

Yoga Atlantic Workshop Schedule

A. Friday, April 17, 2009

1:00–5:00pm

A1TT: Anatomy for Yoga with Carrie Gaynor

3:00-5:00pm

A2AL: Fire up Your Zest for Life with Jenny Kierstead

A3AL: Yoga for Larger Bodies with Jean Short

A4IA: Linking the Mundane and Spiritual with Jody Myers

A5C: The Yoga of Sound and Healing with Silver Frith

B. Saturday, April 18, 2009

9:00-1:30pm

B6TT: Mentoring, Exploring and Breaking New Ground with Coeli Marsh

9:00-11:00am

B7AL: Let Your Yoga Dance with Megha

B8IA: Apply Tensegrity with Carrie Gaynor

B9C: Ayurveda with Andrea Olivera

11:30-1:30pm

B10AL: Moontides with Megha

B11IA: Backbends with Maxine Munro

B12C: Calm Your Monkey Mind with Satpal Kaur Sodhi

3:00-5:00pm

B13TT: Yin Yoga of Quiet Practice with Stephanie Calhoun

B14AL: Vinyasa For Beginners with Coeli Marsh

B15IA: Doorways to the infinite: Koshas in Yoga Practica with Silver Frith

B16C: Yoga Nidra / Practical from 5:15 -6:00pm everyone welcome with Philip Beck

C. Sunday, April 19, 2009

9:00-11:00am

C17AL: Let Your Yoga Dance with Megha

C18IA: Apply Tensegrity with Carrie Gaynor

C19C: Dialogue of Yoga with Joanna Manning

12:30-2:30pm

C20AL: Vinyasa Intensive with Coeli Marsh

C21IA: Animistic Yoga with Maryse Thuot

C22C: Chakra Yoga & Meditation Workshop with Mandee Labelle