



# TEXAS YOGA CONFERENCE 2012

SATURDAY, FEBRUARY 18, 2012 | [www.texasyogaconference.com](http://www.texasyogaconference.com)

CLICK ON THE PRESENTER OR TITLE BELOW FOR MORE INFORMATION.

	Jennyoga Room	Yoga West Room	Sacred Art Yoga Room	Awakened Yoga Room	Big Yoga Room	YogaOne Tent
8:00	<b>Christina Sell</b> Heart Openers with Back Bends	<b>Catherine Allen &amp; Ann Hyde</b> Surfing Gravity Waves: Inversions & Arm Balances	<b>Brooke Hamblet Hinkle &amp; Desirae Pierce</b> Journey Into Power: A Playful and Powerful Saturday Morning Flow	<b>DeAnna Nielson</b> Yoga for Emotional Health: Merging Asana, Pranayama, Mudra, Mantra, Meditation with Chakra System for Emotional Healing	<b>Shanon Caldwell</b> Un-Separating Yoga: Eliminating Differences & Celebrating Oneness	<b>Adri Kyser</b> Prana Flow: Surfing the Waves of Prana through Arm Balances & Hip Openers
8:30						
9:00						
9:30						
10:00						
10:30	<b>Les Leventhal</b> Hips & Twists Liberate Your Hips Free Your Spine	<b>Ellen Heed</b> Yoga for Sexual Vitality	<b>DeAnna Anderson</b> Jivamukti Chakra Tuning	<b>Cody Drasser &amp; Stephanie Shorter</b> Breath of Life: The Science and Practice of Pranayama	<b>Tracie Brace</b> Vichara Yoga: The Yoga of Enlightened Reasoning	<b>Raye Lynn Rath &amp; Becky Jordan</b> Bending Over Backwards
11:00						
11:30						
12:00						
12:30	<b>KEYNOTE:</b> <b>Michele Hébert</b> Journeying through the Jungles of Enlightenment					
1:00						
1:30	<b>Sean Johnson</b> Wild Lotus Flow	<b>Kay Westcott</b> Teaching Consciousness and Asana to Beginners	<b>Roger &amp; Albina Rippey</b> Flowing Into Beeing: The Sweet Honey of Community	<b>Eric Paskel</b> The Yoga Approach to Relationships	<b>Nydia Darby</b> Therapeutic Yoga Techniques to Prevent Injury	<b>Stacy Dockins</b> SOULSPARK: Live Music & Flow with Kellie Lin Knott
2:00						
2:30						
3:00						
3:30	<b>Ana Forrest</b> Revitalize Your Health & Well-Being	<b>Moses Love</b> Love Warrior Vinyasa Flow into Kundalini Cosmic Kriya	<b>Jim Bennitt</b> Tantric Vinyasa	<b>Nicolai Bachman</b> Sanskrit Basics: What Does 'Yoga' Really Mean?	<b>Peggy Kelly</b> Aligning Yoga and Ayurveda	<b>Michele Hébert</b> The Sacred Spine: Spirituality in Action
4:00						
4:30						
5:00						
5:30	<b>Concert</b> Desert Dwellers with Sydney Strahan The Bhakti House Band (7:30 - 10pm)	<b>Joy Winkler</b> Quantum Yoga	<b>Zoe &amp; Gioconda</b> "Light it Up"	<b>Liz Antognoli</b> The Physics of Thought	<b>Sheri Cherokee</b> Yoga Healing Through Natural Methods	<b>Mandy Eubanks</b> Earthbound: A Hip Opener, Hand Balancing, Flow Class
6:00						
6:30						
7:00						