



TEXAS YOGA CONFERENCE 2012

SUNDAY, FEBRUARY 19, 2012 | 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	Gillian St. Clair Steadfast & True Vinyasa Yoga	Dana Flynn NYC and San Fran Laughing Lotus Yoga Gospel	Sarah Luna Soul Flow™	Janaki Wheat Yoga Past and Present	Malia Scott Spark Your Creative Center	Aubrey Hackman Bhakti Flow (founder of Telluride Yoga Fest)
8:30						
9:00					Hemalayaa Bollywood Vinyasa	
9:30						
10:00						
10:30	Chrys Kub Meet Your Feet	Theresa Murphy Prajna Yoga: Lumbar Sacral Blues (a healing yoga class)	Cat McCarthy Dance with the Currents of Life with Certified Anusara	Marita Gardner Anopol & Venkata Ponnaganti The Psychology & Methodology of Meditation Lecture + Asana	Eric Shaw Prasana Yoga: Alignment in Vinyasa: How to create power & grace in moving yoga	David Regelin Multi-Intenso
11:00						
11:30						
12:00						
12:30						
1:00	Suzanne Sterling Finding and Embodying Your Purpose	Amy Johnson Music in Motion, a Prana inspired flow	Kurt Johnsen Energy 101: Flow w/Kurt Johnsen	JoAnne Staugaart-Jones The Psoas & the Chakras	Amy Garratt & Julie Byrd Functional Anatomy: Deconstructing Key Poses	Marizol Cabrera Hippy Stretch
1:30						
2:00						
2:30						
3:00						