



Saturday September 30, 2017

## COMPLIMENTARY SCHEDULE OF SESSIONS

### *Keynote Speakers and Classes*

**8:30am**

**OPENING CEREMONY** Blessings, Invocation & Expressing Appreciation

**9:00–9:30am**

#### **PRANAYAMA & AYURVEDA with Yogesh Van Acker**

Learn to clear stress with simple and profound breathing practices integrating the natural wisdom of Ayurveda with practical tools of Yoga.

Yogesh Van Acker E-RYT 500, Vedic Counselor, Ayurvedic Life-Style Consultant and Certified Meditation Therapist is co-founder and director of AT THE CORE. Through his years of in-depth study and training with the teachings of Maharishi Mahesh Yogi, Dr. David Frawley and Yogini Shambhavi Devi, Yogesh shares a deeply profound and healing grace and energy.

No registration is required for this complimentary class in The Great Hall.

**9:45–10:15am**

#### **CHAIR YOGA with Durga (Ekaterina Nikiforova)**

This class is designed for those of us who are not comfortable on the floor. Great for people who have not exercised in a while, those who have health issues, people in wheelchairs with upper body mobility, seniors, and anyone recovering from foot or knee injuries. The class will increase your circulation and bring freedom of movement into the body. A short routine will be introduced for those who sit at a desk for a long period of time and need to learn to stretch while seating. We will stretch our muscles and our minds

Ekaterina was given the spiritual name Durga upon the completion of her Yoga Teacher Training at the Sivananda Vedanta and Yoga Center. She loves to challenge, inform, educate, and inspire her students. She combines her studies in meditation, pranayama and spiritual philosophy with her study of asana to create a challenging and comprehensive asana practice with inspiring words of wisdom for living in today's world. Katerina is a firm believer that proper breathing is the key to physical, emotional and spiritual health. She is a Thai Yoga Practitioner and incorporates the practice in her classes.

No registration is required for this complimentary class in The Great Hall.



## 10:30am–Noon

### **AWAKEN THE YOGA SHAKTI with Yogini Shambhavi**

Awaken Your Inner Truth and Reality. “Spiritualizing our lives truly allows us to tap the aura of divinity around us through observing, healing, rejuvenating, restoring and celebrating our core existence in this lifetime. We all have desires, wishes and expectations which abound in our everyday life enhancing the quality of our personal, work and social lives.

The key to our physical, psychological and spiritual well-being rests in harmonizing our outer and inner needs with the auspiciousness of the cosmic universe. Understand the Yoga Shakti as a celebration of awareness that the Universe, Mother Earth, Mother Nature and the celestial heavens are auspicious. Learn to be in sync with this auspiciousness!” Yogini Shambhavi

Yogini Shambhavi Devi is one of the most important and dynamic women teachers of the deeper aspects of Yoga coming out of India today. Her teachings are rooted in the ancient teachings and traditions of Bhakti Yoga, Shakti Sadhana, Jyotisha (Vedic Astrology), Mantra Yoga and Ayurveda. Shambhavi has been honored with the Jyotisha Visharada by CVA for her insightful contributions and teachings in Vedic Astrology. She is a Yogacharya or master Yoga teacher with deep knowledge of Raja Yoga. She is also our Jyotishacharya or master teacher of Vedic astrology and handles the astrological consultations for the American Institute of Vedic Studies of which she is co-director along with her husband Dr. David Frawley. [www.vedanet.com](http://www.vedanet.com)

Space is limited for this complimentary talk. Please register in advance.

## 1:00–2:30pm

### **THE ESSENCE OF YOGA with Acharya Vivek Gupta - Chinmaya Mission**

What is yoga, really? Who am I? What is my purpose in life? Acharya Vivek will answer these questions and explore the ancient wisdom of yoga philosophy. Get inspired as Vivekji shares the principles of yoga and learn how to apply them in our modern lives.

Acharya Vivek is a spiritual teacher and public speaker with Chinmaya Mission, an international non-profit organization working to transform individuals through the knowledge of Vedanta. Through his inspiring, innovative, and insightful style, Acharya Vivek makes Vedanta relevant, relatable and reachable to audiences across generations and cultures. An array of community groups, academic forums, professional associations, medical departments and religious organizations around the world, such as The Office of the Pentagon in Washington and the Regional Mental Health Care Hospital in London, have invited Acharya Vivek to share his wisdom on life and living.

No registration is required for this complimentary talk in The Great Hall.



**3:00–3:30pm**

**YOGA: EASIER THAN IT LOOKS with Tony Saddy**

You don't have to be flexible for yoga to be beneficial.

Tony (Karna) Saddy is one of the founders' of Shangrila Yoga. He continues to study under Swami Nitya Sadhana Kudir. He believes in harmonizing mind, body and will through a well-balanced class. This includes the eight limbs, its history and culture. His passion shows how much of a positive impact his practice has on his life and believes yoga is for everyone and that each practice is personal and should be tailored by you to suit your lifestyle with the continued guidance of good teachers and friends.

No registration is required for this complimentary class in The Great Hall.

**3:45–4:15pm**

**COFFEE BREAK YOGA with Mothership Yoga**

Instead of caffeine take this short practice to wake you up and have some fun at the same time. No previous yoga experience necessary!

Mothership School of Yoga is co-founded by Michelle Shipley E-RYT-200 + Valerie Giles E-RYT-500. Together Ship and Val have over 15 years of yoga experience and hundreds of hours of specialized training with yoga's leading teachers. Their kind, fun and experiential approach to both learning and teaching has developed into a unique yogic experience.

No registration is required for this complimentary class in The Great Hall.