



TEXAS YOGA CONFERENCE 2012

FRIDAY, FEBRUARY 17, 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
9:00	Ana Forrest	Gunjen Mittal	Jennifer Buegermeister & Eduardo Krumholz			Chip & Laura
10:00	Tracking Transformation	Yoga & Dance Movement	Warrior Yoga, Flow & the Power of Entanglement	Renu Namjoshi	Sunita Tarkunde	AcroYoga Intensive
10:30	A Forrest Yoga Intensive			Vedic Astrology & Counseling:	Introduction to Ayurveda	
11:00	(two sessions with one-hour lunch break)	Hemalayaa Behl	Dave Regelin	The Trouble with Steve Jobs		
11:30		Hemalayaa Wellness Program	Vesica Intensive			
12:00						
12:30				Maggie Grueskin		
1:00				Burned Out or Stressed Out? Uncovering the Art of Balanced Living		
1:30						
2:00						
2:30				Pam Johnson		
3:00				An Investment for Success: Breathing & Guided Relaxation Techniques		
3:30		Robert Boustany				Beth Reese
4:00		Pralaya Yoga				Yoginos: Yoga for Youth
4:30						
5:00			Charles MacInerney	Lisa Ware	Angi Hunter	Melissa Smith
5:30			Pratayahara (Sense Withdrawal): The 5th Limb	Reiki & Guided Meditation	TED* The Empowerment Dynamic - Building Community	Thai & Fly Yogis
6:00						
6:30	Bhakti Bash					
7:00	with David Newman, Sean Johnson & Wild Lotus Band & Tyagaraja Welch					
8:00						
9:00						



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



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	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 Playtime with Yoga and Bollywood Dance	
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						