



Saturday, April 8, 2017

The McKimmon Center - Raleigh, NC

youcallthisyoga.org

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Class Descriptions:

Session 1:

Active: **Brioga** **8:30-9:45** **Briana Roane-Young**
Explore the magic movement within you. This class will make you check inside yourself for a fun, and playful exploration of movement inspired yoga. Enjoy traditional asanas found in Ashtanga & Vinyasa that warm up the body, leading you into dance inspired movements to direct you into more advanced asanas. This class is for every level, but an open mind and heart is required. Come for the fun, but leave finding a new you!

Active: **Intro to Ashtanga** **8:30-9:45** **Stacy Ingham**
Students will be guided through an Ashtanga Vinyasa Yoga Primary Series practice with traditional counting. This is a dynamic practice designed to purify the body and calm the mind by combining a set sequence of poses with breath and movement (vinyasa). Ashtanga is a practice designed to warm the body from within, and students should expect to be moving for most of the class. Though modifications will be given, it is recommended that students have experience with Vinyasa style yoga

Educational: **Stress Effects & Mgmt** **8:45-10:00** **Jen Davis**
Stress and Anxiety: How it effects the body and the how practices of mindfulness, meditation, breathing and yoga help us fell less stress and anxiety and more peace in our life.

Gentle: **Building Strength/Balance** **8:45-10:00** **Tim Keim**
Tim will teach a Dynamic Dozen class from his 2014 book, The Dynamic Dozen:12 Accessible Poses for Building Bone Density, Strength and Balance. This class will include standing poses for strengthening muscles and bones as well as balance and prone back bends to build spine density. Core building poses will finish off the series to leave practitioners refreshed and invigorated.

Meditation/Chair: **Mindful Flow & Meditation** **8:45-10:00** **Rani Margolin**
"Mindful flow and meditate" or "Gentle flow and meditate,": Start your Yogafest journey by connecting deeply within yourself. We'll greet the day with pranayama to stabilize and nourish the breath; welcome the sun with the Gayatri mantra, warm up with a slow, gentle asana practice to steady the body and open the heart; and complete the class with guided meditation for full awareness and clarity. All levels welcome; modifications are offered as part of the practice.

Unique: **AcroYoga** **9:00-10:15** **Dani Strauss/ Katie Valeta**
AcroYoga (www.acroyoga.org) blends the wisdom of yoga, the dynamic power of acrobatics and the loving kindness of healing arts. These three lineages form the foundation of a practice that cultivates trust, playfulness and community. Our class will provide you with an all levels introduction to the fundamental poses of AcroYoga. You can expect to laugh, fly, support others and be supported. A regular yoga practice is strongly encouraged for participation. If you have specific questions or health issues please email us directly kveleta@gmail.com or dani.leah.strauss@gmail.com. We look forward to flying with you!

Chair: **Greet the Day w/ Chair Yoga** **9:00-10:15** **Tiffany Ingersoll**
Yoga is for everyone...all ages, all bodies and all genders! Some of those bodies may just need or want a little extra support for their movement practice. Sometimes that extra support come from a strap or a block and sometimes there is need for more...like a chair! Yes! A chair is a yoga prop to help support your practice. Join Tiffany for a yoga practice with the chair to help give you a little more support. Learn how practicing with a little extra support can change your internal and external awareness of your body and your poses. Be ready to laugh, learn and move!

This class is for all levels! Tiffany will teach each pose with options to challenge. You get decide how much or you little is right for you!

Teacher CE: **Refine Your Assisting** **8:30-11:30** **Michele Shipley**

This workshop will teach you how to work with students on every level. Come and explore the safe, full-body adjustments of the most common asanas of a Vinyasa Flow yoga practice.

In this session we'll cover Tadasana, Urdhva Hastasana, Uttanasana, Plank, Chaturanga, Upward Facing Dog, Downward Facing Dog, Utkatasana, Warrior 1, Warrior 2, Triangle, Side Angle, Pyramid, Down Dog Split, and Child's Pose.

This workshop is part of our Advanced Training and YTT300 course work. It is open to all yoga teachers and teachers-in-training of any style as a means to learn more about the art of hands-on assisting.

Teacher CE: **Introduction to Yoga Nidra** **9:00-12:00** **Cheryl Fenner-Brown**

Yoga nidra is a guided form of meditation that is the perfect antidote to stress. The technique can relieve tension and pain, enhance creativity and memory, reduce insomnia and fatigue, and even release trauma. We will begin our session experiencing yoga nidra, then we will dive into the how and why of each part of the practice. Learn how to help others set a sankalpa, why the body scan relaxes the body and the brain, how exploring duality enables you to access your witness consciousness and more. Gain a deeper understanding of why yoga nidra works and be primed to create your own yoga nidra scripts.

Session 2:

Active: **Roots to Rise** **10:15-11:30** **P. Geiger/ B Altman**

The act of rooting creates mindfulness, setting the tone for intention in our actions. In this multi-level practice we will connect with our foundation, our roots allowing us to rise and embrace each asana with greater stability and freedom. Come rejuvenate your spirit and open to new possibilities...root to rise! This is an all-levels class with 2 teachers to allow for extra adjustments and assistance.

Active: **Fire Practice** **10:15-11:30** **Carrington Jackson**

Join Carrington Jackson, for a unique and liberating experience... Fire Practice: The Art and Ritual of Letting Go.

This workshop is centered around the energy of purification and transformation of body, mind and spirit. We will focus on building heat (Agni) to rid the body of excess toxins and tension on both the physical and energetic levels. We'll unblock the pathways that lead to understanding and self-trust and work to break through habitual patterns that historically disconnect us from purpose or passion.

The practice will begin with a meditation on the obstacles or clutter that we're holding on to, followed by a detoxifying sequence that will focus on twists, backbends & core work designed to rinse away tangible & intangible toxins. Towards the end of our practice we'll ritualize our letting go by tossing into the flames that which no longer serves us.

This vinyasa-based class is open to all levels of practitioners. Knowledge of Sun Salutations is helpful but not necessary.

Educational: **Drumming for Healing** **10:30-11:45** **Greg Whitt**

Yoga is one way this is showing up in western society. Group drumming is another. Modern medicine is now proving what ancient civilizations have known for centuries: working together to create music mindfully has tremendous health and wellness benefits. These values from the village have significant impact on the happiness quotient by reducing stress, fostering inclusion, and encouraging creativity. It's a lively, loud, and fun approach with positive physical and psycho-social results. And it's just plain fun.

Gentle: **Every Body Yoga*** **10:30-11:45** **Jessamyn Stanley**

Join JESSAMYN STANLEY, an internationally recognized yoga teacher and award-winning Instagram star (@mynameisjessamyn). She has been profiled and/or featured in a wide range of media outlets, including Good Morning America, New York, Glamour, Shape, People, and the Huffington Post, among others.

*class will have an additional \$10 charge which includes an autographed copy of Jessamyn's book: *Every Body Yoga*

Meditation/Chair: **Secrets of Breath** **10:30-11:45** **Tom Mitchell**

There are several different ways to increase prana, life force energy. One of the most important ways is through the breath (pranayama). The breath is the secret connecting link between the body, mind and emotions. We cannot directly control the mind through the mind itself, but we can powerfully influence the nature and quality of the mind through the breath and arrive effortlessly at the doorstep of meditation. Join us for practical instruction in pranayama and deep meditation. No special skills are required for this course.

Unique: **Mindfulness on the Mat** **10:45-12:00** **Barbara Vosk**
All yoga practices invite us to turn inward, connecting with breath, body and mind. Mindfulness practices encourage us to notice the present moment, often by connecting with breath and sensation. By cultivating awareness and meeting whatever arises with compassion, we can begin to move into a state of acceptance and openness, allowing us to feel more connected to ourselves and those around us.

In this class, you will enjoy breathing practices to encourage presence with sensation, gentle stretching and movement to bring awareness to areas of emotional energy, and meditation to bring awareness to your overall experience. A guided relaxation exercise will help you integrate the experience as you transition into final resting pose. This class is appropriate for all levels.

Chair: **Kripalu Chair Yoga** **10:45-12:00** **Susan Kilmon**
Chairs can be a very helpful tool for yoga practice. Checking in with yourself and honoring your inner wisdom, brings many benefits such as calmness, balance awareness & strengthening. Through gentle postures and breathing techniques we can discover how chair yoga can honor the inner wisdom, for each of us. (Please bring a small towel for low back support) All levels of interest and yoga practice are welcome.

Session 3:
Active: **Flow with Alignment** **1:15-2:30** **Zach McKinney**
This class will be an introduction to the basics of flowing with alignment. We will explore all genres of poses, from standing to hand balances and backbends. There will be modifications made for each pose, but an ability to stay in standing poses for extended holds, and to move from one pose to another is recommended. Most poses will be common to a standard open level class so students can learn common alignment principles to avoid injury, and how to support their bodies to gain practical strength and flexibility.

Active: **Vinyasa** **1:15-2:30** **Rachel Wright**
Come enjoy an energetic vinyasa class that centers around watching the breath move through the body. We will use the breath as powerful tool to create space in the physical form as we cultivate tapas, or heat and discipline, to burn through that which no longer serves. Expect to leave feeling warmer, longer, and a little more connected to your breathing. Some yoga experience recommended.

Educational: **Introduction to MELT** **1:15-2:30** **Karin Singleton**
MELT and more: This class will provide an overview of connective tissue self-treatment techniques such as MELT (Myofascial Energetic Length Technique) and RTR (Relief through Rolling). We will use soft foam rollers for floor based modalities. The participant needs to be able to get down onto the floor and stand back up unassisted. While the techniques, principally, have seated and standing options, those will not be covered in the course of this demonstration.

Gentle: **Pangu Yoga** **1:15-2:45** **Anisha Desai Fraser**
Pangu Yoga is a gentle and healing style of yoga created by Anisha Desai Fraser and her teacher Master Ou Wen Wei in October 2011. It combines the benefits of Yoga and the energy cultivation aspects of Qi Gong (Pangu Shengong). Anisha will take you on a spiritual journey, cultivating and absorbing Life Force, liberating the Spirit, and powerfully unveiling the healing of Pangu Mystical Qi Gong within the movements of yoga. This 90-minute class includes a gentle flow, guided imagery, pranayama, and a deeply restful savasana. Anisha will emit healing energy to the students during relaxation, allowing hearts and bodies to open more fully, tapping into the boundless mystery of the Divine. Leave feeling deeply calm, content and full of vitality! You will have a depth of experience and sensation that go beyond what words can describe. The best way to understand this is to experience it.

Meditation/Chair: **Exploring Mindful Meditation** **1:30-2:45** **Martha Engeman**
In this workshop, we will:

- Practice yoga and movement to prepare our bodies for meditation
 - Learn about the impact of meditation on the body and the mind
 - Explore and practice two meditation techniques
 - Discuss how to incorporate a meditation practice into your daily life
- You will leave with tips on preparing your body for meditation and a meditation technique to practice.

Unique: **Yin Yoga** **1:30-2:45** **Sandy Scherer**

Chair: **Active Chair Yoga** **1:30-2:45** **B Vohlwinkel**

This class uses the chair along with blocks, blankets and straps to empower students at every level to enjoy a full spectrum yoga practice. Perfect for beginners, active seniors, those rehabilitating post-surgery or with a pre-existing medical condition, pregnant women, and anyone craving a little more support in their yoga practice.

Teacher CE: **History of Yoga** **1:15-4:15** **Marcy Braverman-Goldstein**

The Language and History of Yoga

Ever wondered what your teacher is saying in Sanskrit? Do you know the deeper meanings of common terms (for example, "hatha" means violence, force)? This class will explain the language of yoga and demystify pronunciations, spellings, and definitions of asanas and other words that you hear, say, read, and sing. From new students to lead instructors, all are welcome. What are the oldest poses and which ones were made up yesterday? Was the Buddha a yogi? When did yoga reach the US? This workshop will answer these questions and more in a whirlwind tour of yoga history from 2500 B.C.E. to the ever-changing modern moment. You will gain historical perspective on your practice, which will clarify what yoga was, what it is, and what it can be. Marcy will provide study guides. Come with an open mind, heart, and a pen/pencil. RYT's earn CEUs.

Teacher CE: **Yoga for Seniors** **1:30-4:30** **Carol Krucoff**

Seniors age 65 and older are the fastest-growing sector of the U.S. population and – like many Americans – are increasingly drawn to yoga. This presents both a great opportunity and a serious challenge for yoga instructors, since some commonly taught postures may pose significant risks for older bodies. In this seminar for yoga teachers, Carol will discuss some of the most common age-related health conditions and explore how to safely and effectively modify the yoga practice. The session will consist of a 90-minute lecture and a one-hour practice.

Session 4:

Active: **Yoga of Discernment** **3:00-4:15** **Hayley Hedges**

Have you ever thought to yourself, "I don't think I am doing this pose right?" You are not alone! Many of us have similar thoughts or evaluations of right or wrong, bad or good, ugly or beautiful. We are surrounded by these evaluations, and I would venture to say that our culture is hard-wired to make quick judgements and assumptions. The practice of yoga invites us to slow down and become aware of our assumptions, biases, and ways of thinking that may be creating more polarization in our lives. Yoga invites us to practice Viveka or discernment - observing things through a lens of curiosity, without condemnation. Can you recognize things as different without the instinct to compartmentalize them? This takes lots of practice and awareness is the first step. In this workshop we will explore alignment concepts through oppositional energies and find ways of integrating those energies into a greater sense of wholeness and unity. This well-rounded intermediate level class will make space for demonstrations and hands-on assists for greater clarity and understanding. Students will learn an alignment framework and apply it to standing postures, inversions, and seated postures. Arrive with an open mind and a willingness to explore familiar poses in new ways.

Active: **Fundamentals of Balance** **3:00-4:15** **Linda Martinez**

As we age, we lose our ability to balance. My class will focus on alignment and postural principles using yoga poses that can build the flexibility, and the strength to enhance balance. I will offer modifications that are suitable for all levels.

Educational: **Engaging the Chakras** **3:00-4:15** **Kathleen Yount**

Curious about how chakra theory fits into modern yoga practice? Join Kathleen for an exploration of how you can use the chakras as a map of your body, mind, and spirit. This practice includes gentle movement and an extended, relaxing meditation that investigates the gifts and pitfalls of these energetic and emotional landmarks. Accessible to all levels; please bring a blanket for your comfort.

Gentle: **Alignment Focus** **3:15-4:30** **Sarah Wechsberg**

This Gentle Alignment class invites students to meet themselves where they are while discovering new potential. We will move through basic yoga asanas (poses), pranayama (breath) and meditation techniques. It will be a balance between movement and release. If you're seeking a yoga practice that moves at a slower pace while steadily increasing stability, flexibility, strength, body awareness, and leaves you with a sense of wholeness, this is the class for you. Arrive with an open mind and a willingness to let go of what you no longer need to make room for what matters.

Meditation/Chair: Healing Meditation 3:15-4:30 Tom Spector

Tom's Meditation & Healing presentation is for everyone, even people who believe they could never meditate. Learn 'What to Do When Your Mind Won't Let You Meditate'. With meditation, your busy mind will become calmer and you will begin to experience your Inner Being and to see things in your life with clarity and insight. Tom will also present practical healing techniques for relief from worry, fear, pain, and stress, based on Part I of his book, *Our Two Gardens: How to Cultivate Healing*. Tom is internationally regarded as a refreshingly effective meditation and healing teacher. With 40 years experience, his teachings are clear and easy to follow. They combine profound meaning with light humor. Tom has a special gift for helping people resolve troubling issues and restore self-esteem and inner peace. Participants regularly enjoy the benefits of meditation and the healing techniques. Many have life-transforming experiences. Tom's book, *Our Two Gardens: How to Cultivate Healing* and CD, *Meditation and Healing*, will be available at Yoga Fest.

Unique: Pi-Yo: Pilates/Yoga 3:15-4:30 Kristina Pugh

Challenge yourself with this combination of Pilates core activation and breath-centered flow yoga.

Why work the core? From throat to pubic bone, armpits to hips, shoulders to glutes, and all the way around your center, is an amazing cylinder of muscles that you use every single day in ways you haven't even realized! This playful combination of yoga and Pilates will leave you feeling warm, strong and lighthearted and maybe groaning, as you roll up your mat!

All Levels Welcome.

Chair: Relieve Shoulder Tension 3:15-4:30 Kris Moon

Our modern lives have so many of us hunched forward so often that the condition has a name: the iHunch. Maybe you can picture it and maybe you know the symptoms: tight muscles in the front of the chest, the back of the neck and tops of the shoulders. Turns out all this rounding in the back body scrunching over screens can mean that the muscles supporting the shoulder blades can become overstretched and weak. How to address it is simple: strengthen and lengthen the neck & shoulders and add a little awareness to where your heavy head is positioned. A little work can go a loooooong way.

We'll practice gentle, mindful yoga for the neck & shoulders sitting, laying down and standing.

Join Kris Moon and learn how to relieve discomfort in the neck & shoulders, and regain ease and freedom by reversing the iHunch. Everyone is welcome to this practice and there will be lots of modifications offered. We'll close with a guided relaxation, pranayama and meditation.