



4th Annual West Palm Beach Yoga Day USA

Saturday, January 23, 2010



Welcome and Opening, WPB TV18's Jerry and Therese, Living Fit Today

8:10AM ---- Inner Awakening Yoga - Jamar Caudy, RYT500, Jamar Enlightenment Center

This form of Hatha Yoga-blends Phoenix Rising Yoga Therapy, Kripalu and vinyasa flow. It celebrates the wisdom of the body; inviting one to set an intention that is reflected in all expression of the postures, holding time, breathing cycles, resting and any internal dialogue. An active class with the emphasis on listening to your body, and finding an edge in a stretch to let go into or explore. Each class begins with centering and warms ups and move through a full range of postures on floor, standing and balancing poses.

9:10AM ---- Native Vinyasa Yoga - Todd and Tamara McLaughlin, RYT500, Native Yoga Center

Native yoga is a vinyasa practice that is gentle, powerful and effortless. Native Yoga offers the yoga practitioner a chance to be challenged yet encouraged to move at one's own pace. Postural details of Native Yoga are rooted in Ashtanga vinyasa and Bikram Yoga.

Intermission

10:20AM ---- Dynamic Kripalu Yoga - Jerry Jefferson, RYT200, Living Fit Today, Inc.

Dynamic Kripalu is the yoga of consciousness, compassion, and self-awareness. Students are encouraged to honor their body's individual needs to enable us to open to the energy of life. Learn to connect the mind, body and spirit through awareness in the postures. Kripalu yoga is a gentle, flowing style of Hatha Yoga, focusing on breath awareness, inner focus, and utilizing the brilliant "press point" method.

11:20AM ---- Center

Yoga for Stiff People - Emily Large PT, CYT ERYT500
Living Large Therapeutics

One misconception common to yoga is that it is only for women or those who are flexible. Come experience a simple, challenging, accessible practice that is appropriate for those new to yoga, those who sit in chairs for work, or those who lack flexibility secondary to sports specific training such as running or cycling. Ladies bring your men. Men, bring your buddies. *(all levels, all genders, asana)*

11:20AM on the Berm

Introduction to Power Yoga - Ali and Ann Dadow, RYT 200
Twin Power Yoga

Great for beginners new to vinyasa or those who have practiced for a while. Focus on alignment and thought process of the present moment.

Lunch Break

12:45PM ---- Center

Back to Basics - Carlee (Kalyani) Cohen, RYT200
Breathe, Release, Repeat, Inc .

Learn how the alignment and flexibility of the spine determines the overall health and energy of the body. To insure proper communication between the brain and the body, it is essential that we keep the spine open and free. In addition to postures that target the upper and lower back, we will focus on surrounding muscles (including the low back, hips and hamstrings), which enable us to keep the back flexible and strong.

12:45PM on the Berm

A Taste of Yoga Kids - Amy Cohen, RYT200

This class is designed for children. Children will be introduced to yoga using the Yoga Kids way. They will explore yoga poses, breath play and relaxation techniques (a guided visualization). Yoga helps increase focus, concentration and attention span, builds self-esteem, allows better sleep, brings awareness for the environment and their relationship to others and the world around them. Class is comprehensive, imaginative and playful.

1:45PM ---- Flying High Flow - Monica Schmidt, BS, RYT500, American Yoga

Learn how to incorporate arm balance into vinyasa flow with graceful strength and confidence. We will explore proper alignment of arm balance poses and learn to "Fly" while staying in our yoga rhythm.

Intermission

3:00PM ---- Center

It's Not About the Pose - Sandhya DeBay, RYT200
Living Fit Today, Inc.

Relaxing stretches and asanas provide the opportunity to seek out and soften areas of tension and stress. Students are encouraged to let go of expectations and judgment and be fully present to each moment- sensation, thought, and mood- allowing for a deepening awareness of breathe and body. *A guided practice for students of all levels.*

3:00PM on the Berm

Flow Yoga - Andrea Pepper, RYT200, Amala Yoga

This class is a fusion of vinyasa flow with Iyengar alignment. Focus is on connecting breath and body creating a dance with yoga. A feel good practice.

4:00PM ---- Yoga Moments Off The Mat and Into Life! - Leigh Fountain, RYT500, Life Force, LLC

Learn 1 to 5 minute techniques to support you throughout your day. Leverage simple and profound techniques to support your ability to energize or relax or focus at any time. The session will include a mix of asana, pranayama, and pratapana that can be done separately and/or linked into you own yoga sequence/flow.

Session components: core and breathe focus – three part breath and sitting up straight; energizing focus- bhastrika/bellows breath, lymph drain/"empty coat sleeves"; relaxing focus- nadi shodhana, modified inversions; and , Integrated Positional Therapy focus – wrist, finger, and arm stretches.