

PRESENTERS

DR INDU ARORA

A true Yogini by Karma she has a Doctorate in Alternate Medicine, a Medicinal Herbalism degree, and an in-depth knowledge of many types of Yoga. Dr. Indu Arora was recently honored by the Mayor and Chief of Police for teaching Yoga to Kids, chosen as "Dupage Woman You should Know" by Dupage Woman Magazine and is an International Advisor to World Yoga Council. She presently is associated with Helping Hand Rehabilitation center in Chicago as a Wellness Coach and Yoga Therapist for adult with physical and mental handicap apart from teaching Meditation in various hospitals in Chicago. Her Book on Yoga (Yoga : Ancient Heritage Tomorrows vision) has been honored, acknowledged and highly appreciated by Yoga Professionals, students and peers and has become a part of many Libraries including the Central Council of Research in Yoga & Naturopathy, Government of India. She is a regular presenter in National and International Level Conferences & Symposiums and conducts workshop all around United States.

Dr. Arora is a multi faced personality and an expert in the field of Therapeutic Yoga. She prefers to apply a holistic approach to heal through a combination of Yoga, Diverse Meditation Techniques, Bach Flower Remedies, Acupressure, Reflexology, Magnet Therapy, Naturopathy, Reiki, ESP, Herbal/ Kitchen remedies, Mantra and Mudras.

JIM BENNITT

Jim Bennitt, a former wrestler, massage therapist and clerk at the Chicago Board of Trade, began his studies in Yoga, Tantra and Ayurveda in 1997. Originally he took up Yoga as a way to help heal back pain, but soon after, discovered how the practice affects not only the body, but also mind and spirit. Jim has completed teacher trainings with Daren Friesen of Moksha Yoga Center which draws heavily from the Krishnamacharya lineage, apprenticed with Gabriel Halpern of the Yoga Circle (a studio in the Iyengar tradition), spent two months in Kiev with Ukrainian Yoga master Andre Lappa for an intensive in Universal Yoga, and in 2002 began a close apprenticeship with Rod Stryker (founder of Para Yoga) in the Himalayan tradition which continues to this day. Jim's practice and teaching can be physically demanding, however it always has an emphasis on breathwork and meditation helping to unite body, mind and spirit. Jim has been featured in such publications as The New York Times, Chicago Magazine, Time Out Chicago, Breathe, and Yoga Chicago. He is a popular presenter at the Yoga Journal Grand Geneva Conference and the Midwest Yoga Conference and teaches workshops nationwide.

JULIA BUTTERFLY HILL

Julia Butterfly Hill brought international attention to the plight of the world's last remaining ancient forests when she climbed 180 feet into the branches of a 1000 year-old redwood tree and refused to come down. Her historic protest to the environmental destruction caused by the clear-cutting of ancient redwoods culminated after 738 days with a negotiated agreement that provided permanent protection for the tree known as Luna and a 3 acre buffer-zone around it.

Julia Butterfly Hill is an activist, writer and life coach. She is the author of the national best seller The Legacy of Luna and the co-author of One Makes The Difference, both published by HarperSanFrancisco. The audio release, Spiritual Activation, captures Julia's vital message as it is given at standing-room-only appearances across the country. All of Julia's books (and the packaging for the CD) have been published with 100% post-consumer recycled paper with soy-based inks and chlorine-free processing, insisting on a standard of ecological sustainability in the publishing industry.

TONI BERGINS

Toni Bergins, MEd, a transformational mover, has been called "a one woman force of mother earth fire." She is creator and founder of JourneyDance™, a movement for spiritual practice, embodiment, energy, and flow. She spreads her joy and passion for life through creative and powerful workshops and JourneyDance Teacher Trainings. Toni has a light sense of humor and a deep authenticity that makes JourneyDance accessible to all. She has a popular instructional CD and a line of Love Your Body, Love Your Life cards. Toni teaches internationally and leads a team of over 200 JourneyDance™ Teachers.

MICHELINE BERRY

Micheline Berry's Vinyasa Flow Yoga work integrates fluidity with yoga asana structure, flow with dynamic stillness, strength with deep release. Often accompanied by live world music, her yoga classes are an urban ritual experience designed to activate and deepen the flow of Shakti Prana - the sensual and vibrant creative principle that exists as latent potential within us all. You will come away from this practice feeling deeply relaxed, creatively inspired, empowered and rejuvenated.

ANNIE CARPENTER

Annie is based in Los Angeles and travels extensively in the US, Europe and Asia. She leads all levels of classes and is the senior Teacher Trainer at Yogaworks. A former Martha Graham dancer, she has an extensive background in anatomy, kinesiology and developmental movement; and, having practiced yoga since age 17, she is deeply committed to the classical traditions of yoga. Annie's gift is playfully balancing her love of movement with the precision that her history informs.

CORNELL COLBERT

Dr. Colbert has been a General Dentist for 30 years. Overcoming his physical pain led him to a daily Yoga practice 15 years ago. After finishing Teacher Training with Jonny Kest in 2005, Cornell began to concentrate on the anatomy and physiology of Yoga postures. Using Yoga asana mindfully to heal both the physical and spiritual/emotional body became his Dharma. Cornell began training in 2008 to become a Certified Yoga Therapist with Professional Yoga Therapy Studies (PYTS) under Ginger Garner. Yoga Therapy seeks to bridge the gap between the Eastern Ayurvedic Healing system and evidenced based Western Medical Practices. The future of 21st century healing depends upon a seamless merger of both Eastern and Western knowledge. Cornell is currently a staff teacher at the Center For Yoga Studios in Birmingham and West Bloomfield, Michigan. He also teaches classes as a Yoga Therapist and Yoga for Professional Care Givers.

SEANE CORN

As an inspired communicator, Seane's classes are an eclectic fusion of various healing and Spiritual modalities making them intuitive, insightful and educational. Featured in commercials, magazines and named the "National Yoga Ambassador" for YouthAIDS, Seane utilizes her national platform to bring awareness to the HIV/AIDS crisis, along with the Cambodian Children's Fund. She trains leaders of activism through her co-founded organization Off the Mat, Into the World®, started in 2007 with Hala Khouri and Suzanne Sterling. She received the 2005 "Conscious Humanitarian" award for her outreach efforts. Her award winning DVD's "Vinyasa Flow Yoga" are available through Gaiam International; and her "Yoga From the Heart" DVD can be found through the Yoga Journal.

LILIAS FOLAN

Recognized as the "First Lady of Yoga" since her ground breaking 1972 PBS television series, *Lilias! Yoga and You*, Lilias Folan is regarded as one of America's most knowledgeable and beloved Master Yoga teachers. Steeped in many different yoga traditions, in recent years Lilias relies strongly on her own personal experience and intuition to influence her teaching. In her third book, *Yoga Gets Better with Age* (Rodale), Lilias turns her attention to a demographic that has yet been addressed, her own! At 70 plus, she's living proof that yoga is a continually changing, growing, deepening practice, that can be learned with ease at mid-life and beyond.

BO FORBES

Bo Forbes is a clinical psychologist, yoga teacher, and integrative yoga therapist in the Boston area. She is the founder of Elemental Yoga, director of the Elemental Yoga Mind-Body Teacher Training Programs, and director of the Center for Integrative Yoga Therapeutics. With a background that includes training in biopsychology, sleep disorders, behavioral medicine, and stress management, Bo supplements more than

20 years of clinical experience with a practice in Mind-Body Medicine. She teaches yoga classes and advanced trainings internationally, and has written for Yoga Journal, Body and Soul Magazine, and the International Journal of Yoga Therapy. Her book **Yoga for Emotional Balance: Simple Practices to Relieve Anxiety and Depression**, will be published in the fall of 2010.

DAREN FRIESEN

Daren Friesen is the owner and director of Moksha Yoga Center in Chicago, one of the largest studios in the midwest. Daren has been teaching and practicing yoga for over 20 years. Having been influenced by Astanga and Vinyasa Flow, his style incorporates tantric techniques such as bandhas, mudras, and kriyas. Daren believes that yoga is needed more than ever in our hectic modern day lifestyle.

PAUL GRILLEY

Paul Grilley has been practicing yoga since 1979. He has written a book entitled "Yin Yoga" and has created three DVDs on yoga and anatomy. Paul lives with his wife Suzee in Ashland, Oregon.

ANDREW HARVEY

Andrew Harvey is an internationally acclaimed poet, novelist, translator, mystical scholar, and spiritual teacher. Harvey has published over 20 books including *Son of Man* (Tarcher/Putnam) and *The Return of the Mother* (North Atlantic Books). Harvey is a Fellow of All Souls College Oxford from (1972-1986) and has taught at Oxford University, Cornell University, The California Institute of Integral Studies, and the University of Creation Spirituality, as well as, various spiritual centers throughout the United States. He was the subject of the 1993 BBC film documentary *The Making of a Modern Mystic*. He is the Founder of the Institute for Sacred Activism in Oak Park, Illinois, where he lives. His website is www.andrewharvey.net

SHAKTA KAUR

Shakta Kaur Kezios, RYT-500, is an international teacher of Kundalini Yoga and Meditation as taught by Yogi Bhajan. She owns *Kundalini Yoga in the Loop (KYL)* located in downtown Chicago, Illinois. Shakta is a Lead Teacher Trainer at KYL and offers several 220-hour "Aquarian Teacher" Training Programs (KRI Certified and YA Registered) in both the US and abroad. Her popular 'Lunar Woman' and 'Invincible Woman' workshops are now available on DVD. Shakta is the co-creator of the "Teach more, Earn More, Serve More" tele-class series for yogis interested in improving their business skills. She is also a trainer of Breathwalk® (walking meditation) instructors. From 2004 to 2008 Shakta served as Secretary, Chair of the Board and Interim President/CEO of Yoga Alliance (YA). In 1987 she (aka Susan P. Kezios) founded Women in Franchising, Inc. (WIF) and in 1993 she founded the American Franchisee Association (AFA).

JONNY KEST

By way of breath, Jonny brings a beautiful balance of intensity and grace to each therapeutic class where he encourages the student to 'get out of their own way' and allow one's own healing powers to inspire each practice.

ANNE MARIE KRAMER

Committed to changing the world, Amk's classes make a difference. Rooted in transformation, she offers laughter, music and butt-kicking asana to breakthrough the stuff that holds you back from more power and happiness in you life. Her teaching pays homage to all of her teachers, Jonny Kest, Baron Baptiste, Shiva Rae, Saul David Raye, Sharon Gannon, David Life, Bryan Kest, Cindy Lee, Geshe Michael Roach and Christy McNally.

Her path has brought her from Ohio to California where she owns Zuda Yoga, Sacramento's two favorite, largest and most successful yoga studios. Her passion is for teaching teachers as that's how her ripple spreads forth. She believes yoga can be seriously fun while honoring the lineage and sharing the dharma.

LES LEVENTHAL

Les is one of San Francisco's most popular and sought after teachers. Les' classes, workshops and video podcasts are filled with all the basic technique and alignment cues you will need to get your yoga practice started. They are also filled with lots of variations and occasional longer sequences to challenge the more seasoned practitioner. The prana (life force) comes from within. So be prepared to sweat and let the rasa (the sap and the juice) flow freely. Les' studies and ceremonies are steeped in Forrest tradition, having completed Ana Forrest's teacher training. Les has also assisted Ana's teacher training and studied many additional hours with her. Also, Les has completed several trainings with Tias Little and has learned much of his alignment and technique cues from Tias, as well as a firm foundation in the 8 Fold path of Buddhism which compliments the asana practice with a sense of grace and elegance that allow you to integrate your yoga experience and whatever traditions you have in your own life.

MOSES

Moses Love aka Jasjeet Singh is a down to earth spiritual lighthouse whose main inspiration is drawn from the infinite well of divine love. Moses is known to be straightforward while creating a safe, loving space to awaken to life's miracles. Studying with the Late Master Alec Rubin for many years Moses began to develop his unique style of Organic Awareness Yoga. Moses also teaches Kundalini Yoga as taught by Yogi Bhajan and is a pioneer in Acro Flying Yoga. AcroFlyingYoga.com. Moses is the Founder of Iloveyoga.com and the Green Bus Project.

RAINA NEMETH

Raina Nemeth began practicing yoga at 8 years old. She studied under Jonny Kest and completed his teacher training program in 2005. Since then, she has been teaching Hot Vinyasa classes, leading workshops, and assisting with teacher training at Jonny Kest's Center for Yoga in Birmingham, Michigan. She has been featured several times in "Strut Magazine" and in "Marie Claire" for her "Partner Yoga for Singles" classes. Raina is recognized for weaving together intense and challenging Vinyasa flows, encouraging students to peel away the layers through their practice and discover their strength, wisdom, and authentic self. Her classes offer experienced yogis and yoginis an opportunity to uncover a new edge to their practice, while beginners will light upon the fire and passion that comes through Vinyasa flow.

BAHIA OHLSEN

Dr. Bahia Ohlsen is a Licensed Chiropractic Physician, Yoga Alliance Registered Yoga Teacher and Certified Acupuncturist. She has been in practice since 1992 in Buffalo Grove, IL. Dr. Ohlsen has a Bachelors Degree in Human Biology and is completing her Masters of Science in Clinical Practice. Dr. Ohlsen became motivated to learn about the science behind the Yoga and Acupuncture available to enhance natural and invitro fertility after having two daughters and seeing friends struggle with fertility. Dr. Ohlsen is excited to share with you what she has learned in this new and developing field.

BILL PRYSOCK

Grounded, informative, humble, with a deliciously dry sense of humor, Bill brings a passion for yoga apparent in the first downward dog. He has a sense of calm you can feel, along with a knowledge that comes from being a gifted family practice doctor for 14 years. As co-owner of Zuda Yoga in Sacramento, Bill left medicine to share the healing effects of yoga with as many people as possible. He frequently teaches anatomy at conferences and teacher trainings across the United States. Bill gratefully acknowledges his teachers, Jonny Kest, Baron Baptiste and Paul Grilley. Based on the work, and with the blessing of Paul Grilley, Bill's teaching frees your practice so that you may have more self-acceptance, and ultimately, more self-love.

SAUL DAVID RAYE

Saul David Raye is known for his empowering and transformational approach to yoga, healing, and spirituality. His unique teaching style brings alive the holistic nature of healing in a way that is simple, powerful, and accessible, allowing people to connect more deeply with their own authentic power and spirit. He holds certifications in yoga, bodywork, and energy healing and is an ordained minister and

musician who infuses his classes with healing music and chants. He has been on the faculty of numerous national conferences and was the cofounder of the original Sacred Movement Center in Los Angeles.

DAVID ROMANELLI

Yahoo's Mind-Body Expert, David Romanelli is also co-founder of At One Yoga, which consists of multiple state-of-the art yoga studios in Arizona. A pioneering effort in the national yoga scene, At One Yoga fuses Western culture's fashion, music and technology with Eastern culture's sacred rituals and ancient tradition. David drew from this experience when creating a unique approach to yoga that would enhance accessibility to previously untapped markets. Yeah Dave Yoga is David's innovative combination of exercise, inspiring spirituality, and great music ranging from Frank Sinatra to Diddy.

TAMI SCHNEIDER

Tami teaches with joy and compassion. Her zest for teaching yoga is evident in her challenging, dynamic, and heart-filled vinyasa style. Her sequencings are basic, yet expressive as she encourages you to explore your edge and discover your hidden strengths. A yoga teacher since 1999, Tami continues her ongoing studies and the philosophies of yoga, simply by awakening every morning. She is an animal and planet lover and active in raising funds for local humane establishments, non-profit organizations and worldwide charities. Why does she practice yoga? "Yoga gives me hope."

JANET STONE

In 1996, Janet Stone traveled to India, the birthplace of her grandfather, where she met a powerful yogi and became dedicated to a conscious evolution through yoga. As one of San Francisco's premiere yoga instructors, Janet blends a wealth of knowledge and yoga experience to create a unique, vigorous-yet-scrumptuous approach to Vinyasa yoga. Her classes are often strong, sweaty and deeply nurturing, full of great music, humor and lots of heart. Based in San Francisco, she also teaches workshops, teacher trainings, and retreats all over the world.

DIANA VITANTONIO

Diana describes her classes as motivational, transformational, enthusiastic, empowering, playful and full of love.

The results of taking her classes manifest in her students who walk away stronger and more empowered physically, emotionally, and spiritually. Her hope is that we all can begin to work together on this path to become better human beings - forgive, love and be happy and free.

Everything Diana learns on her mat she is able to take with her on her journey. She has found that identifying the truth of the present moment, no matter what that truth is, will set us free.

Diana is committed to ongoing training with her teachers Baron Baptiste and Jonny Kest, as she draws constant inspiration from these powerful teachers.

MARK WHITWELL

Having studied since 1973 in the home of Krishnamacharya "the teacher of our teachers" with his son TKV Desikachar, Mark Whitwell seeks to put back what has curiously been left out of western yoga education and practice, adapting Yoga to individual differences and remarrying Yoga to its Tantric origins. Mark is most interested in revealing authentic Yoga and how each person can easily, naturally and actually practice. Mark edited and contributed to Desikachar's book *The Heart of Yoga*. His own book is *Yoga of Heart: The Healing Power of Intimate Connection* (Lantern Books).

Thursday | June 3, 2010

(TEACHER TRAINING | 9:00 -12:00PM & 2:30 – 5:00PM, Thursday June 3rd)

MARK WHITWELL

Yoga Is Peace

CODE:TTMW

Part 1 - Introduction to understanding and practice Mark will lead us to understand that yoga IS peace. Peace is our natural state and it is freely Given. You will learn how to practice your own Yoga, which is your direct intimacy with life in every way. The essence of life is regenerative, nurturing, healing and dependable. It is your essential nature. You will learn to engage this nurturing Reality. Everything in Mother nature is about regeneration, ensuring our well being and survival. Even pain is an intricate, necessary function of nature that ensures our safety and survival. Pain creates change, new life and growth. Pain is the healing, not to be denied. We develop a new nurturing relationship to life, even to our pain, knowing that it is doing its work. We are cared for and all pain, physical, emotional and social is felt to be the necessary healing. We are loved and we love. We begin to feel nurtured and peaceful even in the midst of difficulties.

Part 2 - The Yoga of Peace, Intimacy, Sex and Relationship. In this session Mark will go deeper into Method and Understanding. Yoga is relationship and relationship is peace. To be very clear Yoga postures (asana) is hatha Yoga and hatha is tantra, the non-dual understanding. When asana is correctly practiced, actually and naturally, daily but not obsessively it helps intimate relationship of every kind.

You will understand that you live in a powerful regenerative force. Nurturing Source is appearing as the extreme intelligence that is Life, that is you. Mark will guide you to understand how to participate directly in this force and enjoy optimal health, intimacy and sex. You will learn the specifics of hatha yoga practice to make sure any Yoga practice is entirely your own. Yoga is available to every One irrespective of age, health, body type or cultural background. Mark will help you make use of real Yoga in your real life.

SAUL DAVID RAYE

The Yoga of Touch: Hands on Healing Techniques & Thai Yoga Massage

CODE: TTSR

Awaken the healer within! Deepen your power of conscious touch for healing the body, directing the mind, and awakening prana. Class includes a thai yoga massage sequence, powerful techniques for self-healing and working with others, asana adjustments, and teachings on Yoga's (w)holistic science for healing, peace and spiritual awakening.

Thai Yoga Massage is an ancient and sacred system of healing with roots in Yoga, Ayurveda, and Buddhist spiritual practice.

DR. INDU ARORA

The Study of 108 Marma Points

CODE:TTIA

Marma are certain vital areas of the body which means hidden or secret. By definition, a marma point is a juncture on the body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints. Marma-point massage dates back to southern India circa 1500 BC. Major marma points correspond to the seven chakras, or energy centers of the body, while minor points radiate out along the torso and limbs. Marma massage stimulates or generates the energy resources and helps the flow of vital energy in the individual giving physical and psychological relaxation and strength.

Let us learn these 108 Marma point along with their massage techniques to have healthier body for beautiful souls. Let us enrich our Yoga and Healing practice for Holistic Healing and Union of body, mind and soul. It is a very beneficial and Intensive class for Yoga teachers, Massage therapists, athletes, ardent Yoga Seekers and fitness Instructors. Welcome to all healing practitioners and Instructors.

DAREN FRIESEN

Hands-on Adjustments for Salutations & Standing Poses

CODE:TTDF

Learn how to use hands-on adjustments to improve the alignment and flow of Surya Namaskar A & B and a variety of standing poses. Become adept at adjusting poses in a variety of ways to meet the needs of the individual's unique practice and intention. Learn key philosophies behind adjustments to safely guide the body to its most expressive posture in the pose, both physically and energetically. To assist in adjusting, learn a variety of mudras to open the energy channels of the hands, arms and shoulders to make your hands an effective transmission tool for transformation. Using the hands as one of the most direct methods of communication, you will find adjustments often are more expressive than words alone.

(INTENSIVES | 9:00 – 12:00PM & 2:30 – 5:00PM, Thursday June 3rd)

BO FORBES

The Lymphatic Web: Revitalizing the Immune System, Emotional Body, and Happiness Pathways

CODE:IBF

The immune system is part of an intricate web whose filaments reach deep into the nervous system and emotional body. Flushing the lymph activates parasympathetic channels, boosts the immune system, calms the brain, improves sleep, strengthens positive emotional pathways, and builds resistance to negative emotions. Using Integrative Yoga Therapeutics, we'll explore ways to flush toxins from all components of the Lymphatic Web, enhancing physical, emotional, and energetic life-force and creating the blueprint for emotional well-being. *Bring a bolster or two to three blankets, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.*

ANDREW HARVEY

Sacred Marriage Divine Feminine and Masculine

CODE: IAH

Drawing on the vision of the sacred marriage in Hinduism, Sufism, Buddhism and Christianity Andrew Harvey will present his vision of what he calls evolutionary mysticism. A mysticism that enables and makes possible the birth of the divine in matter, in the body and in sacredly inspired action. He will give 5 major practices from the different traditions including Tonglen, Metta, a chakra meditation from the Hindu tradition and 2 sacred heart meditations from the Sufi and Christian tradition. He will help all those who attend to experience the great joy of the sacred marriage and root their inner and outer lives in its passion, peace and power.

PAUL GRILLEY

ANATOMY FOR YOGA

CLASS CODE: IPG

To analyze why a yoga student can or cannot do a posture we must learn to look past the surface of the body to see it as a moving skeleton. Learning to identify which joints are involved in a yoga posture and determining their ranges of motion is essential if we are to understand why every person practices poses differently.

TONI BERGINS

JourneyDance™ Workshop Intensive: The Chakra Flow

CODE:ITB

How does it feel to be in balance, physically, emotionally, energetically? Where in your life are you overdoing it and what needs a little more attention? In this day-long JourneyDance through the chakras, we explore our relationship to our energy centers through movement and dance. We dance our fiery rhythmic beats, rise and fall in waves of melodic passionate pulsation. We dive into our ocean of emotion, we create from our deepest prayerful tones. We express our funky weird desires to let go, and inspire our hearts to lead us. We feel our sensual aliveness as we cultivate an attitude of gratitude for life. We will journey up the chakra in the path of liberation.

1st chakra: We dance in the earth, take the time to slow down, roll and feel our bodies. We get grounded, release into mother earth and feel supported. There is an opportunity for a deep introspection and letting go of stress and pressures. How much can we let go? Do we feel safe and self-sufficient?

2nd chakra: We dance in our sensual water bodies. We create space to enjoy fluid movement. We sense where we need opening and flow. We explore our desire to take pleasure in feeling. Do we hide our sensuality, do we embrace it?

3rd chakra: We dance the fire and do ritual of the shaman warrior/goddess. There is power of release, purge, and sweat. Do we like our warrior? Do we own our goddess? Are we in our power?

4th chakra: We dance the heart; we take the time just to listen to our heart center, to express what is held back, and to ask for what we need. Are we open to love? Both giving and receiving?

5th chakra: We sound from our authentic voice. We sing our truth and share the power of voice. We see where we have closed up and what wants to open.

6th chakras: The dance is prayer, visualization, painting with our bodies. We are praying for our selves and our world.

7th chakras: We give our attention to source energy, feel our connection, recognize the divinity within. We give gratitude and receive in the blessing circuit.

Come and Shine your brightest as you bless your old beliefs and let them go, lifting your vibration to the next level and living your life to the highest potential. The JourneyDance Chakra Flow takes you deep, takes you light, takes you where you need to go to feel and embrace how beautiful you are, to accept and approve of you, and to remember to live by loving you.

Friday | June 4, 2010

WORKSHOPS | 8:00 – 10:00AM, Friday June 4th

SEANE CORN

Detox Flow

CODE:F1SC

This unique and challenging class explores how making conscious and responsible choices can help purify our body and mind, supporting optimal health. We will focus on cleansing the vital organs through a special vinyasa sequence that utilizes three internal components-compression, decompression and twists-to stimulate the purification process within the body. This class includes sun-salutes A and B, a detox standing pose sequence, breathing exercises and meditation.

DAVID ROMANELLI

Yoga and Miracles

CODE:F1DR

In this 2 hour vinyasa flow class set to great tunes, David Romanelli will share the story of Vittorio Micheli who in 1962 experienced a healing miracle documented near and far by doctors, yogis, and scientists. How did his trip to the healing waters in Lourdes trigger his spontaneous healing? There's much to be felt, healed and shifted in the body by addressing negative thoughts, patterns, and images in the mind.

There's nothing better than a little Hendrix, a good schvitz (as they say in India), and a sweet savasana to clean out the cobwebs and sweeten your perspective.

JANET STONE

Mellow Flow

CODE:F1JS

Slip into your heart in this luscious vinyasa experience designed to liberate your natural rhythms, cultivate fluidity and unleash the poetry of meditation in motion. You will ride the waves of breath towards your vital energy, creating a whole body transformation.

Come explore the cosmic dance and rediscover your vitality

Be prepared to deepen and renew your experience of living yoga.

All levels welcome.

DR. INDU ARORA

Face, Eyes, Neck and Body Mudras

CODE:F1IA

"Anyone, who can breathe do Mudras."

Gestures for the Head, Neck and Face are very important for releasing the tensions and knots in the Face, Neck and Head. They not only release the physical tensions but all releases the blocked emotions. Very simple to perform they can easily become apart of your daily Yoga Practice and make it more therapeutic and spiritual. The Body Mudras are the one; you can practice in conjunction with the Asana Practice and derive inhere rent benefit from it. It enables us to communicate intrapersonally with our inner self, interpersonally with others and transpersonally with the Divine. Different Body Mudras can be used to bring different result in the Physical, Mental or Spiritual Body. Welcome to the world of mudras and let us unveil and unleash our full Yogic potential.

TONI BERGINS

JourneyDance™: Embodiment, Energy, & Flow

CODE:F1TB

Energy and connection nourish our body and soul. Deepen your awareness through embodiment exercises, energy work, and dance. Explore connection to source energy and the flow of others, as you increase your intuition and trust your feelings. Embodiment is the journey of getting into our body, our core, in order to feel fully grounded, connected, present, and open. We will practice a series of energizing warm-ups, movement patterns, developmental postures, and core activation exercises. Through this awareness and connection, we create a safe and comfortable home for our emotional, sensual, and energy bodies. Experiencing embodiment, we can move from our whole self -- from "core" center -- and breathe from every cell, moving consciously, feeling, being present. When we are present, we can create consciously, improvise, and be in the moment with ourselves and our lives. Our every breath feels like dancing, our every stretch feels like a mile, and our contraction feels like squeezing and washing all of our organs. The dance can cleanse us on all levels from the physical to the energetic. We will then move into the energy work series. Access our intuition and discover ourselves as a powerful energetic beings. We will work in partners and alone to expand our heart connection.

For yoga and movement teachers and students, you will learn various exercises and movement sequences to bring a new flavor into your teaching and practice!

MOSES

Organic Awareness Yoga Flow

CODE:F1MM

Join Moses on a Journey to your souls limitless potential. Take a deep breath and let go of trying to be something your not. Now is the most important time to "Be Yourself" This organic flow class is designed for beginners and advanced students alike. You will be challenged and you will have a breakthrough in feeling deeply what possible for yourself. Creative yoga sequencing, intimate conscious breath work, incredible music, intelligent adjustments, inspiring thoughts, Guided Meditation, Chanting and Savasana, Please come and be part of this special gathering. I look forward to seeing you in class!

DAREN FRIESEN

Hands on Adjustments

CODE:F1DF

Experience a mini-workshop class on adjustments for a variety of seated and reclining poses. When polling students, almost all report they love adjustments. Learn how to use your hands to communicate in a variety of ways that involve directive, supportive, and guiding manual adjustments in a safe and effective manner.

TAMI SCHNEIDER

Fire and Water: Power Vinyasa Flow

CODE:F1TS

Tap into a stream of energy with each breath as you flow between grace, stability and power. Explore the balance between kinetic and potential as you ignite your legs and strengthen your core. Awaken your spirit and unleash your creativity as we build deep foundations and investigate a new edge. Change comes from within, are you ready?

WORKSHOPS | 10:30 – 12:30PM, Friday June 4th

MARK WHITWELL

The deep dimensions of Yoga

CLASS CODE: F2MW

"Truth" is not something you have to search for; it is present in you as you, the life that is you. Yoga arose in ancient wisdom cultures as the non-dual understanding that all ordinary conditions are not and cannot be separate from Source. Mark will take you deep into yoga's roots to the shamanic past of the Upanishads, when yoga was practiced as a means of acknowledging and celebrating the very source of life. With this tantric understanding, your yoga can begin. There is a right Yoga for you. It is your direct intimacy with nurturing Source. Asana is tantra, hatha yoga, strength that is receiving, the union of all opposites, left with right, above to below, inhalation with exhalation, male with female within, without, spirit with form, source and seen. No more, no less, practice as whole body prayer to Life, the easy surrender to the life current for everyone. (Lecture and practice)

JONNY KEST & JULIA BUTTERFLY HILL

Sacred Activism

CODE:F2JK

Jonny Kest & Julia Butterfly Hill will share how what happens on your yoga mat is a powerful platform for radical change. Using breath and posture to remove the obstacles that keep you from living your sacred truth. Come prepared to feel, peel and awaken the sacred activist within you.

BO FORBES

The Neurobiology of the Spine: Your Central Intelligence Agency

CODE:F2BF

Your spine not only houses your nervous system, it acts as your skeletal and energetic support system and assimilates the new learning that comes from your yoga practice. When the spine lacks mobility, compression is also felt in the nervous system and emotional body. You will learn about the spine's connection to the nervous system and the changing of neural pathways. Using Integrative Yoga Therapeutics, you will learn how to promote spinal mobility, restoring greater ease and flow in the nervous system and enhancing emotional balance. *Bring a bolster or 2-3 blankets, a strap, eye pillow, and 2 blocks. Asana, Pranayama, Restorative Yoga, Lecture. All levels.*

SAUL DAVID RAYE

Activating the Sacred: Healing Ourselves, Healing Our World

CODE:F2SR

Ancient wisdom traditions have taught that we are all inter-connected through life itself, that all of life is sacred and by connection each being. Only when we experience our inner light and spirit can we know who we really are. We must go beyond words and ideas and truly embody the sacred to heal ourselves and our world. Activate the next level of your consciousness with a deep, healing and transforming practice that will join essential teachings, asana, breathwork, meditation, chanting & more !

RARA AVIS & MICHELINE BERRY

Rock The Shakti

CODE:F2RM

A Live Music Vinyasa Flow Yoga Journey

With Micheline Berry, Rara Avis, Craig Kohland & Shaman's Dream

Music and Rhythm have been used for millennia to induce healing, ecstatic states of being. Join Micheline Berry and master world musicians on an ecstatic yoga journey that will ignite a powerful flow of Shakti Prana, the catalytic creative energy within you. Our entire journey will be accompanied by live world music and percussion to guide you deeper into the creative flow, where musician and yogi disappear into a unified state of bliss. Students will generate an ecstatic flow of energy through purifying vinyasa karmas (flowing yoga sequences), landing into deeply meditative hip openers, forward bends and spinal twists... ending in our signature Sound Garden Savasana that will transport you beyond.

ANNIE CARPENTER

Pranayama

CODE:F2AC

Once we have some capacity to be steady and still in our body thanks to asana practice, we look to breathing practices to further refine our ability to pay attention and quiet the mind. Annie will guide you through a carefully sequenced set of pranayama designed to shift your focus inward and balance your internal energies.

DIANA VITANTONIO

Liberation Through Love | Vinyasa Flow

CODE: F2DV

Between you and more love, joy and happiness, stands the past. Liberation through Love is a practice to inspire, challenge, and ultimately, uplift you. Find out how much you are capable of and how to let go, and even, laugh. From this place of safety and support, you will find your inner strength to create a life worth living.

BILL PRY SOCK

Hurts So Good—The Anatomy of Yin

CODE:F2BP

Through a combination of practice and fun educational experience, learn the science behind yin yoga.

Developed to stimulate the joints, ligaments and bones, yin strengthens structures difficult to exercise in a typical yoga class. Open to all students, yin poses use gentle pressure and longer durations to target the connective tissue of your hips, pelvis and lumbar spine.

WORKSHOPS | 2:30 – 4:30PM, Friday June 4th

JANET STONE

Radiant Flow

CODE:F3JS

Through this workshop Janet will guide you in a dynamic, joyful, sweaty and deeply nurturing flow. We'll focus on opening the heart, creating a radiant flow of energy within the body, stilling the mind and moving towards abhaya (freedom from fear). Discover how asana can release tension and old patterns while awakening your Divine nature. Embrace life through a fluid, vigorous vinyasa practice.

All levels welcome.

SEANE CORN

THE BODY AND BEYOND

CODE: F3SC

In this class, we will explore the multifaceted dynamics of Vinyasa Flow yoga, including focusing on proper alignment, pranayama, meditation, reflection and prayer. Through the integration of asana, proper breathing techniques and conscious intention learn how to experience the creative and powerful practice of Vinyasa Flow as a devotional expression of life -beyond the body. Experience with Sun Salutes A and B is recommended.

MARK WHITWELL

Advanced Yoga for 'Perfect' Beginners

CODE: F3MW

The Four Secret Principles of Successful Yoga and Life. Yoga must be adapted to individual needs. "Adapt Yoga to the individual, not the individual to the yoga. There is a perfect yoga for every person. If you can breathe you can do yoga," says Whitwell. An introduction to asana, bandha, pranayama, meditation and life as a seamless process. Learn how to precisely adapt yoga to individual needs and health issues, yours, your family your students. Open to all levels. Practice and discussion.

BO FORBES

Yoga for the Emotional Body: Healing from Depression

CODE:F3BF

Depression is reinforced by a complex web involving the mind, nervous system, emotional body, and immune system. Learn to use this neurobiological network to revitalize your body, reprogram your nervous system, change your emotional blueprints, and foster emotional immunity. Using Integrative Yoga Therapeutics, this class will give you tools to create a depression-lifting yoga practice. *Bring a bolster or two to three blankets, a strap, an eye pillow, and two blocks. Asana, pranayama, restorative yoga, lecture.*

SAUL DAVID RAYE

Holistic yoga - experience all your dimensions - LIVE !

CODE:F3SR

Yogic Science recognizes that we have different dimensions of energy and intelligence, the more we are able to access and integrate our whole selves, we experience fulfillment in all areas of life ! Come and experience rare dynamic meditations from Yoga, Tantra and other sacred traditions to unlock the energy at each level of being (the 5 koshas). And the healing power of a practice sourced from within, that honors each level of being and connects to the overflowing energy at our core. This class will leave you feeling

energized, radiant and blissful.

DR. INDU ARORA

Meditate on light~ Jyotir Dhyana~ Tratak

CODE:F3IA

Learn the theory and practice of “Tratak” by meditating on the divine light, one of the six purificatory techniques (Shatkriyas) in Yoga. Tratak (fixed gazing) Meditation is a traditional basic exercise to acquire concentration and control the mental waves. Learn this powerful technique to activate the Extra Sensory perceptions, clairvoyance and intuition. Tratak is simply translated as intense concentration. Actually, it means an unbroken gaze or attention fixed on an object within or outside of our being. It is one of the finest meditation techniques to gain control over the senses and mental faculties. All are welcome to enlighten themselves from within outside.

ANNIE CARPENTER

Relax Deeply

CODE:F3AC

In this completely restorative practice (NO sweat!), you will drop physical tension layer by layer, and slide into a state of peace and well-being. Based on Annie’s CD “relaxDEEPLY,” this yummy practice is designed to turn the sympathetic (adrenalin based) nervous system off, and induce the relaxation response.

SHAKTA KAUR

Sexuality, Intimacy and Pleasure with Kundalini Yoga, Meditation and the Gong.

CODE:F3SK

The sexual relationship is such an important and valued part of Spirit’s design that in the spiritual world it is called the “throne of creativity.” The physical body is the temple that houses that throne ... we take care of it with yoga to nurture our spirit and ensure physical vitality. The mind is energy ... we regulate it with the breath and meditation to escape beyond time and space. The soul is the projection ... which we present to our intimate partner and then totally merge within the sexual experience of ecstasy. In this workshop we will examine our present attitude toward sexuality and learn how to move toward an enlightened view of sex. We will discuss where, when and how often to have sex, how to create true intimacy and a yogi’s ‘sex basics.’ All levels welcome. Appropriate for either singles or couples. (Not recommended for pregnant women.)

ANNE MARIE KRAMER

Freedom, Flow and Flight

Arm Balance and Inversions with Flow Practice

CODE:F3AK

Inversions bring confidence to your practice--moving with lightness, exhilaration and grace. In this fun and supportive workshop/class format, you'll learn the specific techniques that make these poses possible and release you from fear. Then celebrate your new strength and energy in a powerful, life-affirming vinyasa class that leaves you smiling.

Saturday | June 5, 2010

WORKSHOPS | 8:00 – 10:00AM, Saturday June 5th

JANET STONE

Flowing within the Five Elements (Pancha Maha Bhutas)

CODE:S1JS

When the flow of prana and movement become a fierce expression of what is beautiful inside and out we discover a new edge where you learn to be true to yourself in all ways. In this two hour Vinyasa Workshop

you will experience the five elements (pancha tatwas) earth, water, air, fire and ether, revealing themselves through backbends to open your heart and build strength, forward bends to open your hips and surrender to grace, twists to wring out the old and open up to what's new, and breath to ignite the spirit of gratitude within. Open to all levels.

SEANE CORN

EMPOWER FLOW

CODE:S1SC

Take a stand! This physically invigorating and moderately paced vinyasa flow yoga class will get the heat cranked and initiate strength, flexibility and stability in your practice. Seane will take you through a creative and challenging sequence of sun salutes A and B, standing poses, backbends and foreword bends with grace, agility and ease, while inspiring inner power and purpose. Leave feeling cleansed, strengthened, motivated and standing in your power.

DAVID ROMANELLI

Yoga + NOW: Live each moment to the fullest!

CODE:S1DR

This workshop is inspired by the story of plane crash survivor John Diaz. On October 31, 2000, Diaz was aboard Singapore Airlines #006. He witnessed the ledge between life and death and his remarkable survival story and miraculous revelation will awaken you to the reality that life is short and we must live each day to the fullest. It's so easy to get overwhelmed by the demands of life and before you know it, a busy day turns into a crazy year which turns into a decade that passed you by. Before you suffer this fate, take a stand and reclaim The Moment! David Romanelli will drive home the message to slow down and stoke your spirit with renewed appreciation, passion, and love through a 2 hour power vinyasa flow workshop set to great tunes from Sinatra to Sublime. This workshop will leave you sweaty and inspired to live each moment with the curiosity of a child and the wisdom of an adult.

ANDREW HARVEY

Christ Consciousness and Christian Mystical Tradition

CODE:S1AH

Drawing on his pioneering work in *Son of Man* and *The Gospel of Thomas* Andrew Harvey will present his vision of a radical Jesus intent on embodying divine love in every realm of the world. He will show how the passion of this radical Jesus has infused 3 great Christian Mystics; Theresa of Avila, John of the Cross and the great 18th mystic of the mother Louis Montfort he will also present a clear and precise vision of the mystical path to embodying the Christ consciousness and give 4 practices drawn from the depths of the Christian mystical tradition including the Jesus prayer, the meditation of conversation with the Christ developed by Theresa of Avila and the practice of the Sacred Heart. Those who attend will leave with a vivid experience of the Christ Consciousness and the essential tools to begin to embody it in the core of their inner and outer lives.

LES LEVENTHAL

Liberate Your Hips and Free Your Spine

Vinyasa/Flow Workshop for All Levels

CODE:S1LL

To open the hips, we begin by cultivating awareness of the challenges we hold in our hips and pelvic region. We can begin to relax and strengthen the quads, the inner and outer muscles of the thighs and stretch the hamstrings. While unlocking this area of our bodies we will also free the spine with twists which can infuse the body with vitality and well being and release enormous amounts of tension. Twists are associated with toning and rejuvenating the abdominal and pelvic regions. When these regions are engaged, blood flow naturally increases and toxins are released – a natural internal massage. Relaxing and strengthening these areas releases lower back tension and frees limitation in the neck and shoulders.

CORNELL COLBERT

Yoga Therapy : Healing & Nurturing Yoga Practices in the 21st Century

CODE:S1CC

Your daily practice should be performed in a way that encourages maximum relaxation, rejuvenation and restoration of body and mind/spirit. This Slow Flow/Yin class teaches students the proper use of props (blankets, blocks, straps etc) to build a base of support and comfort. Props allow one to go deeper into challenging postures, stay there longer with a higher degree of SAFETY and comfort. This allows the tight or compromised tissues of the body time to open and heal properly. Whether recovering from illness, injury or just looking to 'get deeper'inside, this class is for YOU. All levels welcome. Please bring your props, questions and enthusiasm for maximum benefit. Come, enjoy and experience Yoga as it should be....giving you the freedom and power to expand and grow.

MOSES

The Science of Kundalini Yoga and Sacred Music

CODE:S1MM

For Thousands of Years Kundalini Yoga was kept secret. Kundalini energy is your true potential. Learn simple daily techniques to awaken your Kundalini energy and live a happy, healthy and holy life.

Kundalini Yoga, chanting, pranayama, meditation and savasana

SHAKTA KAUR

Breathwalk – the technology of walking meditation.

CODE:S1SK

Breathe new vitality into your life--the vitality that comes from a healthy body, mind and spirit working together. Vitality comes from your whole being and not just a single part. The best way to reach a vital self is through moderate, systematic exercise that engages all parts of you. Many traditions use walking as a meditation to calm the mind, connect to nature and for healing. *Breathwalk* is where conscious breathing synchronized with walking, mantra and meditation all come together. Combining these elements makes the overall impact greater and the results even more effective. After a classroom orientation, we will *Breathwalk* the beautiful grounds of the Indian Lakes Resort. You'll feel elevated, meditative and leave with a closer connection to the vitality that is your birthright! (Bring appropriate outdoor clothing and good walking shoes for this workshop. All levels welcome.)

BILL PRY SOCK & ANNE MARIE KRAMER

Love Connection

CODE:S1BA

Celebrating students as they are, this workshop offers the heart of assisting—connection and service to others. Through the power of touch, breath and awareness, you'll learn to create a safe, empowering space that encourages students to be fully self-expressed and take their poses deeper. Principles of skeletal anatomy are interwoven to provide the structure and stability that builds trust.

WORKSHOPS | 10:30 – 12:30PM, Saturday June 5th

JANET STONE

Joy Uprising: A journey into the Heart through backbends

CODE:S2JS

Backbends can take us on a powerful journey into our heart's center. Join in this unique, two-tiered workshop, where we'll explore luscious devotional mantras, and then use that vibration to carry us deeper into an intensely joyful backbend series to melt open the heart, release old patterns, and return to

our inner knowing. Open to all levels

LILIAS FOLAN

The Joy is in the Journey

CODE:S2LF

In the great tradition of yoga, mid-age is an ideal time to restore health and vitality, soften the aging process, and bring renewed joy and inspiration to your spiritual journey. An enjoyably paced, multilayered practice to awaken your witnessing self through key asanas, breathing, and guided inner smile relaxation. Leave refreshed and heart-centered. All levels. Teachers welcome to take notes.

MARK WHITWELL

MEDITATION ARISING

CODE:S2MW

The peace and power of meditation comes naturally and certainly when conditions are right through your own appropriate Yoga. Asana, pranayama, meditation and Life are a seamless process. Stop fighting yourself to meditate, to eliminate thought or attain anything at all. Give up your yearnings for "higher" consciousness. Dive deep into Life, the Given, and awaken your heart as the doorway to experience all Life's polarities in union. (Lecture and practice)

JONNY KEST

Beautiful Mind | Beautiful Body

CODE:S2JK

Happiness and vitality appear in life only when our juices are abundant and free flowing. We are all in danger of becoming stuck, rigid, and dried up, both physically and emotionally, due to the choices we make. Rasayana is the path of rejuvenation. Vinyasa is the path of fluidity. Come experience a juicy beautiful practice of growth and transformation where you will uncover your inner beauty and enhance the sweetness and flow of your life...

BO FORBES

Therapeutic Vinyasa for Physical and Emotional Release

CODE:S2BF

Over time, practicing similar sequences can reinforce alignment anomalies and lead to asymmetries or injury. Elemental Yoga's combination of isometric stretches and innovative use of props will help you release contracted spaces, promote lymphatic flow, and facilitate mental and emotional opening. Highlighted areas will include the hard-to-open hamstrings, pec/shoulder junction, and IT band. *OPTIONAL: Bring a blanket, a strap, an eye pillow, and two blocks. Asana/pranayama, restorative yoga, lecture.*

SAUL DAVID RAYE

FOLLOW YOUR BLISS! – NITHYA DHYAN

CODE:S2SR

Meditation is for everyone! - Experience the depth of your being ! This powerful class will blissfully transform your relationship and experience of Yoga's sacred science. Life Bliss Meditation (LBM) is a revolutionary technique created by modern master and mystic, Paramahansa Nithyananda. It is a simple and natural technique to connect to our vast inner reservoir of creativity, energy, intelligence and bliss. There is an ocean of bliss within each of us ! Connecting to this inner reservoir can bring out the immense creativity, energy and intelligence within each of us. The degree to which we are able to draw from this inner space of life, we grow in health, happiness, and success in our outer life. Class will include discussion, theory and practice of Nithya Dhyana (Life Bliss Meditation).

LES LEVENTHAL

Yoga Flow/Vinyasa Basics

CODE:S2LL

This basics workshop is great for beginners and even seasoned practitioners looking to reacquaint themselves with the fundamentals of flow, with an emphasis on movement and breath connection. We will explore some basic postures, breathing and meditation techniques that make up the practice of Vinyasa yoga. Then we will link some of those poses together using the breath to flow and smooth out some of the jagged edges on the mat, so that we might experience some of that smoothness in our lives off that mat. Students will leave with a basic understanding of proper alignment and technique, and will be prepared for most beginner and all level classes. Yoga is appropriate for just about anyone. You don't need to be flexible or be able to quiet the mind or even touch your toes. You simply need the desire to show up and practice creating space for that unexpected joy to move in without a moment's notice. It's a practice in waking up to becoming more present and aware of our lives and the lives around us.

RARA AVIS

"Dundaal Yoga" a warriors journey into breath, sound and movement.

CODE:S2RA

A deeper look into the practice of breath to support the emanation of sound from within.

The relationship between sound and breath is such that in ancient languages these two words are often the same. As we breathe we give rise to the potential to create sound from within. Our bodies are precise instruments that when empowered with breath can channel divine sounds capable of healing the fracture between body, mind and spirit. In this class, Rara will lead students through basic, intermediate and advanced breathing practices designed not only to support the voice, but also as a tremendous tool for amplifying your yogic practice. The class will teach the basics of toning, over toning and how to use mantra as a powerful method of meditation and relaxation. From there, Rara and the members of Shaman's Dream will take students on a sound journey - whereby participants will learn to deeply let go and surrender into the support of music with pure healing intention.

ANNIE CARPENTER

Twist and cleanse

CODE:S2AC

Perhaps the most confrontive of all poses, twists ask us to come face to face with our inner koshas (sheaths) to cleanse and detoxify all layers of our selves. We move from light, easy twisting into the most challenging, transformative twists and emerge lighter and freer.

WORKSHOPS | 2:30 – 4:30PM, Saturday June 5th

SEANE CORN

**ANAHATA FLOW: EXPLORING THE 4TH CHAKRA-
LEARNING TO LOVE FROM THE SOURCE**

CODE:S3SC

This class addresses the source of where we love- in our bodies and actions. Through a beautiful and softer vinyasa flow sequence focusing on backbends, forward folds and hip openers, we will address the issues of the 4th chakra and how they play into our realm of loving. Through this work, discover the source of your affinity for not only yourself and others, but ultimately, for the whole of humanity.

LILIAS FOLAN

Reawaken Yoga in Midlife

CODE:S3LF

Hatha yoga is more than freeing the body—it is opening the heart, mind, and spirit. Moving at an enjoyable pace, we'll explore new ways to move, energy breathing and inner smile relaxation. Much of the content of this class is from her book *Lilias! Yoga Gets Better with Age*. Enhance balance and confidence in your body. Return home

refreshed and energized with new tools for your personal practice. All levels. Teachers welcome to take notes.

MARK WHITWELL

Advanced Practice

CODE:S3MW

Breath, asana and bandha (in that order) integrate as a seamless process. Apply asana and bandha efficiently to produce a powerful practice that is right for you. Breath and bandha is the central feature of your asana. Open to everyone advanced and beginners. Mark will always adapt practices to individual needs. "Yoga is the means for ordinary folk to absorb the nurturing and healing force of Life," says Whitwell. Asana is hatha yoga "ha tha," "Strength receiving" which has profound implication to our Life, health and experience. How do we make sure our asana is actually tantric union, hatha yoga? Practice and discussion.

DAVID ROMANELLI

Chocolate-Covered Happiness

CODE:S3DR

In this new era where luxury is replaced by simplicity, there is a new formula for happiness. David will lead you through 90 minutes of deep stretch yoga. Throughout class David Romanelli will share secrets from the world's happiest countries as rated in the World Happiness Index. There is much to learn from the far-reaching corners of the world like Iceland, Bhutan, France, and India to name a few. The ensuing 30 minutes, you will indulge in an extensive flight of Vosges Haut- Chocolate truffles, the French secret to greater happiness.

ANDREW HARVEY

The message of Rumi to our World.

CODE:S3AH

There is a change struggling to be born amid the chaos and difficulty of our time. It heralds a new way of being and doing to ensure the preservation of the planet and an evolutionary leap in humanity. The birthing *force* of this transformation is Sacred Activism, a fusion of deep inner knowledge, passion, peace, and wisdom with radical harmonious action in the world. The *poet* of this birth is Rumi, whose works are now returning to the world, at a time when his vision of divine identity, sacred passion and radical humility towards all things is crucial for both our survival and transformation. Join renowned Rumi scholar, mystical teacher, and novelist Andrew Harvey in an experience of his vision of Sacred Activism, rooted in the poetry of Rumi and sacred practices of the major mystical traditions.

SAUL DAVID RAYE

Thai Yoga Massage – Hands on Healing Partner Class

CODE:S3SR

Thai Yoga Massage is an ancient and sacred system of healing with roots in Yoga, Ayurveda and Buddhist spiritual practice. It Combines massage, acupuncture, twisting, stretching and meditation to create wholeness of body, mind and spirit in both giver and receiver. During this healing and blissful class you will be guided through giving and receiving a relaxing and therapeutic Thai Yoga massage session. Guaranteed to release tension and lift your spirit. No prior experience required. Bring a friend or come alone. Please bring your Yoga mat and a blanket, be prepared to have fun and relax. All levels are welcome.

TONI BERGINS

Sacred JourneyDance™: The Dance of Manifestation

CODE:S3TB

Open to the joy of life. You are the Prayer: your body, your movement, your breath. You are the God and Goddess: your passion, your emotions, your sensual heart. You are the Warrior: your power, your intentions, your life's journey. JourneyDance™ moves you through deep, personal exploration into a

loving, intimate relationship with body, mind, and source energy. Toni Bergins' sensual and exhilarating union of dance, visualization, voice, and ritual calls us to get funky and divine! In a shamanic style, Toni carries us through an intentional and seamless flow of guided ritual and free expression. We embody our physical temple, unleashing animal energies and awakening sensuality. We connect with the inner shaman creator to clear the mind's clogging clutter and make space for the abundance of joy available to us. We explore our inner realms of the heart, listening deeply. We open our voices authentically and empower our truth. We express ourselves as soul and ride our pranic chi flow into prayer. As we create this powerful dancing ritual together, we open the body and mind to our highest vibration. We dance the chakras, the elements, and invoke our deepest desires for our most joyous manifestation.

For yoga and movement teachers and students, you will learn various exercises and movement sequences to bring a new flavor into your teaching and practice.

ANNIE CARPENTER

SmartFlow Yoga: Padmasana.

CODE:S3AC

Follow this vinyasa krama (step by step) and flow towards a lotus pose that is truly accessible for all. Get your ego out of the way and dive into your hips.

Sunday | June 6, 2010

WORKSHOPS | 8:00 – 10:00AM, Sunday June 6th

JANET STONE

Mellow Flow

CODE:Su1JS

Slip into your heart in this luscious vinyasa experience designed to liberate your natural rhythms, cultivate fluidity and unleash the poetry of meditation in motion. You will ride the waves of breath towards your vital energy, creating a whole body transformation.

Come explore the cosmic dance and rediscover your vitality

Be prepared to deepen and renew your experience of living yoga.

All levels welcome.

SEANE CORN

SPIRITUAL ACTIVISM

CODE:Su1SC

This class is an introduction aimed at inspiring individuals to become active in their local and global communities effectively, powerfully and joyfully. First, a transformational vinyasa flow yoga sequence is taught to uncover your deepest passion and motivation. Then, Seane offers practical ways to begin to bring your own unique purpose into the world with the support of your community. Leave inspired and engaged!

JONNY KEST

Prana Rituals

CODE:Su1JK

Experience short powerful vinyasa sequences that you may practice on a daily basis to fully engage mind, body & spirit. A *prana ritual* is a conscious daily practice that becomes automatic and promotes positive growth, health and happiness.

LES LEVENTHAL

Yoga and Recovery – The 12 Steps

CODE:Su1LL

Whether you are a member of a 12 step recovery program or not, most of us are looking to recover or heal from something in our lives, whether it be from patterns of behavior we are looking to change or from relationships that keep going in a direction that prevent us from receiving the love and intimacy that we truly desire. In this workshop we will explore different behavior patterns that lead to isolating behavior and how distractions such as drugs, alcohol, food, smoking, sex and shopping separate us from the Atman, the divine, true uncluttered nature of ourselves. We will discuss addictions to drama, adrenaline and focusing on other people's problems (co-dependency).

Then, we will review the 12 steps of recovery to gain insight on some of our old habits (samskaras), some of which are so engrained that we might not even be aware of them or that they compromise our self worth or step over loved one's boundaries. We will move through a sequence of poses while invoking each of the 12 steps that allows us to practice being with the unmanageability of early recovery and flowing through to ultimately taste the bliss of emotional sobriety and altruism, incorporating yoga into our recovery on and off the mat.

RAINA NEMETH**Hot Vinyasa****CODE:Su1RN**

Come ready to sweat and move to the rhythm of breath and music! This class will bring you to your edge and back with a deep Vinyasa flow, touching places you've long forgotten and opening spaces you never even knew existed. Let the layers fall away as you sweat the old and make room for new life energy.

JIM BENNITT**Tantric Vinyasa****CODE:Su1JB**

Tantric means "to weave" and vinyasa means "to place in a special way". In this all levels class, Jim will weave in more subtle energetic techniques, in an intelligent way, within a physical practice. Expect more than just a workout. A Tantric Vinyasa class will include physical movement and postures, breathwork and meditation. It will be a "complete" Yoga practice.

BILL PRY SOCK**Stretch & Bang—The Anatomy of Yoga****CODE:Su2BP**

No two bodies are alike. This workshop illustrates this concept vividly and its implications for your yoga practice. Move beyond what a pose looks and delve into the deeper meaning, and freedom, of what a pose feels like. Understand the anatomical principles of muscular versus skeletal restriction, and compression. This experience will bring more joy and acceptance to your practice.

WORKSHOPS | 10:30 – 12:30PM, Sunday June 6th**RAINA NEMETH****Round-Robin Yoga Workshop****CODE:Su2RN**

Come to flow and play! Join Raina for a heart-pumping Vinyasa yoga warm-up accompanied by up-beat tunes, followed by a Round-Robin Partner yoga class. Be prepared to sweat and smile! It's an opportunity to discover more about yourself and make new connections with others through the simplicity of movement, breath and energy. ...Don't have a partner?...good! All you need is an open heart.

SEANE CORN**VINYASA FLOW YOGA: Establishing a Strong Foundation****CODE:Su2SC**

Learn the foundation of a solid practice through alignment, core awareness and breathing techniques.

Understand the basic principles of sun salutes A and B and how this is the cornerstone of every vinyasa practice. Also discussed will be the preparation, inner queues and dissection of the fundamentals of standing poses, backbends, twists and inversions. Asana, discussion and demonstration.

LILIAS FOLAN

Reawaken Yoga in Midlife

CODE:Su2LF

Hatha yoga is more than freeing the body—it is opening the heart, mind, and spirit. Moving at an enjoyable pace, we'll explore new ways to move, energy breathing and inner smile relaxation. Much of the content of this class is from her book *Lilias! Yoga Gets Better with Age*. Enhance balance and confidence in your body. Return home refreshed and energized with new tools for your personal practice. All levels. Teachers welcome to take notes.

DAVID ROMANELLI

Yoga + The Worlds Great Mysteries

CODE:Su2DR

From the Taramahura Indians in Northern Mexico whose most elderly citizens run for miles without thinking twice... to the amazing Moken people of Myanmar whose folklore and instincts enabled them to survive the 2004 Indian Ocean Tsunami, the world is filled with indigenous tribes and inspiring shamans who defy science and implore us all to tap a deeper strength. In this 2 hour vinyasa flow experience, David Romanelli will touch upon a rarely accessed human strength that the yogis call "vajra" and Westerners call "passion." A great one said, "The sword will always be defeated by the spirit." To the impassioned soul, the world is yours for the taking.

BO FORBES

Restorative Yoga Therapeutics for Mental and Emotional Healing

CODE:Su2BF

Restorative Yoga Therapeutics involves carefully-sequenced, artfully propped restorative yoga postures that are designed to balance the nervous system and emotional body. Restorative Yoga Therapeutics helps to balance the nervous system, deepen the relaxation response, soothe the emotional body, reduce anxiety and stress, improve depression, stimulate restful sleep, and enhance immunity. In this workshop, you will learn therapeutic sequences for anxiety, insomnia, and depression, as well as basic breathwork techniques and guided meditation to access your mindbody network and facilitate the awakening of your innate wisdom and healing capacity. *Bring a bolster or 2-3 blankets, a strap, eye pillow, and 2 blocks. Asana, Pranayama, Restorative Yoga, Lecture. All levels.*

ANDREW HARVEY

Sacred Activism and the world Crisis

CODE:Su2AH

Andrew Harvey believes that everyone has a direct connection to the divine and that finding this direct connection is the clue to the kind of radical self empowerment that can help you become a passionate and peaceful and brave sacred activist. He will share his vision of the 4 kinds of practices that he believes are essential for the transformation our times are calling for. Cool practices that can help us connect with divine being and its great peace. Hot practices that help us fuse with the heart of the divine; prayer practices that enable us to keep constantly aligned with the beloved and sacred body practices that open the whole body to the subtle images of divine love.

DR. INDU ARORA

Yoga Beauty & Healthy Glow

CODE:Su2IA

The quality of your skin and hair replicates your inner health. Yoga gives your skin a healthy glow by balancing your hormones and boosting the flow of oxygen-rich blood to your skin. This keeps your skin resilient and prevents dryness and excessive sagging, which results in healthy hairs and glowing and smooth skin. Workshop includes detailed instructions for the practice of Yogic techniques intended to improve blood circulation, reduce toxins and acidity, and not only help prevent skin infections such as acne, eczema, and psoriasis but also helps bringing glow, luster to the skin, reduce wrinkles and improve tone. **Workshop Special:** Facial Yoga is sweeping the nation, and is apparently now the latest rejuvenation craze globally for natural beauty. Facial exercise, like bodily exercise tones muscles and stimulates circulation, which can produce, over time, such pleasing visible effects as reduced sagging and smoother, glowing skin. Workshop includes: Postures (Asana), Breathing techniques (Pranayama), Psychic gestures (Mudra), Simple cleansing techniques (Kriyas), Deep Relaxation and Meditation Kitchen Remedies & **Yoga Facelift or Self Massage**. Everyone is welcome to this treat!

ANNIE CARPENTER

SmartFlow Yoga: Backbends

CODE:Su2AC

In this slow-flow practice, Annie will mindfully open the Thoracic spine, shoulders and hip flexors towards happy and deep backbends. Intelligent, sweaty and fun.

WORKSHOPS | 2:30 – 4:30PM, Sunday June 6th

DAVID ROMANELLI

Yoga + Chocolate (V 3.0)

CODE:Su3DR

In the West, we associate love with the quality of our relationship. The yogis believe love moves naturally through the universe. If you are open, love moves through you. If you're closed, it doesn't. Rumi said, "Don't seek for love. Seek to find and remove the barriers you've built against love." In this 2 hour vinyasa flow class set to inspiring music from the Grateful Dead to Erykah Badu, David Romanelli will cover issues related to love including the broken heart, the pain chamber, the obsessive tendencies of the newly in-love, and much more. If you're wondering why the heck would you listen to David Romanelli about such issues, consider reading the chapter in his book where his soon-to-be ex girlfriend receives an adjustment in the happy baby pose and loves it. His days in the pain chamber are long and hard. Maybe you too would like to celebrate love for all its pain and glory.

ANDREW HARVEY

Rumi's Sacred Life and Vision

CODE:Su3AH

Andrew will share his electric vision of Rumi's life, mystical journey, and Divine philosophy, stressing their essential importance to the massive transformation that is taking place in our contemporary crisis. Our focus will be on Rumi's transfiguring relationship with his beloved Shams and on the roles of revelation, ecstasy, adoration, and suffering in authentic mystical growth. For Andrew Harvey, who has studied his work for 30 years, Rumi is the supreme poet and exemplar of that force of sacred passion needed by Sacred Activists to fuel their work in the world. Detailed readings of Rumi's most incandescent poems will be given, and practices that help cultivate and nourish sacred passion will be shared from the depths of the Sufi tradition.

LES LEVENTHAL

Arm Balancing for All Levels

CODE:Su3LL

Arm Balances are some of yoga's most exhilarating and fun poses to practice. Learn to safely defy gravity, starting with a single breath. In this workshop you will strengthen your core to better support your arm balances. Build upper body strength which will help support and build healthier wrists, elbows and shoulders. Engage the legs, so they don't take refuge in Savasana. Begin cultivating awareness of your

body being upside down and moving through space, while surfing from one pose to another. Yoga should be satisfying and fun, not a chore. This workshop will launch you there.

CORNELL COLBERT

Free Your Hips/ Free Your Mind

CODE:Su3CC

This Slow Flow/ Yin Style workshop is designed to open the hips, align the pelvic girdle complex and free the back and neck region from acute and or chronic pain. It will be a challenging mix of all categories of asanas (standing, seated, inversions, twists etc) targeting both muscle groups and connective tissue adhesions/tightness. This class will utilize hip openers (Yang postures) to release muscle groups and an interesting mix of longer holding (Yin) postures to gently stimulate the plastic connective tissues. The power of the deep, rhythmic breath will be emphasized as the most important component in health and healing. As the body begins to let go and release tension, the mind will follow becoming very clear, focused and peaceful. Bring an open, playful and loving mind and leave with a new perspective on your daily Yoga practice.

DR. INDU ARORA

Shavasana – The Art and Science of relaxation!

CODE:Su3IA

Shavasana is the death experience from a yogic perspective. It is a pose for the complete relaxation most valued in yoga system. Through the deep concentration and enlightenment that Shavasana brings, we are able to release ourselves from *ahamkara* and relinquish all thoughts binding us to the ephemeral world. More importantly, this increased self-awareness helps us to remain detached and calm amidst the chaos of our daily, mundane lives. Despite its easy performance it is one of the most difficult of asanas to master. In this workshop explore the different modifications of Shavasana through a step by step descent into deep, beautiful stillness and bliss. Through guided visualization experience the pure release from all that binds you to the world. The class concludes with question and answer session. Let us all together embrace & experience our real selves through this guided Shavasana session and gracefully prepare ourselves for the future. *You may bring your blankets, eye pillows, extra cushions etc.*

SPECIAL EVENTS

THURSDAY | JUNE 3

KEYNOTE | Andrew Harvey

7:30 – 8:00pm

YOGA DEMONSTRATION | Jim Bennitt

8:00 pm

FRIDAY | JUNE 4

KEYNOTE | Julia Butterfly Hill

7:00 – 8:00pm

From thought to word to action, every aspect of who we are shapes and co-creates our reality and our world. Yoga gives us the opportunity and tools for practicing and embodying peace, harmony, balance, strength, and compassion. The Spiritual Activation Conversation is an opportunity to dive deeper into what is possible when we take the Yoga principles we practice on the mat and embody them in our lives and in our world. We are all Divine beings capable of inspiring and powerful lives beyond what we can even imagine. Spiritual Activation principles helps us uncover, unlock, and unleash our most potent, loving, and joyfilled potential in transforming ourselves and our world.

JOURNEY DANCE | Toni Bergins

8:00 – 9:30pm

Sacred JourneyDance™: Love your Body, Love your Life!

Open to the joy of life. You are the Prayer: your body, your movement, your breath. You are the God and Goddess: your passion, your emotions, your sensual heart. You are the Warrior: your power, your intentions, your life's journey.

JourneyDance™ moves you through deep, personal exploration into a loving, intimate relationship with body, mind, and source energy. Toni Bergins' sensual and exhilarating union of dance, visualization, voice, and ritual calls us to get funky and divine! In a shamanic style, Toni carries us through an intentional and seamless flow of guided ritual and free expression. We embody our physical temple, unleashing animal energies and awakening sensuality. We connect with the inner shaman creator to clear the mind's clogging clutter and make space for the abundance of joy available to us. We explore our inner realms of the heart, listening deeply. We open our voices authentically and empower our truth. We express ourselves as soul and ride our pranic chi flow into prayer. As we create this powerful dancing ritual together, we open the body and mind to our highest vibration. We dance the chakras, the elements, invoke archetypal energies, and our power animals. JourneyDance for nourishment, energy, presence, and prayer.

SATURDAY | JUNE 5

CONCERT | Rara Avis & Shaman's Dream

8:00pm

Evening yoga/dance music concert with Rara Avis & Shaman's Dream.

As a solo artist, Rara is known for his uplifting original downtempo music... with Shaman's Dream he has co-produced both music for yoga and for ecstatic dance. The evening will thus take participants on a journey of sounds from across the globe, blending live instrumental performances with pre-written electronic music that Rara DJ's from his laptop. The ensemble will feature Craig Kohland on percussion, Dominic Dean Breaux on flutes and sax, and Rara on electric guitar and vocals. Devotional, and guaranteed to make you dance your soul into total bliss. Rara will also play some of his more recent works from Dial M for Mantra... a remix project with yoga music pioneer Jai Uttal, as well as remixes of Deva Premal and Donna DeLory.

SACRED ACTIVISM TEACHERS PANEL | Julia Butterfly Hill, Seane Corn, Andrew Harvey, Jonny Kest, David Romanelli & Mark Whitwell

1:30 – 2:30pm

SUNDAY | JUNE 6

GREETING THE DAY IN A SACRED WAY | Liliias Folan

Early Morning**7:00 -7:45am**

Gather in the Sacred Circle of morning stillness and friendship. Wake up your Chakras and your body with meditation in movement, often called the Body Poem. Using Asana, Pranayama, Sacred Dance, chanting and song to raise the sun (Shakti) and light in your life. This morning's ritual and Asana class holds the vibrations of Native American cultures, Tai Chi and the Brahma Murta from India.

YOGA & FERTILITY | Bahia Ohlsen

Lunchtime | 1:30 – 2:30

Through breath and movement in yoga, we stimulate blood and energy flow through acupuncture points and channels to nurture and prepare the body for pregnancy. Acupuncture and Yoga are time-tested healing arts that complement each other beautifully, philosophically and scientifically, improving fertility by removing obstructions and gently directing energy to reproductive organs. In this class we will explore these ancient arts, the scientific research behind them, and learn how our yoga poses and sequences can open our bodies and minds to the miracle of childbirth.

CONFERENCE INFORMATION

AIRPORT TRANSFERS

The Hilton Indian Lakes Resort is approximately 15 miles from Chicago's O'Hare Airport and 30 miles from Midway Airport. Most major car rental companies and taxi services are represented at both Airports. Free parking is available at the Resort if you are driving. For more info, and a current list of transportation recommendations please call 630.529.0200.

TRAVEL

It is strongly suggested that you book 30 days in advance so that you may take advantage of promotional fares that give you the greatest discount.

HOTEL

The Midwest Yoga Conference is held entirely at the Hilton Indian Lakes Resort & Spa. The resort is located at 250 W. Schick Road, Bloomington, IL 60108 / Phone 630.529.0200 / Email – info@indianlakesresort.com. For details on your stay please visit www.indianlakesresort.com.

MEALS

The Master's Clubhouse located within the resort is a relaxed and welcoming atmosphere with a casual menu featuring great appetizers, grilled favorites, and plenty of fresh salads and vegetarian options. The Clubhouse has outdoor seating and is open for all three meals. Sedona Grille, offers a bit more sophisticated feel overlooking the water with classic American cooking. Open for dinner only and Sunday brunch. Exclusively, the Midwest Yoga Conference will be offering the YOGA CAFÉ, featuring fresh vegetarian lunches and snacks. Each attendee does receive 10% off ALL restaurants [excluding the CAFÉ, whose prices already reflect desirable savings!]

CONFERENCE YOGA BAZAAR

The Midwest Yoga Conference will feature products and services beneficial to your yoga practice. Exposition hours will be posted daily on site and in your conference program materials.

POTENTIAL EXHIBITORS

Exhibit space is limited, so respond quickly to secure the opportunity to showcase your company to hundreds of health and wellness conscious men and women active in the yoga community. For information on being an exhibitor and to apply please contact us at exhibitors@midwestyoga.com or 800.599.YOGA.

PROPS

Classes at the Midwest Yoga Conference are all experiential, so please bring a yoga mat for all sessions unless otherwise noted in the class description. Some classes may involve the use of other props [see class descriptions], which you may bring with you or will be available to you for purchase in the exhibit area of the conference.

EVENT CANCELLATION POLICY

All requests for refunds/cancellations must be sent in writing to the Midwest Yoga Conference via MAIL to P.O Box 613 Birmingham, MI 48012 -0613; FAX 248.723.3385; or EMAIL info@midwestyoga.com. A refund, minus a \$100.00 processing fee [please acknowledge this in your written refund], will be made for all cancellations made by April 25, 2010. If a refund request is submitted after April 25, a voucher toward our next yoga conference will be issued [valid for one year, non-transferrable, lesser the amount of \$100.00 processing fee]. All refunds will be issued within 30 days after the close of the conference. No refund of any kind will be given after May 28, 2010.

TEACHER CANCELLATION POLICY & DISCLAIMER

The Midwest Yoga Conference reserves the right to substitute or cancel presenters/teachers as required and this is at the discretion of the Midwest Yoga Conference Team. In the event that a teacher/presenter cancels or is cancelled, a second choice selection will be called upon for that time period. No refunds will be given due to teacher cancellations that are outside the cancellation policy listed above. The Midwest Yoga Conference arranges for a diverse and beautiful array of presenters and does not monitor any individual teacher's/presenter's teaching style or content.

WAIVER OF LIABILITY

I understand that there are serious inherent risks with all physical activity and that when doing yoga, exercise routines, or engaging in any similar strenuous activities, I may suffer minor or serious injury or even death. I understand these inherent risks and assume all such inherent risks associated with participation in any activities in conjunction with the Midwest Yoga Conference, all employees, volunteers, or agents from liability. The performance of this agreement by either party is subject to acts of God, government authority, disaster, strikes, civil disorders, or other emergencies, any of which make it illegal or impossible to provide the facilities and/or services for your meeting. It is provided that this agreement may be terminated for any one or more of such reasons by written notice from one party to the other without liability.

PHOTO WAIVER

By registering for the Midwest Yoga conference, I give permission for my photograph to be used for media purposes in this and any future conferences. I waive any claim and right to inspect the photographs and any advertising or promotional copy that may be used in connection therewith.

SPECIAL ANNOUNCEMENTS & UPDATES

Visit the Midwest Yoga Conference Website often to obtain the latest information on special conference activities, entertainment sessions, class updates, etc. The website is located @ www.midwestyoga.com.

MAKE YOUR RESERVATIONS EARLY TO INSURE THE SPECIAL DISCOUNTED RATE OF \$119 PER NIGHT/PER ROOM.

HILTON INDIAN LAKES RESORT & SPA RESERVATION HOTLINE

800.334.3417

WWW.INDIANLAKESRESORT.COM

ACCOMODATIONS

HILTON CHICAGO INDIAN LAKES RESORT & SPA

BLOOMINGDALE, ILLINOIS

The Lovely Hilton Indian Lakes Resort & Spa

From the very start, you'll see why Indian Lakes is "Chicago's Newest Premier Resort." Completely renovated hotel guest rooms surround a dramatic six-story atrium lobby, offering comfortable furnishings and exhilarating views. Located on 260 acres, it has two 18-hole championship golf courses, a full service spa, indoor/outdoor pools, mini golf, tennis courts, and volleyball.

A SPECIAL REDUCED RATE FOR ALL CONFERENCE ATTENDEES IS AVAILABLE FOR \$119 PER ROOM, PER NIGHT. PLEASE MAKE YOU RESERVATIONS EARLY TO RECEIVE THE REDUCED RATE.

RESERVATION HOTLINE **800.334.3417** / WWW.INDIANLAKESRESORT.COM

FREE PARKING IS AVAILABLE