


6th annual West Palm Beach Yoga Day 2012

Schedule



Times	East Berm	Center	 Education Tent
8:30	Ganesha Kirtan , Todd McLaughlin, RYT500, <i>Native Yoga Center</i> Yoga Marketplace and Arrigo FIAT West Palm and Sawgrass Inspiration Wall opens		
9:00	Welcome/Opening Jerry and Therese co-founders West Palm Beach Yoga Day & Living Fit Today		
9:00 - 10:00	Yoga Kids!(ages 4-8) , Leslie Kecskes, RYT200 <i>Shanti Yoga</i>	Hatha Yoga Foundations , Edwin Joiner, RYT200, <i>Simply Yoga of Delray Beach</i>	Meditation 101 , Rob MacGregor, <i>Moksha Yoga Studio</i>
10:00 - 10:15 break			
10.15 - 11.05	Smile for Balance , Eric Holmgren, RYT200, <i>ShadeTree Yoga and Wellness</i>	Moving to balance: Redefining your practice for greater health , Leigh Fountain, RYT500, <i>Life Force, LLC</i>	Take Living Personally: Developing Your Authentic Lifestyle Equation , Takeyah Young, RYT200, <i>Core Connection</i>
11:05 – 11:20 break			
11.20 - 12.10	Kripalu Chakra Yoga - Attune to Your Body's Deeper Wisdom Acharya PremShakti, E-RYT500, <i>PremYoga Center</i>	Individuality - Trade competition and judgment on the mat for self-acceptance Jerry Jefferson, RYT500 CYT CPT CGEI, <i>Living Fit Today, LLC</i>	The Universe is calling you. Are you going to answer? Angela Lutin, <i>FlyWheel</i>
12:10 – 12:40 lunch break "Soothe your Soul" Felicia Rose & Petro Bass create the sounds of Deep Elevation! <i>Shopping at Yoga Marketplace and visit/post on Arrigo FIAT West Palm and Sawgrass Inspiration Wall</i>			
12.40 - 1.30	Take Living Personally: Embracing Your Yoga Takeyah Young, RYT200, <i>Core Connection</i>	Organic Mandala Flow Angel Lucia, E-RYT500, LMT, <i>Bindu Yoga Studio</i>	Yoga for Optimal Mental Health Christen Iannone, Psy.D., E-RYT200, <i>The Yoga Shrink</i>
1:30 – 1:45 break			
1.45 - 2.35	Alignment Delight Mark Maldonado, RYT200 <i>Intuitive Yoga/SportsYoga M2 Studio</i>	Partner Yoga- Double Your Fun! Jamar Caudy, RYT500, <i>Jamar Enlightenment Center</i>	The Universe is calling you. Are you going to answer? Angela Lutin, <i>FlyWheel</i>
2:35 - 2:50 break			
2.50 - 3.40	Move the spine, Calm the mind Priyanka Shanbag, RYT200	Native Vinyasa Flow Todd and Tamara McLaughlin, RYT500, <i>Native Yoga Center</i>	Pranayama (Breathwork) -The Master Key , Jessica Stiehm & Aaron Erickson, RYT200 <i>JAI Healing Arts</i>
3:40 - 3:55 break			
3.55 - 4.45	Kid's Yoga Fun (ages 9-12) Meredith Webb RYT500, <i>Kula Yoga Shala</i>	Renew and Rejuvenate with Kundalini Yoga and a Meditation to bring Joy and Calming to the mind Ashleigh Ruckert, RYT200 <i>Gyrotonic Satnam</i>	(Nuad Borarn) Vedic Thai-Yoga, "Lazyman's Yoga" Demonstration , Jessica Stiehm & Aaron Erickson, RYT200 <i>Vedic Conservatory</i>
<i>Tibetan Singing Bowls with Ashleigh Ruckert, RYT200, Yoga Marketplace, FIAT Inspiration Wall</i>			
5:30	Event closes		

Bringing the community together for a positive connection!

YogaDay.LivingFitToday.com

Presented by:

