guided meditation. Leave feeling balanced, awake, and ready to begin your day. *Bring a cushion or blankets.* 5SULUN ▲▲★

**Session 6** 9:30AM–11:30AM

**Postural Changes & Osteoporosis—Julie Gudmestad.** We will study some of the musculo-skeletal problems that may be a problem for women in midlife, including postural changes and osteoporosis. We will include a brief anatomical study of the bones and muscles of the spine, shoulders, and hips. Then move on to the practice of poses to help correct these problems. 6JUGUD ▲★

**Session 7** 1:30PM–3:30PM


**Menopause: Coming into Fullness—Patricia Walden.** Menopause is a time of spiritual ripening, and it can be a time of personal challenge. Learn to work with the challenges of menopause through asana, pranayama, and meditation. *Bring a bolster and 2 blankets.* 7PAWAL ▲★


**CLOSING CEREMONY** 3:45PM–4:30PM  
*Panel Discussion and Closing Circle with Women's Conference presenters.*

# GENERAL INFORMATION

## How to Register

There are four ways to register:

 **Online:** Visit [www.yjevents.com](http://www.yjevents.com) or [www.boulderbookstore.com](http://www.boulderbookstore.com) to register on this secure site.


 **By mail:** Send the completed form with payment to:

**Horizon Conferences**

**1107 Pearl Street**

**Boulder, CO 80302**

Please make check payable to Horizon Conferences or include your credit card number on the form.

 **By fax:** Fax your completed registration form to **303-447-3946**.

 **By telephone:** Call **800-561-9398** (United States and Canada) or **720-406-7407** (international). Please have your class selections and your Visa, Mastercard, American Express, or Discover card information ready before calling.

**Questions may be e-mailed to:**  
[conferences@boulderbookstore.com](mailto:conferences@boulderbookstore.com).

Fees are listed on the registration form on the opposite page. Classes fill on a first-come, first-served basis. Payment in full must accompany registration. Registration forms must be postmarked by the deadlines listed in order to qualify for discounts.

### SESSION SELECTIONS

Course codes appear at the end of each course description. You must indicate a first, second, and third choice for each session. We will make every effort to place you in your first choice. A confirmation letter will be mailed to you approximately three weeks after you register.

### WAIVER OF LIABILITY

Registrants of this and all *Yoga Journal* events must understand that there are serious risks with all physical activity and that when practicing yoga, one may suffer minor or serious injury. Registrants must understand these inherent risks and assume that all such risks associated with participation in any activities in conjunction with the *Yoga Journal* conference waive all employees, *Yoga Journal* LLC, volunteers, instructors, and agents from liability.

## Accommodations

### LODGING AND MEAL INFORMATION

The conference will be held at the Sheraton Boston Hotel in Boston's Back Bay. This luxury hotel, the largest in Massachusetts, is connected to the Prudential Center and Copley Place Mall, which offers more than 200 shops and restaurants, and it is just one block from Newbury Street. The Charles River, the Freedom Trail, the New England Aquarium, and the Museum of Fine Arts are also nearby.

Hotel reservations can be made by calling 800-325-3535 or 617-236-2000. **Space is limited; we encourage you to make your reservations early.** All accommodations should be booked by directly calling the Sheraton Boston Hotel or online at [www.sheraton.com/boston](http://www.sheraton.com/boston). Mention the *Yoga Journal* conference to receive the special group rate of \$179 (plus tax) per night (single or double occupancy).

Meals at the conference are not included. There is no shortage of great restaurants in Boston, especially in the Back Bay! At the hotel you'll find several dining options. The Turning Point Lounge is the ideal place for a light meal after practicing yoga. The Apropos restaurant features more traditional New England cuisine.

### AIRFARE

United Airlines is providing fare discounts to conference attendees. Call 800-521-4041 from 8:00AM to 10:00PM EST, seven days a week, to obtain schedule information, make a reservation, or book your fare at the best possible rate. (Refer to Meeting ID 523DX.)

### GROUND TRANSPORTATION

Cab fare from Boston's Logan International Airport to the Sheraton Boston Hotel is approximately \$18. For more ground transportation options please visit [www.massport.com](http://www.massport.com).

**BADGES** Badges will be presented to you upon conference check-in and will be your only admission to events. Badges **MUST** be presented at the door for admittance. There is a \$20 replacement fee for lost badges and a \$12 fee for each class change made after registration.

**BOOKS** Our on-site conference bookstore, Borders Books and Music, will offer a wide selection of books, CDs, videos, DVDs and audiotapes by conference faculty and other authors.

### CONTINUING EDUCATION CREDITS

*Yoga Journal* is currently under review for CECs for athletic, fitness, and health professionals. Look for more information at the conference.

**DISCOUNTS** We offer a 10% senior discount on the main conference only for persons 60 years of age or older. Groups of 10 or more can receive a \$50-per-person discount, provided they ALL sign up at one time. Visit [www.yjevents.com](http://www.yjevents.com) for more information.

**EXHIBITORS** If you would like to rent exhibit space, call Geoff Goldstein at 866-633-2448 or e-mail [gpr4ads@mindspring.com](mailto:gpr4ads@mindspring.com). Apply early; space is limited.

### REFUNDS AND CANCELLATIONS

All requests for refunds must be made in writing to Horizon Conferences. A refund, minus a \$100 processing fee, will be made for all cancellation requests postmarked by March 1, 2004. No refunds will be made for requests postmarked after March 1, 2004.

**WORK EXCHANGE** Receive a discount in exchange for working behind the scenes. Positions are limited; apply early. Work-exchange volunteers do not register for classes but will be able to participate in classes on a space-available basis when not fulfilling their assigned duties. For more information, call 800-561-9398.

### YOGA GEAR AND PROPS

We strongly suggest that you bring a yoga mat, blanket, strap, and meditation cushion. See course descriptions for other required items. These items will also be for sale on-site.

# REGISTRATION

TO REGISTER >>> VISIT [WWW.YJEVENTS.COM](http://WWW.YJEVENTS.COM)

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

E-mail address \_\_\_\_\_

**Register** **Online:** [www.yjevents.com](http://www.yjevents.com)  
**By fax:** 303.447.3946  
**Or by mailing** a copy of this form to:  
**Horizon Conferences**  
**1107 Pearl Street**  
**Boulder, CO 80302**

For registration questions call 800-561-9398 or 720-406-7407 or e-mail [conferences@boulderbookstore.com](mailto:conferences@boulderbookstore.com). Envelope must be postmarked on or before January 16, 2004, to qualify for the early-registration discounts.

Please fill in your first, second, and third choices for the time periods indicated, using the course code that appears after each workshop description. Choose carefully, as you will be charged \$12 for each class change after registration.

## Continuing Education for Teachers

SESSION	TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
		Section Code #	Section Code #	Section Code #
<b>Tuesday</b>	Session 1 8:30AM-11:30AM	.....	.....	.....
April 20	Session 2 2:30PM-5:30PM	.....	.....	.....
<b>Wednesday</b>	Session 3 8:30AM-11:30AM	.....	.....	.....
April 21	Session 4 2:30PM-5:30PM	.....	.....	.....
<b>Thursday</b>	Session 5 8:30AM-11:30AM	.....	.....	.....
April 22	Session 6 2:30PM-5:30PM	.....	.....	.....

## All-Day Intensives

	TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
		Section Code #	Section Code #	Section Code #
<b>Friday</b>	9:00AM-5:00PM	.....	.....	.....
April 23		.....	.....	.....

## Main Conference/Women's Conference

SESSION	TIME	1ST CHOICE	2ND CHOICE	3RD CHOICE
		Section Code #	Section Code #	Section Code #
<b>Saturday</b>	Session 1 7:00AM-9:00AM	.....	.....	.....
April 24	Session 2 9:30AM-11:30AM	.....	.....	.....
	Session 3 1:30PM-3:30PM	.....	.....	.....
	Session 4 4:00PM-6:00PM	.....	.....	.....
		.....	.....	.....
<b>Sunday</b>	Session 5 7:00AM-9:00AM	.....	.....	.....
April 25	Session 6 9:30AM-11:30AM	.....	.....	.....
	Session 7 1:30PM-3:30PM	.....	.....	.....

## Please let us know how you heard about this conference:

- Yoga Journal ad                       In-store display  
 Brochure in Yoga Journal         Yoga studio  
 Brochure in mail                     Friend  
 Yoga Journal Web site             Teachers  
 Other \_\_\_\_\_  
(specify)

## To help us serve you better at future conferences, please answer the following:

- Sex:     Male     Female  
Age:     under 25     25-35     36-45     46-55     56+  
 I am a yoga teacher     I am not a yoga teacher  
How long have you been practicing yoga? \_\_\_\_\_  
How many Yoga Journal conferences have you attended? \_\_\_\_  
Are you a subscriber?     Yes     No

## Conference Fees (tuition only)

	EARLY BIRD*	REGULAR**	AMOUNT
<b>CONTINUING EDUCATION FOR TEACHERS</b>			
April 20-22	\$395	\$425	\$_____
<b>ALL-DAY INTENSIVE WORKSHOPS</b>			
April 23	\$150	\$175	\$_____
Half-Day Intensive	\$ 75	\$ 90	\$_____
<b>MAIN CONFERENCE***</b>			
April 24-25	\$395	\$450	\$_____
<b>WOMEN'S CONFERENCE</b>			
	\$395	\$450	\$_____
*Postmarked on or before January 16, 2004. **Postmarked after January 16, 2004. ***Main conference does not include Intensives.			
<b>SPECIAL DISCOUNT</b>			
For Entire Week	\$820	\$950	\$_____
<b>SENIOR DISCOUNT</b>			
Main Conference Rate	\$355	\$405	\$_____
Women's Conference Rate	\$355	\$405	\$_____

## YOGA JOURNAL ONE-YEAR SUBSCRIPTION

Special Rate (new subscribers only) \$14  
Please allow 8-12 weeks for delivery. Offer good in U.S. only.

Check here if you plan to attend the opening gathering.  
(Main and Women's Conference attendees only)

**TOTAL** \$\_\_\_\_\_

Visa     Mastercard     American Express     Discover     Check  
(payable to HORIZON CONFERENCES)

ACCOUNT NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

NAME ON CARD (please print) \_\_\_\_\_

By signing above, I indicate that I have read the refund policy and agree to its provisions. All refund requests must be made in writing to Horizon Conferences. A refund, minus a \$100 processing fee, will be made for cancellation requests postmarked on or before March 1, 2004. No refunds will be made for requests postmarked after March 1, 2004.

## Schedule at a Glance

### Tuesday, April 20

8:30AM – 5:30PM Continuing Education for Teachers  
 1:00PM – 2:00PM Opening Remarks by Barbara Benagh

### Wednesday, April 21

8:30AM – 5:30PM Continuing Education for Teachers  
 1:00PM – 2:00PM Ethics of Yoga Panel Discussion

### Thursday, April 22

8:30AM – 5:30PM Continuing Education for Teachers  
 1:00PM – 2:00PM Business of Yoga Panel Discussion

### Friday, April 23

9:00AM – 5:00PM All-Day Intensive Workshops  
 5:30PM – 7:00PM Main Conference Community Connection Gathering

### Saturday, April 24

7:00AM – 9:00AM Yoga Classes and Workshops  
 9:30AM – 11:30AM Yoga Classes and Workshops  
 12:00PM – 1:00PM Opening Remarks for Women's Conference  
 12:00PM – 1:00PM Kirtan  
 1:30PM – 3:30PM Yoga Classes and Workshops  
 4:00PM – 6:00PM Yoga Classes and Workshops  
 8:00PM – 10:00PM Yoga Trance Dance Party

### Sunday, April 25

7:00AM – 9:00AM Yoga Classes and Workshops  
 9:30AM – 11:30AM Yoga Classes and Workshops  
 12:00PM – 1:00PM Main Conference Closing Remarks  
 1:30PM – 3:30PM Yoga Classes and Workshops  
 3:45PM – 4:30PM Women's Conference Closing Circle



JOURNAL CONFERENCES

Yoga Journal Boston Conference  
 1107 Pearl Street  
 Boulder, CO 80302