

# OPEN WEEKEND FESTIVAL

## Open Weekend Festival, July 13 - 15

An opportunity to enjoy the world-class instruction provided by a host of Faculty from all sectors of yoga, virtually all of whom have at some time studied with BKS Iyengar before going on to make their names and in some cases found their own styles from yoga.

In the following *Open Weekend* a galaxy of world-respected teachers from a variety of yogic traditions have gathered together their own offerings to acknowledge Gurujī's influence on their work. These classes reflect the five-fold anatomy of yoga, each being focused on asana (bodily posture), pranayama (breath), mindfulness training, the underlying wisdom of yoga, and the imparting of yoga's rich spiritual wisdom and tradition.

### FRIDAY JULY 13 • MID MORNING

525\* 10:00 AM 11:30 AM **ANDREY LAPPA**  
HISTORY OF YOGA DEVELOPMENT IN COMMUNIST USSR

TYPE: D

Reasons of growing of Yoga in communist society. Specific of Russian mentality compared to the Eastern and Western cultures. Modern tendencies and schools of Yoga in post-soviet countries. Differences and similarities between modern yogis in post soviet countries, Eastern and Western yogis. Perspectives of global world Yoga integration. Discussion and answers on the questions.

523 10:00 AM 12:00 AM **B BENDER-BIRCH**  
AWAKENING THE SELF  
TYPE: A

The sun was sacred in all ancient cultures, symbolic of the great light that men and women hoped to find in themselves. Begin your day with Surya Namaskar, respectful greeting of Surya, the Solar Deity, asana practice, and pranayama. Learn aware presence through mindful breathing, strong asana, and sweaty effort. Imprint the pattern for inspiration back home.

524 10:00 AM 12:00 AM **AMY IPPOLITI**  
ANUSARA YOGA: HIP OPENING LIKE NEVER BEFORE  
TYPE: A

Participate in the fullness of life, by going into our depths to embrace our own fluidity in a variety of hip openers. Our guides will be the Universal Principles of Alignment and the Tantric practice of radical affirmation. The class will culminate in the unfolding of Padmasana.

526\* 10:00 AM 12:00 PM **SHIVA REA**  
YOGA MALA: 108 SURYA NAMASKAR AS COLLECTIVE PRAYER AND ACTIVATION  
TYPE: D

Based upon Shiva's experience of offering Yoga Malas (108 Surya Namaskar) over the past twelve years, you will experience how to practice and safely offer transformative Yoga Malas 1) to activate the body as a conduit of prayer 2) to generate collective consciousness within your community 3) to awaken awareness and raise funds for Seva projects. A half mala of 54 rounds will be offered including collective mantra japa meditation and altar making. All levels welcome but be prepared to modify the salutation according to the needs of your body.

527\* 10:00 AM 12:00 PM **RODNEY YEE**  
THE INNER DANCE OF FORWARD BENDS  
TYPE: A

Long holds in forward bend can produce an amazing look into ourselves. But too often, these sustained poses can cause back pain instead of unwinding the tension. Learn how to listen and adjust the forward bends so you can benefit from and enjoy safely these deep long submerges into your inner sanctuary.

530 10:00 AM 12:00 PM **DAVID LIFE**  
LET'S TWIST ALL NIGHT  
TYPE: A

Experience a yogic twist with enlightenment as the goal. Jivamukti Yoga incorporates brisk vinyasa styling teamed with inspirational music. Starting with some simple rules for twisting we will move through a series of asanas that will have you twisting in many variations—standing, seated, reclining, and inverted. Enjoy the dynamic and rejuvenating effect this class will have on internal organs and spinal health. This vigorous Jivamukti Yoga class will focus on twists while giving a balanced and complete experience of asana, meditation, chanting and breath awareness.

542\* 10:00 AM 12:00 PM **HS ARUN**  
INTEGRAL ASANA: THE REQUISITE OF LIFE  
TYPE: A

Moving through the intricacies of the mind to discover the subtleties of the body is the focus of this class. Sri Arun through his humor and humility can transform any class into a spiritual practice.

538 10:00 AM 1:00 PM **EDWARD CLARK**  
TRIPSICHORE: MOVEMENT AND MEANING  
TYPE: A

Tripsichore creates works that fuse the spirituality of yoga with lyricism. The technique focuses on uniting the mind and body through the use of breath and the movement of energy. Tripsichore's linking of postures is innovative, yet the methods used are respectful of orthodox traditions. The goal of this workshop is to understand the beauty and energy of some of the more spectacular postures and to explore their expressive potential. We will focus on the expressive potential of backbends, Tripsichore Sun Salutations, and inverted postures and learn to transform these into the choreography of Yoga Theatre.

528\* 11:00 AM 1:00 PM **RAMA JYOTI VERNON**  
THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION  
TYPE: E

Rama Jyoti Vernon will share personal anecdotes of some of the greatest yogis and spiritual teachers of the East whom she has met and personally interacted with, including BKS Iyengar. This will be an interesting and captivating darsana session led by one of the most fascinating contemporary yogis who has studied and traveled widely in the East and the West, living and teaching the lessons of yoga.

531\* 11:00 AM 1:00 PM **GARY KRAFTSOW**  
PURIFICATION, ILLUMINATION, AND INSPIRATION  
TYPE: C

For the purpose of reducing the symptoms and causes of suffering, achieving peace, and awakening to our higher potentials—the ancients developed the science of Kriya Yoga. In this experiential workshop, participants will explore both the teaching and practices of this ancient science through lecture, dialogue and a practice that will integrate asana, pranayama, chanting and meditation in the tradition transmitted by Krishnamacharya.

543 11:00 AM 1:00 PM **GLENN BLACK**  
MYTH OF ASANA: THE USE OF MUSCLE IN ASANA  
TYPE: A

The *myth of asana* is that they are done solely on a physical level. If you add awareness and relaxation, as Kriya yoga suggests, the pose takes on an environment that allows for the spontaneous arising of the four higher states of raja yoga. The *myth of asana* classes present practical methods on how to achieve poses in all four ways.

541 11:30 AM 1:00 PM **MAXINE TOBLAS**  
YOGA'S ANTI-AGING MIRACLE: STANDING POSES  
TYPE: A

Maxine's classes will cover the key elements for a deep and satisfying practice. Standing poses, front bends and back bends are the key to anti-aging.

540\* 12:00 PM 1:00 PM **MEL ROBIN**  
THE CONNECTION OF GURUJI'S APHORISMS TO WESTERN MEDICAL THINKING  
TYPE: B

As disciples of Gurujī, we Westerners have had wide exposure to his imaginative and all-too-brief aphorisms focused on all aspects of yoga. Many of these have left me wondering as to their meaning, and from my study of western medicine, I have come to *understand* several of them in terms of Western medical ideas. I present my medical interpretations of several of his aphorisms, illustrating what I believe he long ago sensed through his yogasana practice, but which only recently has been shown by western instrumentation to be the explanation of various anatomical and physiological phenomena.

### FRIDAY JULY 13 • LATE AFTERNOON

584\* 4:00 PM 5:00 PM **INEZ BARANAY**  
YOGA AND THE CREATIVE LIFE  
TYPE: C

How can you live both the life of a writer and the life of a yoga practitioner? For a long time after I began my serious yoga practice (1980) I felt as if I led two separate lives. Writing's personal and social demands seemed incompatible with those of yoga. But I realized that BKS Iyengar's emphasis on the constant and never-ending refinement of asana, based on rigorous self-examination and awareness as well as regular practice, is applicable to the writing life. Although the emphasis is on writing, this talk with question and answer session will be of value to anyone interested in the creative process.

586 4:00 PM 5:00 PM **JOHN LEEBOLD**  
PRANAYAMA AND MODERN TIMES  
TYPE: B

Modern psychological and physiological research has shown that neuroendocrinological imbalance can be averted through a regimen based on the ancient traditional disciplines of yoga, and in particular through regular practice of pranayama. Reclining and sitting pranyamas will be the modus and foundation for the sadhana. Ujjayi and Viloma will be the basis; along with an introduction to the basic principles of digital

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(finger manipulation) pranayama. The session will also look at the psycho/physiological integration of bioenergy through the bioenergetic centers as takes place in the pranayamas taught.

**570\* 4:00 PM 5:30 PM SHIVA REA**  
**THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION**  
**TYPE: E**

Shiva Rea says: "I will offer these perspectives: 1) Shaktidasi: Serving the Life-force; 2) Householder's Path: Living Yoga in Post-Modern Times."

**571 4:00 PM 6:00 PM TIAS LITTLE**  
**THE BELLY BRAIN AND THE CRANIAL BRAIN**  
**TYPE: A**

The belly center and all of the intestines are the seat of intuition in the body. The coils of the intestines in the abdomen mirror the coils of the cortex in the brain. This class will look at the way people hold nervous tension in the gut which cuts off the connection to the "gut feelings." We will review the Third Chakra in the solar plexus, our power center, and explore ways to release tension while establishing core strength. Practice includes twists and forward bending.

**582\* 4:00 PM 6:00 PM AADIL PALKHIVALA**  
**POVERTY AND ENVIRONMENTAL ACTIVISM**  
**TYPE: D**

Yoga is not the practice you do but the life that you live. As teachers and practitioners of yoga it is our duty to give back to the world. We will discuss the creation and sharing of wealth in a yogic way, Aadil's projects in India with organic farming to encourage social change as well as promote health for the individual and the planet, and what you can do to help the world.

**585 4:00 PM 6:00 PM LINDSEY CLENNELL**  
**ASANA AS A WINDOW TO YOGA**  
**TYPE: A**

Senior Iyengar teacher, Lindsey Clennell will connect the way BKS Iyengar teaches asana to the practice of Patanjali's Ashtanga Yoga. This session, one of two level 2 asana classes, will include practice, analysis of poses, and explanations of the rationale behind the way Iyengar yoga is taught, and how it should be practiced to improve and stabilize our psychological and spiritual well being.

**572 4:00 PM 6:30 PM CHRISTIAN PISANO**  
**RITUALS OF FULLNESS: CLEANSING AND CHURNING**  
**TYPE: A**

"If one contemplates in a thought-free way on any point of the body as mere space, even for a moment, then the Thought-free (Shiva) springs forth." Vijnana Bhairava Tantra. We will see how different groups of asana and their links (vinyasa krama) generate a process of cleansing and how different colorations of body, mind and breath, are one with their source. This aspect unfolds a churning process where the postures evolve from one point and come back to that point in waves, like for example the emanation of the Sri Yantra from its Bindu.

## CLASS TYPES FOR THE OPEN WEEKEND CLASSES

- [A] On The Mat / Asana Classes
- [B] Breath and Energy Work
- [C] The Divine Is Within / Spirituality
- [D] Off The Mat / Giving Back to the World
- [E] Guru Parampara / Inspiration

**568\* 5:30 PM 6:30 PM TODD NORLAN**  
**ECSTATIC MEDITATIONS FOR ENHANCED LIVING**  
**TYPE: C**

Align your body, heart, and mind with your ecstatic nature and touch the essence of your soul. We already know that life is a gift. Now learn how to make that gift a blessing. Explore the revelatory teachings of the Tantras. Then practice a variety of Tantra-based meditations to enhance the gifts of your unique self.

**569\* 5:30 PM 7:30 PM ELISE MILLER**  
**YOGA FOR SCIOLIOSIS: A HEALTHY BALANCE FOR THE IMBALANCED**  
**TYPE: A**

Whether we have muscle imbalances or a major scoliosis, Iyengar yoga can bring awareness to such imbalances to facilitate transformation to a more balanced state both physically and mentally. The class will include information on scoliosis; time to explore in depth our imbalances, and then how to adapt the asanas for any asymmetry whether it be a major structural scoliosis or minor imbalance. Teachers are invited to bring their students with scoliosis so that both can have the opportunity to work together directly under Elise's expert guidance.

## FRIDAY JULY 13 • EARLY EVENING

**573\* 6:00 PM 7:30 PM DHARMA MITTRA**  
**THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION**  
**TYPE: E**

The Yogic Secrets of Purification: An invaluable cleansing detox program to help purify the mind, the gross physical body and the subtle astral body of toxic impurities. The practice includes ancient breathing and sound techniques, mantra japa, yoga asanas, relaxation and meditation. Learn and understand the benefits of practicing a Yogic lifestyle. Please view full class description at [www.yogacharya.org](http://www.yogacharya.org).

**583 6:00 PM 8:00 PM YANA LEWIS**  
**AWAKENING THE SPINE**  
**TYPE: A**

These classes will work towards understanding the depths and complexities of Ekapada Rajakapotasana through to Natarajasana (Lord of Dance). We will look into the physical, energetic and spiritual aspects of the asanas. We will work with props to develop awareness and guidance to bring these beautiful asanas into a progressive practice. As dancers we have to twist our bodies in various kinds of asymmetrical ways on a daily basis. It is essential for a dancer to maintain a holistically healthy body. In the classes we will develop alignment, energy and inner awareness, that will bring our bodies back to balance and harmony and bring a sense of inner peace at the end of a long day of dance.

**574\* 6:00 PM 9:00 PM ERIC SMALL**  
**HANUMAN FROM BEGINNING TO FINISH**  
**TYPE: A**

This class will include preparation work on the mat and in inversions—which will lead up to the final pose.

**575\* 6:30 PM 8:30 PM ROGER COLE**  
**TRANSFORMING HEALTHCARE: BRINGING THERAPEUTIC YOGA TO WESTERN MEDICINE**  
**TYPE: D**

Roger has taught yoga as a healing art to physicians, nurses, physical therapists, respiratory therapists, and other practitioners of western medicine for over 25 years. Learn the principles of therapeutic yoga and how to translate them into a health care practice to benefit patients everywhere.

**508\* 7:00 PM 9:00 PM HS ARUN**  
**PRANA: THE ELIXIR OF LIFE**  
**TYPE: B**

Through stillness ... peace.

**589\* 7:00 PM 9:00 PM B BENDER-BIRCH**  
**CHANTING THE CHAKRAS**  
**TYPE: B**

Guided Meditation on the chakras. Discussion on the mystical parallel between the 8 limbs of classical Ashtanga and the 8 chakras and how they flow together and affect one another.

**592 7:00 PM 9:00 PM SEANE CORN**  
**VINYASA FLOW YOGA: THE BODY AND BEYOND**  
**TYPE: A**

In this class we will explore the multifaceted dynamics of Vinyasa Flow yoga, which can include asana, pranayama, meditation, reflection and prayer. Through the integration of alignment, proper breathing techniques and mindful intention learn how to experience the expressive and powerful practice of Vinyasa Flow as a devotional expression of life-beyond the body.

**503\* 7:00 PM 9:30 PM TIM MILLER**  
**TAMING THE MIND—AN INTRODUCTION TO ASHTANGA YOGA**  
**TYPE: A**

This class will explore the connection between the philosophical context of yoga as presented by Patanjali in the Yoga Sutras and the practical methodology of the Ashtanga Yoga approach to asana practice. A light practice will introduce the foundation of the Ashtanga system—ujjayi breath, vinyasa, bandha, and drishti.

**504 7:00 PM 9:30 PM BOBBY CLENNELL**  
**A PRENATAL CLASS**  
**TYPE: B**

The three trimesters of pregnancy pose challenges and vulnerabilities for the expectant mother. This workshop shows how to fine tune yoga asana and pranayama to accommodate the prenatal students changing body, strengthen and promote health for her and her baby and prepare her for delivery.

**507\* 7:30 PM 8:30 PM ANNE O'BRIEN**  
**CULTIVATING THE COMPASSIONATE HEART**  
**TYPE: C**

In this session we will co-mingle some supported asana movements that open the chest and thus, the heart, with guided meditations from several traditions that help us in our quest to cultivate compassion.

**590\* 7:30 PM 8:30 PM TODD NORLAN**  
**KIRTAN CHANTING: AWAKEN THE POWER OF THE DIVINE WITHIN**  
**TYPE: C**

The names of God are always on the surface of your lips asleep. Awaken the power of the Divine within through the ecstatic chanting of mantras. Open your heart, clear your mind, and ride the waves of rhythm and bliss as you romp in rapture with the vibration of source energy.

**502 7:30 PM 9:30 PM JOHN LEEBOLD**  
**LINKING AND INTERPRETING THE KOSHAS**  
**TYPE: A**

John learned, from Gururji, that no amount of detailed structural functional emphasis on posture was worth anything unless also allied to chitta or conscious awareness. This early morning asana class will consist of brisk paced standing asanas allied with suryanamaskar, complemented with inversions. All will be done *Pune style*—but accompanied with an examination of what that really means using both similarity and contrast. This will allow an examination of the links with—and between—the different koshas or *sheaths* of being.

\* These classes are selections for the Open Weekend Beginners Conference

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## FRIDAY JULY 13 • LATE EVENING

591\* 8:00 PM 9:30 PM **ELISE MILLER**  
YOGA FOR THE "GOOD ENOUGH" YOGI

TYPE: C

This class is about letting go of should's, could's and all the competition that devils up in our minds when comparing ourselves to others whether great yogis or fellow students. In this class we will explore finding our own practice for our present moment and nurturing and treasuring it as our very own. Remember, don't be THE best, be YOUR best.

593\* 8:00 PM 9:30 PM **RODNEY YEE**  
THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION

TYPE: E

Rodney will share his yoga story and his recent inquiries about yoga, love, politics and life in the details. Come with a lot of questions, relaxation, good posture and open ears.

594\* 8:30 PM 9:30 PM **CHRISTLAN PISANO**  
THE PRACTICE OF NON-PRACTICE

TYPE: C

A question and answer session...but perhaps without answers?!!!! "All forms of practice are learning to kill dragons." Wei Wu Wei. Most of the time practice is based on the assumption of a practitioner who has a goal to reach. Let's explore this together.

## SATURDAY JULY 14 • EARLY MORNING

601 7:30 AM 9:30 AM **B BENDER-BIRCH**  
DOING THE WORK

TYPE: A

Morning practice in the Krishnamacharya vinyasa tradition, combining the styles of Iyengar, Pattabhi Jois, and Desikachar into a safe and powerful therapeutic practice. Mindful breathing, strong asana, sweaty effort. Friendly modifications for all postures.

603 7:30 AM 9:30 AM **ELISE MILLER**  
PRANAYAMA: THE ART OF QUIETING THE MIND WITH BREATH

TYPE: B

This class will offer breathing practices that can encourage the practitioner to learn the art of surrendering the mind being the soul of intelligence, to the heart being the Soul of Consciousness. As we quiet all the thoughts that distract us in daily life, we rediscover our true selves and open our hearts. Meditation will be included in the class, 6 month Pranayama experience required.

618\* 7:30 AM 9:30 AM **ANAT ZAHOR**  
MINDFULLY REALIZING TIME

TYPE: C

How do we spend our life? Do we drift in time or do we fully realize time? What is time for us, how do we sense our life? Experiencing, exploring and inquiring through meditation. There will be a 45 minutes guided meditation with basic instructions in mindfulness (Vipassana) meditation. After the meditation, fundamentals issues will be discussed such as how do we bring meditation into every day life, into our actions, into our feelings, into our thoughts.

605 7:30 AM 10:30 AM **SEANE CORN**  
VINYASA FLOW YOGA AND THE CHAKRAS: THE RAINBOW BRIDGE OF SELF-TRANSFORMATION

TYPE: A

In this Vinyasa Flow class we will explore how imbalances in the chakras (the yogic system of organizing energy centers in the body) can effect physical, emotional and Spiritual unification. Through discussion and practice, which will include sun salutes A and B, standing poses, backbends, hip openers, forward bends and inversions, we will explore the seven major chakras. This class offers a glimpse into the possibilities of Self-transformation through wisdom, self-responsibility and forgiveness.

607 8:00 AM 10:00 AM **DHARMA MITTRA**  
MAHA SADHANA: MASTER PRACTICE

TYPE: A

The Divine active ingredients in this amazing session include carefully selected Yoga postures (asanas), breathings (pranayamas), Purification/Cleansings (Kriya) techniques, Meditation (Dhyana) with powerful and efficient methods, and most importantly Yama—without which there is no success in Yoga. This practice is based on the current series Dharma practices with his regular students in weekly classes. Please view a more detailed class description at [www.yogacharya.org](http://www.yogacharya.org).

608\* 8:00 AM 10:00 AM **ERIC SMALL**  
IYENGAR ADAPTIVE YOGA

TYPE: B

This session includes adaptive yoga for disabilities, senior practitioners and beginning students. It will explain and demonstrate the use of chairs and props.

611\* 8:00 AM 10:00 AM **RODNEY YEE**  
BREATH AND VIBRATION IN ASANA

TYPE: B

Come and learn how to listen to the music of the breath so that it can inform subtle alignments and adjustments in the yoga postures.

617\* 8:00 AM 12:00 PM **GODFREY DEVEREUX**  
THE UNITY OF YOGA IS THE UNITY OF LIFE

TYPE: A

This class will clarify the unity of posture (asana), breathing (pranayama) and awareness (meditation). It will do so without reference to any speculative ideology, esoteric mythology, or romantic metaphysics. Instead it will invite you to experience the intrinsic unity of spirit, energy, mind, breath and body on the basis of integrity of action. The class will proceed slowly from action in the body (asana), via intimacy with the breath (pranayama) to the silent luminosity of unmediated awareness (meditation). It will end with a Radical Enquiry into the nature of being human, and the possibility of genuine freedom.

## SATURDAY JULY 14 • MID MORNING

628\* 9:00 AM 11:00 AM **JULIE GUDMESTAD**  
OPENING TIGHT SHOULDERS

TYPE: A

A mixture of anatomy, demonstration and asana practice, to help students develop a plan to progressively improve flexibility in their specific direction of limitation.

624\* 9:00 AM 12:00 PM **LILLAS FOLAN**  
THE JOY IS IN THE JOURNEY

TYPE: A

Lillas says, "Yoga gets better with age, age gets better with yoga." Midlife is the ideal time to restore health, vitality, soften the impact of the aging process. Learn painless ways to create and restore flexibility and strength with the three R's of stretching, key asanas, breathing and guided relaxations. Enhance balance and confidence. Increase your *contentment connection*. Experience your Inner Smile. Quiet the mind, inspire your heart and awake your Witness Self, that permanent beauty and peace within. Return to your everyday life refreshed and energized with practical, ageless asanas, breathing and relaxation techniques for maintaining health and well-being in the mid-life body. All sizes and shapes welcome!

626\* 9:00 AM 12:00 PM **ALAN FINGER**  
PRINCIPLES OF ISHTA YOGA

TYPE: C

ISHTA Yoga is the Integrated Science of Hatha, Tantra and Ayurveda, as well as the Sanskrit term for an individualized or personalized practice. Founded by Alan Finger and his father Mani, the ISHTA system incorporates ancient Ayurvedic principles; Tantric, Kriya and Laya Yoga techniques; the knowledge of Yogananda and Iyengar; and a uniquely modern understanding of anatomy, energy and human nature into a path for self-knowledge and liberation. Explore with ISHTA founder Alan Finger how to blend asana, meditation, breath work, philosophy and the ancient Indian science of life into a seamless practice to uncover your unique self and your optimum path for self-awareness, expansion, growth and healing.

638 9:00 AM 12:00 PM **AADIL PALKHIVALA**  
THE POWER OF STANDING POSES

TYPE: A

Standing poses are designed to bring the power of the earth and, using the legs, transfer it into the pelvis for our use in life. Learn how to do this using the breath, the mind, alignment and guided effort. You will feel more grounded and more empowered after this practice.

631 9:30 AM 12:30 PM **TODD NORLAN**  
BEND BACKWARDS AS IF YOUR LIFE DEPENDED ON IT

TYPE: A

Release the physical and mental bands around the heart that keep you small and stuck. Bend backwards as if your life depended on it (because it does), and tap into your true potential of unlimited power, creativity, love, and joy. Learn the biomechanics and gradual, step-by-step sequencing that makes back bending a smooth, joyful celebration of heart.

### CLASS TYPES FOR THE OPEN WEEKEND CLASSES

- [A] On The Mat / Asana Classes
- [B] Breath and Energy Work
- [C] The Divine Is Within / Spirituality
- [D] Off The Mat / Giving Back to the World
- [E] Guru Parampara / Inspiration

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**637\* 9:30 AM 12:30 PM SARAH POWERS**  
**INTRODUCTION TO YIN/YANG YOGA AND**  
**MINDFULNESS MEDITATION**

**TYPE: A**

This workshop will focus on long held, passive Yin postures that prepare the body for sitting meditation. The Yin style also keeps the body supple at its core, while encouraging stagnate chi (prana) to flow throughout the joints and meridians, restoring and revitalizing the organ system. A Yang (flow) style asana practice will follow, geared toward strengthening the core while encouraging ease and grace in movement. We will finish the practice period with Mindfulness meditation.

**632\* 10:00 AM 12:00 PM TYAS LITTLE**  
**KIDNEY CHI**

**TYPE: A**

It is essential to not allow the kidneys to dry up. This happens as a result of muscular tension in the low back, fear and emotional holding on. In this class we will regard the kidneys as huge aquifers that provide endurance and homeostasis to the entire body. This practice includes twists, forward bends and supported backbends that are invaluable to balancing Kidney Chi.

**641 10:00 AM 12:00 PM YANA LEWIS**  
**AWAKENING THE SPINE**

**TYPE: A**

See class description 583 on page 25.

**642\* 10:00 AM 12:00 PM HS ARUN**  
**UNTWISTING THE TWIST: SECRETS OF SUCCESSFUL**  
**UNRAVELLING**

**TYPE: A**

Allow your body and mind to stay rooted as you explore unwinding from the busy and wandering mind.

**623\* 10:30 AM 12:00 PM GARY KRAFTSOW**  
**THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION**  
**TYPE: E**

Today there is a great crisis in faith. Few are able to authentically embrace their ancestral heritage, or other traditions, yet many long for a living Spirituality. In this gathering, Gary will talk about the essence of "Sanatana Dharma", the unique challenges and opportunities we have today, and the vital role Yoga can play in individual and collective healing and transformation.

**627\* 10:30 AM 12:30 PM ANDREY LAPPA**  
**TIBETAN YOGA: INNER ASPECTS OF TRADITIONAL**  
**BUDDHIST TANTRIC PRACTICE**

**TYPE: C**

Andrey Lappa will begin this class by describing in detail the theories behind the practices of the ancient Buddhist yogis of Tibet who combined readily accessible movements such as prostrations, with breath work, mantra and visualization to focus the mind and cleanse the karma. The theoretical discussion will lead into a practice of these ancient Tibetan Tantric techniques.

**629\* 10:30 AM 1:00 PM DHARMA MITTRA**  
**SELF-KNOWLEDGE**

**TYPE: A**

The Yogic Secrets of Purification: An invaluable cleansing detox program to help purify the mind, the gross physical body and the subtle astral body of toxic impurities. Dharma incorporates into this program Holy Discourses on the Yamas, the Ethical Rules necessary for one's practice and understanding of Yoga. This inspirational discourse also elaborates on the laws of karma, and dietary laws of Yoga. The practice includes ancient breathing and sound techniques, mantra japa, yoga asanas, relaxation and meditation. Learn and understand the benefits of practicing a Yogic lifestyle. Dharma will guide you towards the purpose of Yoga. Please view a more detailed class description at [www.yogacharya.org](http://www.yogacharya.org).

**636 10:30 AM 1:00 PM TIM MILLER**  
**ENLIGHTENING THE BODY—YOGA CHIKITSA,**  
**THE PRIMARY SERIES OF ASANAS**

**TYPE: A**

A presentation of the Primary Series of Ashtanga Yoga as an archetype of practice that incorporates elements of Tapaha (purification), Svadhyaya (self inquiry), and Isvara Pranidhanani (surrender to the Universal Intelligence).

## SATURDAY JULY 14 • LATE MORNING

**640\* 11:00 AM 12:00 PM MEL ROBIN**  
**STRATEGIES FOR MAINTAINING YOUR BALANCE**  
**TYPE: A**

Maintaining one's balance in the Earth's gravitational field requires mental and physical skills not generally encountered or taught in regard to the yogasanas. We will explore the four mechanisms for maintaining balance and various strategies for resisting falling in the yogasanas.

**625\* 12:30 PM 2:30 PM DAVID LIFE**  
**THE MOST EFFECTIVE WAY TO LIVE**  
**TYPE: D**

Compassion means *feeling-with*. When we experience the suffering of others as our own and dedicate our lives to reducing that suffering, our actions are free from the binding nature of selfishness. The biggest obstacle to the realization of yoga is our own selfishness. To ensure happiness for yourself, do all you can to uplift the lives of others. David will lead this discussion of the revolution of non-violent living, sustainability, and compassion, brainwashing, and disconnection.

## SATURDAY JULY 14 • EARLY AFTERNOON

**646\* 1:30 PM 2:30 PM AMY IPPOLITI**  
**ANUSARA YOGA : A LIFE AFFIRMING PHILOSOPHY**  
**FOR LIVING**

**TYPE: C**

We all want the same thing: Freedom. We all discover our freedom in different ways. The vision of Anusara is grounded in a Tantric philosophy of intrinsic goodness, radical affirmation, life enhancement, and coming into alignment more fully with the Divine. Learn how these inspiring principles can be applied to your daily life, and help you uncover the life you dream of living.

**645\* 2:30 PM 4:00 PM B BENDER BIRCH**  
**THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION**  
**TYPE: E**

Finding your Dharma, Birthing your Star: Do you know what it is your life's work will be? According to Beryl if you "get your attention in present time, EVERYTHING else will follow from there. Just do



the work and it will all fall into place." Hear stories of Beryl's trip to India in 1974 with the Jain monks; how she started yoga; how she met her teachers; how it felt to be one of the few women teaching the Ashtanga asana system and the only teacher of Ashtanga east of the Mississippi for 10 years, and how shortly after writing *Power Yoga*, she struggled with the eight worldly dharmas (winds of change), and awoke and found her own path and her own voice.

**661\* 2:30 PM 4:00 PM LINDSEY CLENNELL**  
**THE JOYS AND PERILS OF DOING GOOD**  
**TYPE: D**

Karma Yoga, what does it mean, and how should we respond to our experiences in life? "Do the right thing" is not always so easy. In this talk, based on the assertion that all life is yoga, Lindsey will share the way yoga practices have influenced his perceptions, assessments and actions in various adventures which include, Ethiopian famine refugees in Sudan, Mother Teresa, Mikhail Gorbachev, Muhammad Ali, release of American hostages before the first Iraq War, starting and funding a not-for-profit and introducing yoga to the Ubuntu AIDS education foundation in South Africa.

**648\* 2:30 PM 4:30 PM ALAN FINGER**  
**MAITHUNA, SHIVA/SHAKTI, MALE/FEMALE AND**  
**THE POWER OF TANTRA**

**TYPE: C**

The word Tantra comes from the Sanskrit words for expansion and liberation. Explore the polarities of male and female and their divine play in the physical, energetic and metaphysical realms and their union, or Yoga, into non-duality and true unbound intelligence, oneness and unconditional love. Suitable for couples or singles, aspects of Maithuna practice will be explored in the greater context of Shiva/Shakti and Tantric philosophy, meditation and energetic practice.

**654\* 2:30 PM 4:30 PM TYAS LITTLE**  
**UNLOCKING THE NECK, JAW AND CRANIAL BASE**  
**TYPE: A**

The position of the skull on top of the neck is crucial to aligning the spine and to freeing up tension in and around the brain. This class is designed to reduce strain in the throat, upper neck and jaw area in order to free up the "gateway to Brahma" at the base of the skull. Releasing this area can reduce headaches, eye strain, insomnia and facilitate the practice of pratyahara or the internalization of sensory awareness.



\* These classes are selections for the Open Weekend Beginners Conference

# OPEN WEEKEND FESTIVAL

650 2:30 PM 5:00 PM **CHRISTIAN PISANO**  
**RITUALS OF FULLNESS: THE BELLY OF THE FISH**  
**(MATSYODHARA) AND THE ISLAND OF**  
**THE MOON (CHANDRA DVIPA)**

**TYPE: A**

"There is the Emissional power which is beauty itself because it shines on its own. There the yogi should repose, devoted to the condition of the belly of the fish." Abhinavagupta. Asana reveals inner landscapes and geographies. Here we'll see asanas that help to reach important junctions in the traditional yogic mapping of the body and the different colorations of the breath in these regions (apana, samana, prana, udana). We'll explore the region of "the belly of the fish" (matsyodhara) and the asanas which unfold naturally and organically mulabandha and uddiyana bandha plus "the island of the moon" (chandra dvipa) using the asanas which unfold jalandhara bandha.

655 3:00 PM 4:30 PM **MAXINE TOBLAS**  
**YOGA: THE ANTI-AGING MIRACLE: FRONT BENDS**

**TYPE: A**

Yoga is a search for understanding of the body, emotions and mind. It is a journey that requires discipline, intelligence and dedication but it also needs passion to unlock the creative energy of human consciousness. Maxine's classes will cover the key elements for a deep and satisfying practice, standing poses, front bends and back bends are the key to anti-aging.

662 3:00 PM 5:00 PM **GLENN BLACK**  
**THE MYTH OF ASANA: THE USE OF CONNECTIVE**  
**TISSUE IN ASANA**

**TYPE: A**

The *myth of asana* is that they are done solely on a physical level. If you add awareness and relaxation, as kriya yoga suggests, the pose takes on an environment that allows for the spontaneous arising of the four higher states of raja yoga. The *myth of asana* classes present practical methods on how to achieve poses in all four ways.

653 3:30 PM 6:30 PM **TODD NORLIN**  
**FABULOUS FORWARD BENDS, HIP OPENERS,**  
**AND TWISTS**

**TYPE: A**

Experience the wild freedom of open hips, the quiet, inner reflection of forward bends, and the revitalizing power of spinal twists. Through the slow, rhythmical, sequence of instruction, your tensions will dissolve and you'll feel fabulous. Learn how to gracefully open the hips, legs, and spine leading you to the threshold of Ekapada Sirsasana (One Leg Behind the Head Pose) and more. Modifications will be given with focus on the journey not the goal.



## SATURDAY JULY 14 • LATE AFTERNOON

649\* 4:00 PM 5:00 PM **SEANE CORN**  
**OFF THE MAT, INTO THE WORLD: WHY JUST**  
**STRETCH WHEN WE CAN REACH?**

**TYPE: D**

For Seane, outreach has been a large part of her daily yoga practice and the focus of her service has been directed towards children and the global AIDS emergency. YouthAIDS is the organization she proud to represent and as their National Yoga Ambassador, she shares their mission to protect every youth and the most vulnerable from HIV/AIDS. Join her for a discussion of her work with YouthAIDS, her commitment to spiritual and social activism, and what you can do to get involved in outreach in your own community.

652\* 4:00 PM 7:00 PM **ERIC SMALL**  
**WELCOME TO THE WORLD OF PADMASANA: FROM**  
**BEGINNING TO FINISH**

**TYPE: A**

This class will include instruction on the mat and in inversions.

651 4:30 PM 7:00 PM **ANNE O'BRIEN**  
**PRACTICING, TEACHING AND ASSISTING BACKBENDS**

**TYPE: A**

We will take our time with preparation moving into the liquid body. We will then practice a variety of juicy backbends with special focus on dropping back to Urdhva Dhanurasana.

656 4:30 PM 7:30 PM **EDWARD CLARK**  
**TRIPSICHORE SUN SALUTATIONS AND BEYOND—**  
**INNOVATION AND ORTHODOXY**

**TYPE: A**

This session will focus on learning the innovative Tripsichore Sun Salutes while clarifying the specifics of breathing and bandha techniques, as well as the relevance of Pratyahara, Dharana, Dhyana and Vinyasa. Edward Clark takes students on an exploration of the dynamic potential of backbends and inversions within the framework of Tripsichore Yoga Theatre's vinyasa technique.

667\* 5:00 PM 7:00 PM **B BENDER-BIRCH**  
**TAKING IT TO THE STREETS—PUTTING YOUR**  
**PRACTICE TO WORK IN THE WORLD**

**TYPE: D**

In these stressful times of global crisis, our species is under tremendous pressure to evolve. Hidden in the practice of classical yoga, are the answers we so desperately need in order to save ourselves from extinction. See how an engaged practice of asana, pranayama, and/or meditation is essential to your personal growth and the health of our planet. Strengthen your commitment to yoga. Discover your dharma, be a force for change, and put your Practice to Work. Need ideas? Share with a group of like-minded souls the work you are doing in your community and be inspired by the work of others.

681\* 5:00 PM 7:00 PM **SARAH POWERS**  
**INSIGHT YOGA: A PSYCHOSOMATIC OUTLOOK**  
**(DISCOVERING HOW YOGA POSES, MERIDIAN HEALTH,**  
**AND OUR EMOTIONAL STATES ARE INTERTWINED)**

**TYPE: C**

During the practice of Yin Yoga (long-held passive poses) we will explore the benefits of harmonizing the Ch'i in the organ and meridian systems in order to balance the body, heart and mind. This inner coordination allows us to deepen our understanding of which habitual psychosomatic patterns hinder our clarity and openness. These insights can then be further refined in meditation.



647\* 5:00 PM 8:00 PM **RAMANAND PATEL**  
**TRANSFORMATION—WHITHER & WITH WHAT**  
**URGENCY?**

**TYPE: C**

Ramanand will look into: If you are the whole, who is asking the question? Are you serious about the question and the answer? Is mind (thought) the root of all conflict? Why pray? Why chant? Who is the doer? Will the divine forgive? Who is the seeker and what is sought? Is healthy competition a possibility? Other spiritual paradoxes.

## SATURDAY JULY 14 • EARLY EVENING

670 6:00 PM 9:00 PM **ALAN GOODE**  
**THE PHILOSOPHY OF PRACTICE (1)**

**TYPE: A**

The influence of the senses (or *jnanadriyas*) in asana.

682\* 7:00 PM 8:00 PM **BOBBY CLENNELL**  
**FEELING CONNECTED**

**TYPE: C**

Modern living cuts us off from our environment. Bobby Clennell offers two ways to re-establish our severed links with the planet, the stars and the spirit. 1) Re-establishing the bond between women's menstrual cycles and the cycles of nature. 2) Our bodies, which are a part of nature, are made up five elements—earth, water, fire, air and ether. We will contemplate and discuss how each individual's *elemental make-up* has its counterpart in the environment.

683\* 7:00 PM 8:30 PM **ANAT ZAHOR**  
**UNTANGLING THE TANGLE OF VIOLENCE**

**TYPE: D**

Understanding our own personal inner suffering can lead us to a transcendental awareness of whole beings suffering. Meditating and inquiring into Suffering, what are its roots, how does it manifest, how does it cease? 45 minutes guided meditation with basic instructions in mindfulness (Vipassana) Meditation. After meditation, fundamental issues will be inquired into, such as how do we bring nonviolence into everyday life, into our actions, into our feelings, into our thoughts, and how can we integrate the desire or precept to live nonviolently with the events happening around us.

### CLASS TYPES FOR THE OPEN WEEKEND CLASSES

- [A] On The Mat / Asana Classes
- [B] Breath and Energy Work
- [C] The Divine Is Within / Spirituality
- [D] Off The Mat / Giving Back to the World
- [E] Guru Parampara / Inspiration

# OPEN WEEKEND FESTIVAL

**658 7:00 PM 9:00 PM** *AMY IPPOLITI*  
ANUSARA YOGA: UNLOCKING THE DOORS OF YOUR  
HEART THROUGH SHOULDER OPENERS

**TYPE: A**  
Go deeper in every pose by finding the key to the doors of your heart, the shoulders. Experience new levels of freedom, bliss, and self-expression by learning healthy shoulder alignment and heart opening artistry.

**673 7:00 PM 9:00 PM** *ANDREY LAPPA*  
DANCE OF SHIVA: ONE OF THE MOST POWERFUL  
ANCIENT TANTRIC WAYS OF CONSCIOUSNESS  
AND LIBERATION

**TYPE: C**  
Dance of Shiva—one of the most powerful ancient Tantric ways of conscious control and liberation. Theoretical explanation of esoteric method of Dance of Shiva. Development of the function of complete control of attention using simple positions and movements of the body synchronized with breath and visualizations oriented to the change of Karma of practitioner. Practice of this ancient worship to the Lord Shiva.

**672\* 7:30 PM 9:00 PM** *DAVID LIFE*  
THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION  
**TYPE: E**

*The Confluence of Three Holy Rivers:* Shri K. Pattabhi Jois, Swami Nirmalananda, Shri Brahmananda Saraswati. David Life will share experiences with his gurus, each of whom contributed in a different way to his understanding of yoga. The confluence of the three holy rivers is an auspicious site where the forces of Creation, Duration, and Destruction meet as one. These lineages of teaching stretch back to the Himalaya and beyond. They are like the trident of Shiva—a three pronged approach to revolutionary change.

## SATURDAY JULY 14 • LATE EVENING

**671\* 8:00 PM 9:00 PM** *INEZ BARANAY*  
YOGA, DREAMS AND CREATIVITY  
**TYPE: C**

Like many writers I am fascinated by the phenomenon of dreams and their link to creativity, and, in particular the ways a fiction writer can use dreams in their work. There is a kind of passive work that takes place, what the poet Keats called negative capability. In yoga, we also learn to work passively at times; there are times when there is action without motion; even at times a complete surrender in a pose is necessary. Yoga texts have words for a range of states of mind or types of consciousness. I will talk about some of the ways yoga, our dream life and our creative life are connected.

**684\* 8:00 PM 9:00 PM** *MEL ROBIN*  
OPPOSABLE-THUMB YOGA  
**TYPE: A**

Sulochana Telang in her book *Understanding Yoga Through Body Knowledge* mentions Gururji as saying that when in trikonasana "the brain of the pose is in the big toe and in the thumb that is touching the ground." That the thumb is a factor in trikonasana has fascinated me and in trying to understand how this could be, I have uncovered an anatomical thumb action which for me has come to be an important component of every yogasana requiring an opening and lifting of the chest.

## SUNDAY JULY 15 • EARLY MORNING

**701\* 7:00 AM 8:30 AM** *LILLAS FOLAN*  
GREETING THE DAY IN A SACRED WAY WITH LILLAS  
**TYPE: C**

We gather together in the Sacred Circle of morning stillness and friendship (maitri) making our prayers with chant, dance, moving in a meditation called the Body Poem. The Body Poem stretches and energizes the whole body, wakes up your chakras and koshas. Sing to help raise the sun (shakti), the divine light in your life, rituals and practices. This morning ritual of greeting the Seven Directions holds the vibrations of Ancient India Bhrama Murta, Native American and Tai Chi. Bring your smile, blanket or pillow.

**715\* 7:00 AM 8:30 AM** *LINDSEY CHENNEL*  
ASANA AS A WINDOW TO YOGA  
**TYPE: A**

See class description 585 on page 25.



**714 7:30 AM 9:30 AM** *JOHN LEEBOLD*  
LINKING AND INTERPRETING THE KOSHAS  
**TYPE: A**

See class description 502 on page 25.

**718\* 7:30 AM 9:30 AM** *ANAT ZAHOR*  
MINDFULLY REALIZING TIME  
**TYPE: C**

How do we spend our life? Do we drift in time or do we fully realize time? What is time for us, how do we sense our life? Experiencing, exploring and inquiring through meditation. There will be a 45 minutes guided meditation with basic instructions in mindfulness (Vipassana) meditation. After the meditation, fundamentals issues will be discussed such as how do we bring meditation into every day life, into our actions, into our feelings, into our thoughts? Can meditation be a part of our moment to moment presence, or will it always remain just a practice on our cushion?

**713 7:30 AM 10:00 AM** *TIM MILLER*  
UNVEILING THE SPIRIT—AN INTRODUCTION TO  
NADI SHODANA, THE INTERMEDIATE SERIES  
OF ASANAS

**TYPE: A**  
An introduction to the intermediate series of asanas that is designed to purify the little rivers (nadis) of the energy body and begin to awaken our awareness of subtle realms beyond the physical.

**710 8:00 AM 9:30 AM** *TYAS LITTLE*  
HUMILITY AND VIRILITY IN THE YOGA PATH  
**TYPE: A**

Power Yoga is a catchy title for a yoga practice. What does it mean to have true power in yoga? How does one cultivate a supple power—a power that is complimented by ease and an inner attitude of letting go? This practice looks at power in the 3rd chakra and at the balance of humility and virility in the yoga practice.

**702 8:00 AM 10:00 AM** *B BENDER-BIRCH*  
PRANAYAMA – ENERGY MANAGEMENT  
**TYPE: B**

Understanding pranayama in its position as the 4th limb in the classical 8-limbed yoga path. This isn't just about breathing. The means of doing pranayama may require control of the breath, but the purpose is to learn yama, or *restraint* of prana, or *energy*, and basically pranayama means energy management, or control of the movement of energy. Doing it correctly requires preparation in asana, and a clean and clear annamaya kosha (or physical body, or *sheath*). Short easy introductory practice and discussion of the tradition according to the teachings of Iyengar, Desikachar, and Pattabhi Jois.

**704\* 8:00 AM 10:00 AM** *ROGER COLE*  
FROM MOLECULES TO MEDITATION  
**TYPE: C**

In this class you will learn how to use the physics and physiology of posture and breathe to profoundly quiet, and then expand your consciousness. Through an integrated combination of scientific explanation, restorative asana, simple pranayama and seated meditation you will delve deeply into the universe of relaxation and peaceful, penetrating mind.

**712\* 8:00 AM 10:00 AM** *ALAN FINGER*  
CHAKRA YOGA  
**TYPE: B**

The world of the chakras brings together the physical, emotional, mental and energetic bodies into a comprehensive system of the self. Using asana, meditation, visualization, mantra, yantra and philosophy, discover your strengths and weaknesses, open your "closed doors" and experience true balance and expanded consciousness. Based on his recent book *Chakra Yoga*, this workshop topic is one of Alan's specialties and will leave you feeling rebalanced, invigorated and perhaps even amazed.

**705 8:00 AM 11:00 AM** *AADIL PALKHIVALA*  
THE BEAUTY OF TWISTS AND BACKBENDS  
**TYPE: A**

Twists churn the heavy residue that life sediments in the digestive system as well as prepare the spine for backbends. Backbends bring power and vitality to the body by drawing the kidney energy of the past into the present.

**703 8:00 AM 12:00 PM** *DAVID LIFE*  
EXPERIENCING THE ONENESS OF BEING  
**TYPE: A**

David Life will discuss the various ways that asana practice is a perfection of our relationship to all of creation. When our relationship, with all of creation, is mutually beneficial—then it is joyful and steady. A vigorous Jivamukti Yoga class focusing on the integration of yoga practice and life and how this is reflected in asana sequencing, breathing, relaxation and meditation.

\* These classes are selections for the Open Weekend Beginners Conference

# OPEN WEEKEND FESTIVAL



**720\*** 8:30 AM 10:30 AM *HS ARUN*  
SURRENDERING TO THE SUBLIME

**TYPE: A**

Learn to release and allow with full surrender through forward bends.

**717\*** 8:30 AM 12:30 PM *ANDREY LAPPA*  
UNIVERSAL YOGA MANDALA: A

MULTIDIMENSIONAL SEQUENCE ORIENTED TO A FINAL BALANCING OF THE CONSCIOUSNESS

**TYPE: A**

Using Asanas like instrument of influence on the Marmas of the body according to the Marmavidya. Using Vinyasas like a trap for the attention and control of the organs of perceptions. Using Pranayamas, Mantras and Yantras like the methods of control and transformation of condition of the consciousness. Students will experience all power of practical Tantric Yoga.

**719\*** 8:30 AM 12:30 PM *INEZ BARANAY*  
YOGA AND THE WRITING LIFE

**TYPE: A**

A class for those who practice in both disciplines, using yoga, writing exercises and discussion. We will examine issues common to both practices, explore the ways they support or compete with each other and look at ways yoga can specifically help with your writing and creativity.

## SUNDAY JULY 15 • MID MORNING

**709** 9:00 AM 12:00 PM *TODD NORLAN*  
THE ART OF FLYING: HAND BALANCES, INVERSIONS, AND MORE

**TYPE: A**

In this energizing workshop you will learn how to take yourself lightly through playfully exploring the technique of these powerful asanas. Learn the skills necessary to experience greater freedom, power, and lightness in your life on and off the mat.

**716** 9:00 AM 12:00 PM *ALAN GOODE*  
THE PHILOSOPHY OF PRACTICE

**TYPE: A**

The integration of the Kosas (or sheaths) in the practice of asana.

**728** 9:30 AM 12:30 PM *SEANE CORN*  
MYSTIC ON THE MAT

**TYPE: B**

Use intuition, spiritual activism, and the yogic journey to cultivate inner awareness and initiate global change. In this Vinyasa flow intensive we will explore the three realms of consciousness—the physical/mental, the energetic/emotional and the psychic/symbolic. These three realms create a holistic pathway for Self-investigation: the key for personal transcendence. The intention of this day is to reconnect to our bodies, gain emotional insight, explore our individual Soul's purpose and cultivate skills—both physically and psychically—to Spiritually assist each other and the planet we inhabit.

**729** 9:30 AM 12:30 PM *SARAH POWERS*  
INTRODUCTION TO YIN/YANG YOGA AND  
MINDFULNESS MEDITATION

**TYPE: A**

This workshop will focus on long held, passive Yin postures that prepare the body for sitting meditation. The Yin style also keeps the body supple at its core, while encouraging stagnate chi (prana) to flow throughout the joints and meridians, restoring and revitalizing the organ system. A Yang (flow) style asana practice will follow, geared toward strengthening the core while encouraging ease and grace in movement. We will finish the practice period with Mindfulness meditation.

**732** 10:00 AM 11:30 AM *TIAS LITTLE*  
MOVING FROM STRIATED MUSCLE, MOVING FROM  
SMOOTH MUSCLE

**TYPE: A**

This class explores the feeling of moving from the striated musculature (governed by the will) and the feeling of moving from the smooth musculature (involuntary). The first half of the class is dynamic while the second half of the class cultivates sensitivity, intuition and inner ease by moving from the smooth muscle, primarily in the digestive tract.

**730\*** 10:00 AM 12:00 PM *RAMA JYOTI VERNON*  
CONFLICT RESOLUTION: EMBODYING THE

YOGA SUTRAS

**TYPE: D**

This class is about understanding the origin of personal and global conflict, and how applied yogic principles of Patanjali can be the basis for social and political transformation.

**726\*** 10:30 AM 12:30 PM *ELISE MILLER*  
ALIGNMENT IN ASANA TO AWAKEN THE  
PRANAMAYA KOSHA

**TYPE: B**

As the baby boomers reach the golden years, practicing asana becomes less about physical exertion and more about how to utilize our energy body effectively. The more we learn to tune in to the flow of energy in our bodies as we practice, the more we can reduce the amount of energy we use and the more energy we will have at our disposal. Whatever age or level, this class will focus on aligning ourselves and going with the energy flow.

**733\*** 10:30 AM 12:30 PM *ALAN FINGER*  
THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION

**TYPE: E**

Join Alan for stories of the evolution of the ISHTA Yoga system and his childhood studying with Swami Venkatesananda (friend to Krishnamacharya and Sivanandas "jewel student"), Tantric master Shuddhanand Bharati, Swami Nishraisananda, who integrated principles of modern science with Kaula Tantra; and techniques of other masters from Yogananda to Iyengar, including the traditions of Shakti Pat and Marma Adi. A simple Tantric meditation will be included.

## CLASS TYPES FOR THE OPEN WEEKEND CLASSES

- [A] On The Mat / Asana Classes
- [B] Breath and Energy Work
- [C] The Divine Is Within / Spirituality
- [D] Off The Mat / Giving Back to the World
- [E] Guru Parampara / Inspiration

**736** 10:30 AM 12:30 PM *YANA LEWIS*  
AWAKENING THE SPINE

**TYPE: A**

These classes will work towards understanding the depths and complexities of Ekapada Rajakapotasana through to Natarajasana (Lord of Dance). We will look into the physical, energetic and spiritual aspects of the asanas. We will work with props to develop awareness and guidance to bring these beautiful asanas into a progressive practice. As dancers we have to twist our bodies in various kinds of asymmetrical ways on a daily basis. It is essential for a dancer to maintain a holistically healthy body. In the classes we will develop alignment, energy and inner awareness, that will bring our bodies back to balance and harmony and bring a sense of inner peace at the end of a long day of dance.

**724\*** 11:00 AM 1:00 PM *B BENDER-BIRCH*  
FINDING AWARE PRESENCE—ISHVARA PRANIDHANA

**TYPE: C**

Ishvara Pranidhana is the fifth niyama in the classical Ashtanga path and, according to Patanjali's Yoga Sutra, a part of the practice of Kriya yoga. Ishvara is the Supreme Spirit, and is defined in Mr. Iyengar's translation of the Yoga Sutra as "the Supreme Soul and the Lord of All and master of everything." Pranidhana means to surrender. Who or what is this Ishvara and just what does "surrender" to Ishvara mean? Learn to develop aware presence and find Ishvara the only place you can—the present moment. Discussion of the awakened state and practice of japa yoga meditation.

## SUNDAY JULY 15 • LATE MORNING

**737** 11:00 AM 3:00 PM *RAMANAND PATEL*  
FROM GROSS TO SUBTLE

**TYPE: A**

A beginning with the gross body—physical. Next step to physiological asana. Onward to organic asana. Surrender to pranic asana. Awakening of sensory and meditative aspects. Ultimate freedom, the effortless effort.

**723\*** 12:30 PM 2:00 PM *LILLAS FOLAN*  
THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION

**TYPE: E**

A warm invitation to join Lillas and friends for Prasad (sweet eats) and sharing some of her journey stories; her *meeting* Sri Ramana Maharshi, one of the great spiritual teachers of modern-day India; how she began yoga, inspired by her root teacher Sri Swami Chidananda; and hosted her PBS-TV series *Lillas, Yoga and You*. She looks forward to greeting heart to heart all who come.

**727\*** 12:30 PM 2:00 PM *AADIL PALKHIVALA*  
THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION

**TYPE: E**

Aadil will share his personal life experience growing up with Yogacharya BKS Iyengar, as also with the saints Dilip Kumar Roy and Indira Devi of Poona, The Mother herself, with Satya Sai Baba and other great spiritual masters, and the transmissions he received and the impact they have on his life.

**731** 12:30 PM 1:30 PM *TODD NORLAN*  
SAVASANA: DEEP INTEGRATION OF THE FIVE KOSHAS

**TYPE: C**

Like Russian nesting dolls or layers of decreasing density interwoven like a tapestry, the koshas hold unfathomable beauty and insight into our being. Uncover the mystery of these *bodies* and regain more connection and meaning in your life. Sink into a deep state of yogic bliss while releasing tension from each of the 5 sheaths sequentially. This session promises to be deeply rejuvenating and revelatory.

# OPEN WEEKEND FESTIVAL

## SUNDAY JULY 15 • EARLY AFTERNOON

**748 2:00 PM 3:30 PM** *MAXINE TOBIAS*  
**YOGA: THE ANTI-AGING MIRACLE**  
**TYPE: A**

Yoga is a search for understanding of the body, emotions and mind. It is a journey that requires discipline, intelligence and dedication but it also needs passion to unlock the creative energy of human consciousness. Maxine's classes will cover the key elements for a deep and satisfying practice, standing poses, front bends and back bends are the key to anti-aging.

**757 2:00 PM 4:00 PM** *AMY IPPOLITI*  
**ANUSARA YOGA: BACKBENDING AT 100%**  
**WITH TOTAL FREEDOM**  
**TYPE: A**

Dance at the threshold of your potential, as we venture through a dynamic variety of expansive backbends, discovering how to bend back with enjoyment and freedom. With the convergence of Universal Principles of Alignment™ and the expansive vision of Tantric philosophy, anything is possible.

**760 2:00 PM 4:00 PM** *GLENN BLACK*  
**THE MYTH OF ASANA: FINDING THE JOINTS IN ISOLATION IN ASANA**  
**TYPE: A**

The *myth of asana* is that they are done solely on a physical level. If you add awareness and relaxation, as kriya yoga suggests, the pose takes on an environment that allows for the spontaneous arising of the four higher states of raja yoga. The *myth of asana* classes present practical methods on how to achieve poses in all four ways. Within all three classes, the *Dance of Shiva* courses taught by Glenn Black will be introduced. This concerns the adding of awareness and conscious relaxation to your practice.

**734\* 2:00 PM 4:00 PM** *JULIE GUDMESTAD*  
**WORKING WITH TIGHT HAMSTRINGS**  
**TYPE: A**

A mixture of anatomy, demonstration and asana practice, to help students develop a plan to progressively improve flexibility in their hamstrings.

**746\* 2:00 PM 5:00 PM** *B BENDER-BIRCH*  
**SVADHAYA – DECODING THE YOGA SUTRA**  
**TYPE: C**

Swadhaya is one of the niyamas, and one of the pillars of Kriya yoga, as defined in the Yoga Sutra. It means *Self-study*, and refers to study of the scriptures. The *scriptures*, in this case refer to the Yoga Sutra, the classic text written by Patanjali over 2000 years ago. You

can open your hips most any day of the week, but can you study the Yoga Sutra in depth with an inquisitive group of fellow practitioners, seeking the answer to "Who am I?" Come and practice svadhaya through group reading and passionate awakening.

**762 2:00 PM 6:00 PM** *ANAT ZAHOR*  
**INQUIRY INTO THE ASANA OF BODY, BREATH AND MIND**  
**TYPE: A**

The Practice will offer an opportunity for exploring the dimensions of body, breath and mind in Asanas (body postures), observing and objectifying each and simultaneously linking them. Each asana will be examined through those aspects of being and sequencing will be embroidered step by step mindfully. The purpose of the practice is to move in and through time being completely in the present fully aware, Conscious effort, Tranquil mind. The Practice will be approached from the Iyengar yoga tradition. The *sadhaka* (the seeker) will have the opportunity to experience not only the technical points which characterize this method, but also to explore the mind that inquires and inspires the method.

**749\* 2:30 PM 4:30 PM** *AADIL PALKHIVALA*  
**TRANSFORMATIVE SPIRITUALITY AND THE DIVINITY WITHIN**  
**TYPE: C**

When meditation causes us to change, to grow and to feel more fulfilled, it is truly transformative. Learn the difference between the meditation that quiets the mind and Sri Aurobindo's approach which leads to the next phase in our evolution as a species—a rise to a diviner being in a physical body.

## SUNDAY JULY 15 • MID AFTERNOON

**752\* 3:00 PM 5:00 PM** *RAMA JYOTI VERNON*  
**VILOMA PRANAYAMA**  
**TYPE: B**

Based on theory and experiential practice, Rama Jyoti Vernon leads participants through various stages of Viloma pranayama, first observing the breath which reflects our *modus operandi*, and then relating how we change the course of the breath to change the course of our life.

**761 3:00 PM 5:00 PM** *ANDREY LAPPA*  
**SURYA NAMASKAR: INNER ASPECTS OF TRADITIONAL HINDUIST TANTRIC PRACTICE**  
**TYPE: B**

Theoretical explanation of traditional Hindu methods of complete control of attention using simple Asanas synchronized with breath, mantras, visualizations and control of attention oriented to the change of Karma of practitioner. Practice of this ancient worship to the Sun (Light) of Indian yogis.

**745 3:30 PM 6:00 PM** *ANNE O'BRIEN*  
**PLAYING WITH GRAVITY: THE ART OF ARM BALANCES**  
**TYPE: A**

Explore the richness of arm balances. Fine tune skills and techniques for floating up, holding the pose with grace, and landing gently with precision.

**750 3:30 PM 6:00 PM** *CHRISTIAN PISANO*  
**RITUALS OF FULLNESS: PRACTICE OF RESORPTION**  
**TYPE: A**

"One should contemplate the entire sky which is the nature of Consciousness as if it is pervading one's head, then this whole universe is Consciousness itself." Vijnana Bhairava Tantra. Here we will see how asana and specific groups of asana help us understand how their background is space and this comes naturally from our intuition of quietude (*shantarasa*).

**758 3:30 PM 6:00 PM** *BOBBY CLENNELL*  
**A POSTNATAL CLASS**  
**TYPE: B**

Both Ayurvedic and yogic wisdom agree that the post-natal phase, which continues for one year following delivery, is a challenging time for a new mother. Particularly for the first 3 months, a woman should not be in a hurry to get back to a strong yoga practice. This class introduces a yoga regimen that both allows the post-natal student to recover from the birth of her child, and progresses her yoga practice in a timely and appropriate manner.

## SUNDAY JULY 15 • LATE AFTERNOON

**751\* 4:00 PM 6:00 PM** *SARAH POWERS*  
**INSIGHT YOGA: A PSYCHOSOMATIC OUTLOOK**  
**TYPE: C**

Discover how yoga poses, meridian health, and our emotional states are intertwined. During the practice of Yin Yoga (long-held passive poses) we will explore the benefits of harmonizing the Ch'i in the organs and meridian systems in order to balance the body, heart and mind. This inner coordination allows us to deepen our understanding of which habitual psychosomatic patterns hinder our clarity and openness.

**753\* 4:30 PM 5:30 PM** *TODD NORLAN*  
**KIRTAN CHANTING: AWAKEN THE POWER OF THE DIVINE WITHIN**  
**TYPE: M/C**

The names of God are always on the surface of your lips asleep. Awaken the power of the Divine within through the ecstatic chanting of mantras. Open your heart, clear your mind, and ride the waves of rhythm and bliss as you romp in rapture with the vibration of source energy.

**770\* 5:00 PM 7:00 PM** *GARY KRAFTSOW*  
**PRANAYAMA IN THE TRADITION OF KRISHNAMACHARYA**  
**TYPE: B**

Krishnamacharya taught that Pranayama was perhaps the most important part of practice for the 'mid-day' stage of life, beginning in the late 20's and extending into the 70's. In this experiential workshop, participants will explore both the teachings and practices of this profound science through lecture, dialogue and a practice that will integrate asana and pranayama in the tradition transmitted by Krishnamacharya.

## SUNDAY JULY 15 • EARLY EVENING

**759\* 6:00 PM 7:30 PM** *RAMANAND PATEL*  
**THE GURU-SISYA (TEACHER-DISCIPLE) TRADITION**  
**TYPE: E**

Ramanand will share personal anecdotes from his life, encompassing many of his teachers from the very famous like Gurujī Shri B.K.S. Iyengar, J. Kshnamurti, H. H. Swami Dayananda Saraswati, to not so famous parents, relations, friends, associates and students who all taught him. He will examine who indeed is the Guru of all Gurus.



\* These classes are selections for the Open Weekend Beginners Conference