

September 1-4, 2011

at Asilomar Conference Grounds
Pacific Grove, California

SYTAR

2011 SYMPOSIUM ON
YOGA THERAPY AND RESEARCH

PRESENTED BY THE INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS

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Program:

THURSDAY - September 1, 2011

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1. 4:00 PM - 8:00 PM

REGISTRATION

Room: Merrill Hall

2. 4:00 PM - 6:00 PM

EXHIBITORS OPEN

Room: Merrill Hall

3. 6:00 PM - 7:00 PM

DINNER

Room: Crocker Dining Hall

4. 7:00 PM - 9:30 PM

OPENING CEREMONY, MEMBERSHIP MEETING AND WELCOMING OF ATTENDEES, SPONSORS AND PARTNERS

Room: Merrill Hall

To print the program, try your browser's
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FRIDAY - September 2, 2011

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1. 7:00 - 8:00 AM

CONCURRENT MORNING PRACTICE SESSIONS

MPF01. MORNING PRACTICE

[Morning Lymphatic Opening Routine](#)[Shoosh Lettlick Crotzer, BA, MS](#)

Room: Nautilus

This class will explain the importance of the lymphatic system, its role in the immune system and how it helps the body fight off disease. The pathways of flow will be explained and a basic routine that can help keep the flow open and functioning will be introduced. A great way to wake up the body and start the day!

MPF02. MORNING PRACTICE

[Yoga Tune Up @](#)[Jill Miller](#)

Room: Surf & Sand

Awaken your core, hips and shoulders in this full body session. YTU integrates yoga, corrective exercise and self-care in order to empower each individual to help locate and heal their own "body blind spots" - areas of the body that are overused, underused or misused and are typical catalysts for pain and injury. YTU brings a practical yoga philosophy into the nuts and bolts of healthy movement, challenging the body from every conceivable angle until breakthroughs occur - literally changing the nature of the tissues in the area being addressed. Embody conscious connections to myofascial continuities and allow your body to become anatomically fluent.

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MPF03. MORNING PRACTICE[Pranayam as Therapy for Different Ailments](#)[Dilip K. Sarkar, MD, FACS, D.Ayur.](#)

Room: Fred Farr

In this session, we will practice a set of pranayams popularized by Swami Ramdev of Patanjali Yog Peeth. The physiology behind each pranayama and their therapeutic benefits will be discussed. Specific pranayams to balance the physical body, mind and spirit will be presented.

MPF04. MORNING PRACTICE[Using a Physical Spiritual Practice to Eliminate Stress & Avoid Panic Attacks](#)[Fred Miller, E-RYT 500](#)

Room: Kiln

Instruction and physical practice using the holistic tools of Yoga mantra, japa, prayer, asana, pranayama, bhavana, nyasa, chanting and ritual to create a personal spiritual practice. The contents and elements used will be drawn from each individual's own spiritual path. You'll come away with a short, personal and unique practice that suits your needs.

MPF05. MORNING PRACTICE[Practice as a Path to Pursua](#)[Kate Garland, E-RYT 500](#)

Room: Triton

While asana can be delicious for our bodies and so very focusing for our minds, ultimately our practice should link us to our unchanging Essential Selves. Using a full-spectrum of Yoga's classical tools, including postures, breathwork, sound, mudra, guided visualization and gratitude meditaion, we will greet the day by aligning with that infinite Source within us.

2. 7:30 - 9:00 AM

BREAKFAST

Room: Crocker Dining Hall

3. CHANTING & BLESSING

9:00 AM - 9:15 AM

KEYNOTE ADDRESS

9:15 AM - 10:00 AM

[Yoga, Yoga Therapy and Yoga Sadhana](#)[Pandit Rajmani Tigunai, PhD](#)

Pandit Tigunait will share his understanding and experience of yoga sadhana in the context of the importance of keeping the yoga in yoga therapy. If the goal of yoga is to eliminate threefold suffering--physical distress, mental anguish, and spiritual affliction--then it is important to explore how to teach yoga therapy and extend our therapeutic services while maintaining this most fundamental goal of yoga.

4. 10:00 AM - 10:30

AM

BREAK - EXHIBITS

Room: Merrill Hall

5. 10:30 AM - 12:00 PM

1.5 CES CONCURRENT COMMON INTEREST COMMUNITY SESSIONS

1.

1.5 CES Common Interest Community

Workshop #1

[Musculoskeletal and Structural \(annamaya\)](#)[Sherry Brouman, PT, E-RYT 500 and](#)[Staffan Elgelid, PT, GCFT, PhD](#)

Room: Kiln

Order of presentation is subject to change

This session will open a dialogue among yoga practitioners working with students who are introduced to Yoga through their musculoskeletal issues. Many of these students continue to deepen their yoga practice beyond their reason for beginning. The dynamics and challenges of the overlaps between conventional medicine, physical therapy and yoga will be addressed, and trends in current and future clinical practice and research topics will be presented.

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CIC #1A
[Bhavas, health, and yoga therapy](#)
Mamta Bhatt
 Room: Kiln

CIC #1B
[Pain beliefs impact the effectiveness of Yoga](#)
Neil Pearson
 Room: Kiln

CIC #1C
[Moving beyond neuropathy with yoga therapy](#)
Jill Miller
 Room: Kiln

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1.5 CEs Common Interest
 Community Workshop #2
[Physiological \(pranamaya\)](#)
Satkirin Khalsa RYT, MD and
Richard Usatine, MD
 Room: Fred Farr
Order of presentation is
subject to change

Yoga has a positive impact on health and healing in many ways including our physiological functions. These physiological functions include the following systems: respiratory, heart and circulation, gastrointestinal, neurological. Yoga has been shown to improve respiratory function in persons with asthma, decrease blood pressure in persons with hypertension and decrease seizures in persons with epilepsy. In this session, presenters will provide oral presentations on their Yoga therapy work as it relates to these important physiological systems. Presentations will be 15 minutes, with 5 minutes for questions and discussions. The format will encourage interactions and creative thinking. Drs. Usatine and Khalsa will use their medical training to keep the group grounded in the science of physiology while we explore the art and science of Yoga therapy.

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CIC #2A
[A yoga therapy approach to rheumatoid arthritis: reducing stress, managing fatigue, and building strength/stamina with pranayama](#)
Aggie Stewart
 Room: Fred Farr

CIC #2B
[Clinical strategy when East meets West: osteoporosis as a case study](#)
Jerry Landau
 Room: Fred Farr

CIC #2C
[The effects of a traditional yoga-meditation technique on cardiovascular disease—a systematic review](#)
John Hagelin
 Room: Fred Farr

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CIC #3A
[Holistic and Creative Aftercare Groups for Women in Early, Mid and Late Stage Recovery from All Addictions – \(Alternative to 12-Step\)](#)
Alison Costa, LMFT
 Room: Merrill

CIC #3B
[Yoga for releasing trauma and chronic tension in the psoas](#)
Mimi Solaire
 Room: Merrill

CIC #3C
[Yoga therapy for mood disorders in fibromyalgia](#)
Janet Hennard
 Room: Merrill

1.5 CEs Common Interest
 Community Workshop #3
[Mental, Emotional and Spiritual Health \(manomaya and vijnanamaya\)](#)
Paul Copeland, MS, DO and
Richard Miller, PhD
 Room: Merrill
Order of presentation is subject to change

Drs. Paul Copeland and Richard Miller co-chair this CIC dedicated to exploring the art and science of Yoga therapy in the arena of mental, emotional and spiritual health, healing and well being.

CIC Question:

"What are yoga practices, which are supported by research, that enable us to manifest emotional, mental and spiritual health?"•

Overview

Yoga Therapy embraces practices that are designed to restore and maintain the body, mind and senses to their natural state of balance of mental, emotional and spiritual health through the eight fundamental limbs of yoga, i.e., Patañjali. These practices are designed to reveal our inherent freedom and interconnectedness with all of life that lies beyond our mental and emotional misperceptions of separation and dissatisfaction. A bodymind restored to mental, emotional and spiritual health realizes unbounded energy, which is then available for creative expression, compassionate wisdom, skillful action and authentic living.

Presentations

Each presentation will present select current yoga therapy approaches and, drawing upon relevant emerging research, discuss their effectiveness in addressing, restoring and maintaining emotional, mental and spiritual health and well being. Presentations will address issues and challenges embracing Western and Eastern views of mental, emotional and spiritual functioning, as well as trends in current and future research. Presentations will encourage inspirational critical thinking and learning.

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y**1.5 CEs** Common Interest Community Workshop
#4[Inspirational and Spiritual \(anandamaya\)](#)
[Susan Gould-Fogerite, PhD](#) , [Ellen Fein,](#)
[LCSW](#)

Room: Evergreen

**Order of presentation is subject to
change**

In this highly experiential session, (no power points!), we will address the question, "How can I help myself and others to connect with Anandamayakosha, the Bliss body?" • Ellen and Susan will share personal journeys, knowledge and practices that facilitate experience of the true Self. Selected presenters will also share and lead us in ways that inspire and enhance the ability to connect with the bliss within.

CIC #4A

[Contemplative practices in higher
education](#)[Mary Lynn Colosimo](#)

Room: Evergreen

CIC #4B

[Natya Yoga](#)[Aparna Ramaswamy](#)

Room: Evergreen

CIC #4C

[Shema meditation through the chakras](#)[Robin Rothenberg](#)

Room: Evergreen

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y**1.5 CEs** Common Interest
Community Workshop #5[Business and Professional
Development](#)[Susi Hately, B.Sc and Matthew
Taylor, PT, RYT, PhD](#)

Room: Nautilus

**Order of presentation is
subject to change**

The session will begin with a review of key issues and opportunities in developing a sustainable business model for Yoga therapy practice by the co-chairs. Following that, other peer-selected IAYT members will describe and discuss their additional innovative models and examples of delivering Yoga therapy in their community. Time will be made for group input and questions, as well as networking for forming a long-term, online community of members interested in seeing Yoga therapy become a sustainable career as well as a respected therapy.

CIC #5A

[Stressed by the Business of Yoga Therapy? Transform
your Business into a Spiritual Practice via Karma Yoga](#)[Robert Butera](#)

Room: Nautilus

CIC #5B

[5 steps to grow your yoga therapy practice](#)[Jacob Griscom](#)

Room: Nautilus

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CIC #5C
[Yoga is my health insurance: an image campaign and a progressive business model.](#)
[Lilith Bailey-Kroll](#)
 Room: Nautilus

7.

1.5 CEs Common Interest
 Community Workshop #6
[Social Action](#)
[Bidyut K Bose, PhD](#) and [Molly Lannon Kenny, MC-CCC, E-RYT](#)
 Room: Triton
Order of presentation is subject to change

This CIC session is an opportunity to present your community outreach program or similar effort serving marginalized and vulnerable children, youth, adults, and elders dealing with poverty, abuse, neglect, trauma, survivors of life-threatening illnesses, homelessness, substance abuse, or involvement with the juvenile justice or prison systems. Speakers will have the opportunity to share their work with others working with similar populations. Discussions will seek to identify effective programs, useful innovations and best practices. The session as a whole will encourage networking among all participants.

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CIC #6A
[Teaching yoga to incarcerated individuals](#)
[Amy Rose Stabley](#)
 Room: Triton

CIC #6B
[Yoga and trauma recovery/stabilization in Japan—a response to the Tohoku earthquake, tsunami and on-going nuclear disaster](#)
[Jim Stockton](#)
 Room: Triton

CIC #6C
[An example of social action projects: 305 Spiritual Gangsters](#)
[Michelle Schlesinger](#)
 Room: Triton

8.

1.5 CEs Common Interest Community
 Workshop #7
[Yoga for Military and Veteran Populations](#)
[Matt Fritts, MPH, E-RYT](#) and [Sat Bir Khalsa, PhD](#)
 Room: Oak Shelter
Order of presentation is subject to change

The goal of this workshop is to provide a platform for presenting innovative concepts, networking among peers, and interaction and dialogue among Yoga therapists who work with military and veteran populations. In addition, the workshop will address three fundamental questions:

- 1. Where have we been?: a review of SYR/SYTAR and conference organizers' activities to date in the area of military and veteran populations;
- 2. Why is this important?: context and relevance to (a) current health reform efforts related to prevention and wellness and (b) a movement spearheaded by military leadership to build "Total Force

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- 3. Where are we going?: infrastructure for continuing CIC discussions and activities beyond SYTAR 2011.

Note: There will be a complementary special interest group meeting for Yoga researchers in this area at the IAYT Symposium for Yoga Research (SYR 2011) at the [Kripalu Center](#) for Yoga and Health, September 23-25, 2011.

CIC #7A

[Meditation teachers for the military](#)

[Robin Carnes](#)

Room: Oak Shelter

CIC #7B

[Yoga with service men and women with PTSD: experiences from a research intervention](#)

[Jennifer Johnston](#)

Room: Oak Shelter

CIC #7C

[Yoga and meditation in conflict zones: healing on the intrapersonal and international level](#)

[Meredith Sprengel](#)

Room: Oak Shelter

1. 12:00 PM - 2:00 PM

LUNCH & BREAK (Lunch until 1 PM)

Room: Crocker Dining Hall

1. 2:00 PM - 3:30 PM

1.5 CEs CONCURRENT TRACK SESSIONS

1. **1.5 CEs** TF01

[Structural: Yoga for Low Back Pain & Pelvic Pain](#)

[Catherine R. Stallworth, MD, FABPMR, RYT](#) and [Paula Fayerman, MD](#)

Room: Kiln

This workshop will focus on the application of yoga to facilitate healing in people with low back and pelvic pain. It will include an overview of pain control theory and a review of the functional anatomy of low back and pelvis. Attendees will learn how to integrate the physical and spiritual practices of yoga with contemporary concepts of core stability, flexibility and neurophysiology. Empirical studies supporting interventions will be reviewed. The experiential session will include a practice designed for people with low back and pelvic pain. Skill acquisition will be facilitated through the practice of controlled breathing, movement, and meditation.

[Course Objectives](#)

2. **1.5 CEs** TF02

[Physiological: Practical Applications of Yoga Therapy for Women in the Peri through Post-Menopausal Stage for Life](#)

[Sonia Nelson, E-RYT500](#) and [Fran Ubertini, E-RYT500](#)

Room: Fred Farr

During their peri through post-menopausal years, women encounter specific biological and emotional responses, as well as additional life stresses as caregivers to their children, grandchildren, parents and retired spouses. Using the classical models of yoga and teachings of the Krishnamacharya tradition, including Stages of Life Model, the Pancamaya Model, Patanjali's Yoga Sutras and the concept of Dharma, this presentation will explore the peri through post-menopausal years of women and address the tools of yoga including asana, pranayama, sound and meditation to help support women during this biological change. Teaching methodologies for dealing with this demographic will also be discussed.

[Course Objectives](#)

3. **1.5 CEs** TF03

[Psychological: Yoga in Mental Health Treatment: Application, Scope of Practice, Outcomes, Case Studies & Practice](#)

[Amy Weintraub, MFA, E-RYT500](#) and [Susan Steiger Tebb, Ph.D., L.S.W., RYT](#)

Room: Nautilus

We will survey the current research and illuminate the ways Yoga is being integrated into mental health care, both in individual psychotherapy and in group classes for special populations, including those suffering from mood disorders, post-traumatic stress disorder, and survivors of domestic violence, childhood sexual abuse and torture. Within our discussion of clinical cases, we will talk about the client's presenting issue/mood state, the practices used, and their therapeutic outcome. We will identify and practice Yoga tools appropriate for a clinical setting, based on diagnostic category and Yogic assessment, including pranayama, kriya, mudra, mantra, bhavana, sankalpa, and simple movement.

[Course Objectives](#)

4. **1.5 CEs** TF04**Spiritual: The Eighth Limb; the Ultimate Healing****Dayanand Diffenbaugh**

Room: Oak Shelter

The eighth limb of Ashtanga Yoga, as explained by Patanjali, is the ultimate state of health and peace. Known as samadhi, or absorption in super-conscious awareness, the eighth limb has levels of deepening concentration and control. The marks of samadhi are knowledge and dispassion. The lecture portion of the presentation will include chanting of Patanjali's relevant Yoga Sutras, followed by an explanation of the levels of samadhi, and the methods and practices that lead to their attainment. The experiential workshop will include chanting, explanation, meditation practice, and integration.

[Course Objectives](#)5. **1.5 CEs** TF05**Open: How to Get a Good Night's Sleep: Strategies from Modern Medicine, Ayurveda and Yoga****Richard Usatine, MD, Carrie Demers, MD and Larry Payne, PhD**

Room: Merrill

Sleep disorders are conditions that prevent restful sleep and, as a result, can cause daytime sleepiness and dysfunction. There are approximately eighty different types of sleep disorders. About 70 million Americans suffer from them. The most important sleep disorders are: Insomnia and Sleep apnea. This presentation will include a brief etiology of each condition and the current allopathic treatment protocol from Richard Usatine M.D. He will also include a frank discussion about the pros and cons of sleeping pills and their derivatives. Carrie Demers M.D. will summarize the Ayurvedic perspective of sleep disorders including its causes and main treatment modalities. The focus will be on understanding Vata imbalance, and what to do to nourish and calm the nervous system using primarily lifestyle, diet, and herbs. Larry Payne will give a stirring testimonial of his own journey with addiction and withdrawal from sleeping pills. He will also offer an eclectic presentation of effective Yoga tools including asana, advanced pranayama and relaxation techniques.

[Course Objectives](#)

1. 3:30 PM - 4:00 PM

BREAK

2. 4:00 - 5:30 PM

CONCURRENT PRACTICE SESSIONS

3. **1.5 CEs** PF01**Yoga for Low Back & Pelvic Pain - Experiential Session****Catherine R. Stallworth, MD, FABPMR, RYT and Paula Fayerman, MD**

Room: Kiln

This workshop will focus on the application of yoga to facilitate healing in people with low back and pelvic pain. It will include an overview of pain control theory and a review of the functional anatomy of low back and pelvis. Attendees will learn how to integrate the physical and spiritual practices of yoga with contemporary concepts of core stability, flexibility and neurophysiology. Empirical studies supporting interventions will be reviewed. The experiential session will include a practice designed for people with low back and pelvic pain. Skill acquisition will be facilitated through the practice of controlled breathing, movement, and meditation.

[Course Objectives](#)4. **1.5 CEs** PF02**Practical Applications of Yoga Therapy for Women in the Peri- through Post-Menopausal Stage of Life - Experiential****Sonia Nelson, E-RYT500 and Fran Ubertini ERYT-500**

Room: Fred Farr

During their peri through post-menopausal years, women encounter specific biological and emotional responses, as well as additional life stresses as caregivers to their children, grandchildren, parents and retired spouses. Using the classical models of yoga and teachings of the Krishnamacharya tradition, including Stages of Life Model, the Pancamaya Model, Patanjali's Yoga Sutras and the concept of Dharma, this presentation will explore the peri through post-menopausal years of women and address the tools of yoga including asana, pranayama, sound and meditation to help support women during this biological change. Teaching methodologies for dealing with this demographic will also be discussed.

[Course Objectives](#)5. **1.5 CEs** PF03**Yoga in Mental Health Treatment – Experiential Session****Amy Weintraub, MFA, E-RYT500 and Susan Steiger Tebb, Ph.D., L.S.W., RYT**

Room: Nautilus

We will survey the current research and illuminate the ways Yoga is being integrated into mental health care, both in individual psychotherapy and in group classes for special populations, including those suffering from mood disorders, post-traumatic stress disorder, and survivors of domestic violence, childhood sexual abuse and torture. Within our discussion of clinical cases, we will talk about the client's presenting issue/mood state, the practices used, and their therapeutic outcome. We will identify and practice Yoga tools appropriate for a clinical setting, based on diagnostic category and Yogic assessment, including pranayama, kriya, mudra, mantra, bhavana, sankalpa, and simple movement.

[Course Objectives](#)

6. **1.5 CEs** PF04

The Eight Limb: the Ultimate Healing - Experiential Session

Dayanand Diffenbaugh

Room: Oak Shelter

The eighth limb of Ashtanga Yoga, as explained by Patanjali, is the ultimate state of health and peace. Known as samadhi, or absorption in super-conscious awareness, the eighth limb has levels of deepening concentration and control. The marks of samadhi are knowledge and dispassion. The lecture portion of the presentation will include chanting of Patanjali's relevant Yoga Sutras, followed by an explanation of the levels of samadhi, and the methods and practices that lead to their attainment. The experiential workshop will include chanting, explanation, meditation practice, and integration.

[Course Objectives](#)

7. **1.5 CEs** PF05

How to Get a Good Night's Sleep: Strategies from Modern Medicine, Ayurveda and Yoga-Experiential Session

Richard Usatine, MD , Carrie Demers, MD and Larry Payne, PhD

Room: Merrill

Sleep disorders are conditions that prevent restful sleep and, as a result, can cause daytime sleepiness and dysfunction. There are approximately eighty different types of sleep disorders. About 70 million Americans suffer from them. The most important sleep disorders are: Insomnia and Sleep apnea. This presentation will include a brief etiology of each condition and the current allopathic treatment protocol from Richard Usatine M.D. He will also include a frank discussion about the pros and cons of sleeping pills and their derivatives. Carrie Demers M.D. will summarize the Ayurvedic perspective of sleep disorders including its causes and main treatment modalities. The focus will be on understanding Vata imbalance, and what to do to nourish and calm the nervous system using primarily lifestyle, diet, and herbs. Larry Payne will give a stirring testimonial of his own journey with addiction and withdrawal from sleeping pills. He will also offer an eclectic presentation of effective Yoga tools including asana, advanced pranayama and relaxation techniques.

[Course Objectives](#)

8. **1.5 CEs** PF06

The Female Pelvic Floor: Anatomy, Function & Dysfunction

Leslie Howard, E-RYT 500

Room: Evergreen

The foundation for every movement in the body, the pelvic floor requires more than Kegel exercises to maintain optimum health. Learn the anatomy and exercises of the various muscles of the pelvis and pelvic floor to prevent and rehabilitate a weak or gripped pelvic floor. Symptoms of dysfunction include lumbar sacroiliac instability, hip and sciatic pain, incontinence and menstrual and sexual difficulties. Learn specific poses that exercise, soften and isolate the muscles of the pelvic floor, increasing flexibility, strength and coordination.

9. **1.5 CEs** PF07

Balancing the Hemispheres - The Anguli Mudra Kriya, an everyday tool

Leigh Blashki, M HSc

Room: Triton

The Anguli Mudra Kriya is a rejuvenative tool developed by Leigh Blashki as a synthesis of the teachings of several renowned Yoga masters. Based on the use of simple hasta mudras, pranayama techniques, and meditative exercises in a particular combination, this kriya has been shown to be a practical and effective tool for bringing balance, centeredness, and a sense of rejuvenation with regular practice. Because the kriya does not require the extensive use of the body, it is accessible for a wide range of clients/students with varying physical capacities.

In this workshop you will experience the practice of the Anguli Mudra Kriya and learn how to develop the kriya for clients/students in a progressive manner.

10. **1.5 CEs** PF08

The Power of Collaborative Treatment Teaming: Bridging Yoga Therapy and Psychodynamic Psychotherapy for Whole Person Treatment

Elisabeth Crim, PhD and Simone Marke't, CYT, E-RYT 500

Room: Curlew

In order to achieve safe, whole, effective, and ethical treatment of individuals, certain imbalances/symptoms/diagnoses based in one or more of the five koshas may need Psychological assessment/intervention as well as Yoga Therapy assessment/intervention. Collaborative Treatment Teaming between Yoga Therapist and Psychodynamic Psychologist will be explored through a Yoga Practice incorporating asana, pranayama, and meditation, followed by experienced-based discussion. Experiential awareness, discussion, and increased insight and understanding in bridging the treatment between Yoga Therapy and Psychodynamic Psychotherapy for more whole, effective, and ethical treatment of the individual will be facilitated. Practice will be facilitated and monitored for physical, mental, emotional safety.

11. **1.5 CEs** PF09

Interpreting & Experiencing the Eight Limbs as Therapy

Arun Deva, DASC, AYT, E-RYT 500

Room: Surf & Sand

Drawing upon over 20 years of using the eight limbs of yoga to heal from a critical illness, Arun has since crafted a simple yoga therapy formula. Primarily using the first six limbs experientially and the last two as a contemplated reality: we will structure our own inward journey to find the fount of true healing: a state of trust, surrender and faith within this yoga class. The guidelines are simple: to ask if our previous actions validate our faith in them; examine the quality of actions that come from surrender and determine what future actions we can trust will occur if we practice in this manner.

12. 6:00 PM - 7:00 PM

DINNER

Room: Crocker Dining Hall

13. 7:00 PM - 9:30 PM

RECEPTION

Room: Merrill Hall

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SATURDAY - September 3, 2011

1. 7:00 - 8:00 AM

CONCURRENT MORNING PRACTICE SESSIONS

MPS01. MORNING PRACTICE

[Yoga for Cranky Hips](#)

[Leslie Howard, E-RYT 500](#)

Room: Fred Farr

This alignment-based class is a slow, methodical and safe way of working the legs to create space in and around the hip sockets. Leslie addresses how to use yoga poses and yoga props to increase space, flexibility and strength in the hips. You will find familiar yoga poses using props and done with a focus on the relationship between the legs and pelvis. This way of practicing can help alleviate aches and pains in and around the head of the femur. Please bring a strap and brick if possible.

MPS02. MORNING PRACTICE

[Rejuvenate, Center and Balance the Hemispheres - The Anguli Mudra Kriya, An Everyday Tool](#)

[Leigh Blashki, M HSc](#)

Room: Kiln

Rejuvenate your vital energies, balance your hemispheres and bring centeredness to the start of your day as you gently move and open to your breath, allowing Prana and sound to play through your body and mind, refreshing and energizing you. Be introduced to a sample practice of the Anguli Mudra Kriya, that will help centre you for the rest of the day. The Anguli Mudra Kriya is a rejuvenative tool developed by Leigh Blashki based on the use of simple hasta mudras, pranayama techniques and meditative exercises in a particular combination. Note that the full kriya and how to develop it for clients will be covered in the Friday afternoon standalone practice session.

MPS03. MORNING PRACTICE

[The Power of Collaborative Treatment Teaming: Bridging Yoga Therapy and Psychodynamic Psychotherapy for Whole Person Treatment](#)

[Elisabeth Crim, PhD](#) and [Simone Marke't, CYT, E-RYT 500](#)

Room: Nautilus

In order to achieve safe, whole, effective, and ethical treatment of individuals, certain imbalances/symptoms/diagnoses based in one or more of the five koshas may need Psychological assessment/intervention as well as Yoga Therapy assessment/intervention. *Collaborative Treatment Teaming* between Yoga Therapist and Psychodynamic Psychologist will be explored through a Yoga Practice incorporating asana, pranayama, and meditation, followed by experience-based discussion. Experiential awareness, discussion, and increased insight and understanding in bridging the treatment between Yoga Therapy and Psychodynamic Psychotherapy for more whole, effective, and ethical treatment of the individual will be facilitated. Practice will be facilitated and monitored for physical, mental and emotional safety.

MPS04. MORNING PRACTICE

[Vinyasa Krama in Tadasana](#)

[Arun Deva, DASC, AYT, E-RYT 500](#)

Room: Surf & Sand

From the Krishnamacharya lineage of Srivatsa Ramaswami, we will practice the Tadasana sequence, surya namaskaram, vishesha closing sequence, pranayama, chanting and dharana.

MPS05. MORNING PRACTICE

[Gateway to Healing: Breath Coordination and Navel Center Awareness](#)

[Sarah Goddard MS RYT-200](#)

Room: Triton

Yoga philosophy teaches that healing on all levels arises from subtle pranic forces within, particularly at the navel center. As a yoga practitioner how do you gain awareness and understanding of these energies? Key elements on this journey include refining breath awareness and coordination, and developing physical and energetic strength in the pelvic/abdominal region of the body. This morning practice will combine asana, pranayama, bandha, and mudra as a means to develop these skills and gain access to the subtle healing forces within.

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t 2. 7:30 - 9:00 AM
u BREAKFAST
r Room: Crocker Dining Hall

d 3. **1 CE for Saturday Morning Plenaries**
a PLENARY - From Research to Treatment
y 9:05 AM - 9:30 AM
Dilip K. Sarkar, MD, FACS, D.Ayur.

Yoga has evolved as one of the most reliable, authentic and efficient health care systems available in society today and an increasing number of people are practicing yoga for therapeutic purposes. Most of the therapeutic benefits are experiential and so individuals may not care about scientific research to validate their experience. However, in order for our conventional western healthcare and educational system to incorporate yoga as treatment, research demonstrating efficacy and effectiveness is necessary. Scientific research on yoga is exploring the application of yoga in clinical practice and the mechanism of underlying benefits. Yoga is here to stay and we will be exploring the data from the research to apply in our clinical treatment.

PLENARY - Research You Can Use: Mental Health
9:35 AM - 10:00 AM

Kelly McGonigal, PhD

Hear the latest findings on how yoga and meditation influence emotions, stress resilience, and cognitive function, and can assist in recovery from addiction, trauma, and other mental health disorders. Specific findings will be generalized to common practices that you can introduce to classes and clients.

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4. 10:00 AM - 10:30
AM
BREAK - EXHIBITS
Room: Merrill Hall

5. 10:30 AM - 12:00 PM
1.5 CEs CONCURRENT COMMON INTEREST COMMUNITY SESSIONS

1.

1.5 CEs Common Interest
Community Workshop #1
**Musculoskeletal and Structural
(annamaya)**
Sherry Brouman, PT, E-RYT 500
and Staffan Elgelid, PT, GCFT,
PhD

Room: TBD

**Order of presentation is
subject to change**

This session will open a dialogue among yoga practitioners working with students who are introduced to Yoga through their musculoskeletal issues. Many of these students continue to deepen their yoga practice beyond their reason for beginning. The dynamics and challenges of the overlaps between conventional medicine, physical therapy and yoga will be addressed, and trends in current and future clinical practice and research topics will be presented.

CIC #1D
**Adapted yoga therapy program for people with
Kyphosis: Indications and contraindications in
treatment procedures**

Gill Solberg
Room: TBD

CIC #1E
Adapting asana to facilitate healthy connective tissue

Anita Boser
Room: TBD

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CIC #1F

Pediatric Asana Practice Screen: A tool to assess physical transformation through yoga for special needs children

Chrys Kub

Room: TBD

2.

1.5 CEs Common Interest
Community Workshop #2
Physiological (pranamaya)
Satkirin Khalsa RYT, MD and
Richard Usatine, MD

Room: TBD

Order of presentation is subject to change

Yoga has a positive impact on health and healing in many ways including our physiological functions. These physiological functions include the following systems: respiratory, heart and circulation, gastrointestinal, neurological. Yoga has been shown to improve respiratory function in persons with asthma, decrease blood pressure in persons with hypertension and decrease seizures in persons with epilepsy. In this session, presenters will provide oral presentations on their Yoga therapy work as it relates to these important physiological systems. Presentations will be 15 minutes, with 5 minutes for questions and discussions. The format will encourage interactions and creative thinking. Drs. Usatine and Khalsa will use their medical training to keep the group grounded in the science of physiology while we explore the art and science of Yoga therapy.

CIC #2D

Yoga for MySelf: Yoga therapy for Multiple Sclerosis centered upon the individual, not the disease

Nathalie de Meyenburg

Room: TBD

CIC #2E

Introducing yoga to older adults: meeting seniors where they are safely and effectively

Carol Krucoff

Room: TBD

CIC #2F

A Preliminary Investigation of Tactile Acuity in Long Term Yoga Practitioners

Mary Flaherty

Room: TBD

3.

1.5 CEs Common Interest
Community Workshop #3
Mental, Emotional and Spiritual Health (manomaya and vijnanamaya)

Paul Copeland, MS, DO and
Richard Miller, PhD

Room: TBD

Order of presentation is subject to change

Drs. Paul Copeland and Richard Miller co-chair this CIC dedicated to exploring the art and science of Yoga therapy in the arena of mental, emotional and spiritual health, healing

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CIC #3D
[Yoga and Ayurveda for weight loss: psychological and spiritual mechanisms](#)
Tosca Braun
 Room: TBD

CIC #3E
[Restorative Yoga as an Adjunct Treatment for Eating Disorders](#)
Ann Saffi Biasseti
 Room: TBD

CIC #3F
[Yoga and its therapeutic use in Hypertension](#)
Radhika Nagrath and Surendra Mehta
 Room: TBD

4.

and well being.

CIC Question:

"What are yoga practices, which are supported by research, that enable us to manifest emotional, mental and spiritual health?"

Overview

Yoga Therapy embraces practices that are designed to restore and maintain the body, mind and senses to their natural state of balance of mental, emotional and spiritual health through the eight fundamental limbs of yoga, i.e., Patanjali. These practices are designed to reveal our inherent freedom and interconnectedness with all of life that lies beyond our mental and emotional misperceptions of separation and dissatisfaction. A bodymind restored to mental, emotional and spiritual health realizes unbounded energy, which is then available for creative expression, compassionate wisdom, skillful action and authentic living.

Presentations

Each presentation will present select current yoga therapy approaches and, drawing upon relevant emerging research, discuss their effectiveness in addressing, restoring and maintaining emotional, mental and spiritual health and well being. Presentations will address issues and challenges embracing Western and Eastern views of mental, emotional and spiritual functioning, as well as trends in current and future research. Presentations will encourage inspirational critical thinking and learning.

1.5 CEs Common Interest
 Community Workshop #4
[Inspirational and Spiritual \(anandamaya\)](#)
Susan Gould-Fogerite, PhD , Ellen Fein, LCSW

Room: TBD

Order of presentation is subject to change

In this highly experiential session, (no power points!), we will address the question, "How can I help myself and others to connect with Anandamayakosha, the Bliss body?" • Ellen and Susan will share personal journeys, knowledge and practices that facilitate experience of the true Self. Selected presenters will also share and lead us in ways that inspire and enhance the ability to connect with the bliss within.

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CIC #4D
[The Tantric Kosha model, chakras and YogaTherapy Interventions](#)
Maetreyii Nolan
 Room: TBD

CIC #4E
[Accessing love, wisdom, and bliss through divine feminine embodiment](#)
Laura Cornell
 Room: TBD

CIC #4F
[Expanding identity as a way to transcend it](#)
Stephanie Sisson
 Room: TBD

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5.

1.5 CEs Common Interest
 Community Workshop #5
[Business and Professional Development](#)
Susi Hately, B.Sc and Matthew Taylor, PT, RYT, PhD
 Room: TBD
Order of presentation is subject to change

The session will begin with a review of key issues and opportunities in developing a sustainable business model for Yoga therapy practice by the co-chairs. Following that, other peer-selected IAYT members will describe and discuss their additional innovative models and examples of delivering Yoga therapy in their community. Time will be made for group input and questions, as well as networking for forming a long-term, online community of members interested in seeing Yoga therapy become a sustainable career as well as a respected therapy.

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CIC #5D
[A yoga therapist's journey working with the Cleveland Clinic](#)
Judi Bar
 Room: TBD

CIC #5E
[Previewing business models for yoga integration in curriculum and industry](#)
Steven Szdlowski
 Room: TBD

CIC #5F
 TBD

6.

1.5 CEs Common Interest Community
 Workshop #6
[Social Action](#)
Bidyut K Bose, PhD and Molly Lannon Kenny, MC-CCC, E-RYT
 Room: TBD
Order of presentation is subject to change

This CIC session is an opportunity to present your community outreach program or similar effort serving marginalized and vulnerable children, youth, adults, and elders dealing with poverty, abuse, neglect, trauma, survivors of life-threatening illnesses, homelessness,

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substance abuse, or involvement with the juvenile justice or prison systems. Speakers will have the opportunity to share their work with others working with similar populations. Discussions will seek to identify effective programs, useful innovations and best practices. The session as a whole will encourage networking among all participants.

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CIC #6D
[Survive and thrive skills for teens and teachers](#)
Holiday Johnson
 Room: TBD

CIC #6E
[The Benefits of Yoga for Teens\(and adolescents\)](#)
Brandon Eggleston
 Room: TBD

CIC #6F
 TBD

7.

1.5 CEs Common Interest Community
 Workshop #7
[Yoga for Military and Veteran Populations](#)
Matt Fritts, MPH, E-RYT and **Sat Bir Khalsa, PhD**

Room: TBD
Order of presentation is subject to change

The goal of this workshop is to provide a platform for presenting innovative concepts, networking among peers, and interaction and dialogue among Yoga therapists who work with military and veteran populations. In addition, the workshop will address three fundamental questions:

- 1. Where have we been?: a review of SYR/SYTAR and conference organizers' activities to date in the area of military and veteran populations;
- 2. Why is this important?: context and relevance to (a) current health reform efforts related to prevention and wellness and (b) a movement spearheaded by military leadership to build "Total Force Fitness"• and
- 3. Where are we going?: infrastructure for continuing CIC discussions and activities beyond SYTAR 2011.

Note: There will be a complementary special interest group meeting for Yoga researchers in this area at the IAYT Symposium for Yoga Research (SYR 2011) at the [Kripalu Center](#) for Yoga and Health, September 23-25, 2011.

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CIC #7D
[Yoga for Amputees: A primer to reach veteran amputees](#)
Marsha Danzig
 Room: TBD

CIC #7E
[Using "the Y word" to build mental and spiritual fitness in our military: evidence-informed strategies to heal and prevent the Invisible Wounds of War](#)
Matthew Fritts
 Room: TBD

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CIC #7F

Yoga with Homeless Veterans: Humor and Respect
as Tools to Cultivate Participation

William Hufshmidt

Room: TBD

6. 12:00 PM - 2:00 PM

LUNCH & BREAK (Lunch until 1 PM)

Room: Crocker Dining Hall

1. 2:00 PM - 3:30 PM

1.5 CEs CONCURRENT TRACK SESSIONS

1. **1.5 CEs** TS01

STRUCTURAL: Neuroplastic Yoga for Chronic Pain

Lori Rubenstein DPT, PT, MAppSc, CYT and Teri Roseman, CYT, RYT-500

Rooms: Merrill

This theory and practice session will introduce the science and practice of integrating Neuroplasticity techniques into Yoga Practice for the chronic pain population. Through understanding the pathophysiology of chronic pain and the science of how Asana, Pranayama, Bhavana and Meditation affect the brain and autonomic nervous system we will deepen our ability to prescribe individual Yoga Practice sessions for our clients with chronic pain. Although the focus will on chronic pain, the information and techniques presented are relevant to all who practice Yoga.

[Course Objectives](#)

2. **1.5 CEs** TS02

PHYSIOLOGICAL: Stoking the Digestive Fire: the Key to Radiant Health

Carrie Demers, MD and Shari Friedrichsen ERYT-500

Room: Kiln

It is well known that the digestive system is the origin of good physical health. At a deeper level, the energy at the solar plexus supports digestion and assimilation on every level of our being. When the pranic force, Agni, is strong, we manifest good health, abundant vitality and a clear, calm mind. The opposite is also true: weak Agni contributes to every illness, fatigue, and mental confusion and doubt. This session aims to make these concepts a tangible reality to all who attend. The practices taught here are profound, and yet simple and accessible to every level of yoga practitioner. A great addition to the yoga therapy tool-kit!

[Course Objectives](#)

3. **1.5 CEs** TS03

PSYCHOLOGICAL: Yoga Therapy for Severe Mental Illness

Elizabeth Visceglia, MD, RYT and Leslie Daly, MS BC-DMT LCAT RYT

Room: Nautilus

Freud's inquiry into the human mind began by exploring the manifestations of mental suffering in the physical body. Over time, psychiatrists have de-emphasized this approach. Yoga therapy offers an important opportunity for reintegration of mind and body in the mentally ill. Emerging research suggests that yoga is effective in the treatment of chronic schizophrenia and mood disorders. Together we will review the nature of these disorders, limitations of current treatments, and current research on yoga in psychiatric settings. Participants will experience integrative yoga therapy interventions suitable for those suffering with severe mental illness and learn how to apply them appropriately.

[Course Objectives](#)

4. **1.5 CEs** TS04

SPIRITUAL: Scientific Validation for the Stages & Practices for Self-Realization

Nicole DeAvilla Whiting, BA, RYT

Room: Oak Shelter

This presentation will take a look at the fascinating scientific discoveries that either directly or indirectly have shown evidence to validate teachings of the vast body of Yogic scripture, philosophy and practices. Over a dozen research studies from diverse scientific disciplines including biological, psychological, physiological, behavioral, educational and physical sciences will be included. Far from sterilizing or dampening ones enthusiasm of ancient teachings, this evocative look at the scientific literature can be surprising, delightful and inspiring. The techniques that will be taught in the practice section will further inspire and inform a deeper and more productive personal and teaching practice.

[Course Objectives](#)

5. **1.5 CEs** TS05**OPEN: Yoga Based Stress Reduction in the Workplace: Program Design, Implementation and Research Findings****Gary Kraftsow, MA, E-RYT 500 and Mary Hilliker, RD, E-RYT 500, CYT**

Room: Fred Farr

This presentation will focus on the design, implementation and research evaluation of a 12 week yoga-based intervention for stress reduction developed by Gary Kraftsow for Aetna, a health care benefits company. Specific emphasis will be placed on an overview of the study, how the yoga program was developed, the rationale for the specific components of the yoga intervention, research results as available and "lessons learned" about delivering a yoga program in a corporate setting. Implications for yoga therapists and yoga teachers will be discussed.

[Course Objectives](#)

1. 3:30 PM - 4:00 PM

BREAK

2. 4:00 - 5:30 PM

CONCURRENT PRACTICE SESSIONS

3. **1.5 CEs** PS01**Neuroplastic Yoga for Chronic Pain****Lori Rubenstein DPT, PT, MAppSc, CYT and Teri Roseman, CYT, RYT-500**

Room: Merrill

This theory and practice session will introduce the science and practice of integrating Neuroplasticity techniques into Yoga Practice for the chronic pain population. Through understanding the pathophysiology of chronic pain and the science of how Asana, Pranayama, Bhavana and Meditation affect the brain and autonomic nervous system we will deepen our ability to prescribe individual Yoga Practice sessions for our clients with chronic pain. Although the focus will be on chronic pain, the information and techniques presented are relevant to all who practice Yoga

[Course Objectives](#)4. **1.5 CEs** PS02**Stoking the Digestive Fire: the Key to Radiant Health****Carrie Demers, MD and Shari Friedrichsen ERYT-500**

Room: Kiln

It is well known that the digestive system is the origin of good physical health. At a deeper level, the energy at the solar plexus supports digestion and assimilation on every level of our being. When the pranic force, Agni, is strong, we manifest good health, abundant vitality and a clear, calm mind. The opposite is also true: weak Agni contributes to every illness, fatigue, and mental confusion and doubt. This session aims to make these concepts a tangible reality to all who attend. The practices taught here are profound, and yet simple and accessible to every level of yoga practitioner. A great addition to the yoga therapy tool-kit!

[Course Objectives](#)5. **1.5 CEs** PS03**Yoga Therapy for Severe Mental Illness****Elizabeth Visceglia, MD, RYT and Leslie Daly, MS BC-DMT LCAT RYT**

Room: Nautilus

Freud's inquiry into the human mind began by exploring the manifestations of mental suffering in the physical body. Over time, psychiatrists have de-emphasized this approach. Yoga therapy offers an important opportunity for reintegration of mind and body in the mentally ill. Emerging research suggests that yoga is effective in the treatment of chronic schizophrenia and mood disorders. Together we will review the nature of these disorders, limitations of current treatments, and current research on yoga in psychiatric settings. Participants will experience integrative yoga therapy interventions suitable for those suffering with severe mental illness and learn how to apply them appropriately.

[Course Objectives](#)6. **1.5 CEs** PS04**Scientific Validation for the Stages and Practices of Self-Realization****Nicole DeAvilla Whiting, BA, RYT**

Room: Oak Shelter

This presentation will take a look at the fascinating scientific discoveries that either directly or indirectly have shown evidence to validate teachings of the vast body of Yogic scripture, philosophy and practices. Over a dozen research studies from diverse scientific disciplines including biological, psychological, physiological, behavioral, educational and physical sciences will be included. Far from sterilizing or dampening one's enthusiasm of ancient teachings, this evocative look at the scientific literature can be surprising, delightful and inspiring. The techniques that will be taught in the practice section will further inspire and inform a deeper and more productive personal and teaching practice.

[Course Objectives](#)

7. **1.5 CEs** PS05**Using Specificity of Approach to Yield Results: A Worksite Example from Aetna Viniyoga**
Gary Kraftsow, MA, E-RYT 500 and Mary Hilliker, RD, E-RYT 500, CYT

Room: Fred Farr

This presentation will focus on the design, implementation and research evaluation of a 12 week yoga-based intervention for stress reduction developed by Gary Kraftsow for Aetna, a health care benefits company. Specific emphasis will be placed on an overview of the study, how the yoga program was developed, the rationale for the specific components of the yoga intervention, research results as available and "lessons learned" about delivering a yoga program in a corporate setting. Implications for yoga therapists and yoga teachers will be discussed.

[Course Objectives](#)8. **1.5 CEs** PS06**Yoga for Managing Fibromyalgia Pain**
Shoosh Lettick Crotzer, BA, MS

Room: Evergreen

This workshop will teach ways to manage pain through breath awareness, visualizations and specific poses that can offer relief for the commonly tensed and painful areas for individuals with fibromyalgia. Pain is a sensation that is interpreted by the brain and with fibromyalgia; the signals being sent to the brain are apparently misleading with the result that overall body pain is a common and often debilitating symptom of fibromyalgia. Pain can also be a result of stress and specifically tensed muscles that are also common fibromyalgia symptoms and yoga stretches can offer relief for this as well.

9. **1.5 CEs** PS07**Samana, Digestion & Transformation**
Jaruska Solyova, MA, E-RYT 500

Room: Surf & Sand

Good digestion is a foundation for longevity, happiness and harmonious relationships. It greatly affects every level of our being, perceptions and action; including mood, health (especially immunities), and the way we process change and evolve spiritually. The sequence of asanas, pranayama and mantra facilitate *Samana prana* flow, digestive fire, luminosity, circulation, increasing awareness and clarity. A twisting "*Sushumna vinyasa*" offers a "playground" to discover how power/peace, outer/inner, *Ha/Tha*, movement/stillness, merge into Oneness. Accessing deepest spinal layers, "the core of your being", can be very blissful; making you feel light, centered, content, strong ... ready for Meditation & Transformation.

10. **1.5 CEs** PS08**Kundalini Yoga for Post-Heart Attack Depression**
Anne Taylor, PhD

Room: Curlew

Depression is frequently associated with low Heart Rate Variability, indicative of compromised autonomic nervous system performance. *Kundalini* Yoga and meditation helps rebalance the sympathetic and parasympathetic nervous systems while increasing nervous system resiliency.

Depressed cardiac patients are up to four times more likely to die of a subsequent heart attack than their non-depressed counterparts. Low impact kriyas focused on strengthening the vagus nerve may help improve cardiac patients' long-term outcome.

11. **1.5 CEs** PS09**Using a Physical Spiritual Practice to Eliminate Stress & Avoid Panic Attacks**
Fred Miller, E-RYT 500

Room: Triton

Instruction and physical practice using the holistic tools of Yoga mantra, japa, prayer, asana, pranayama, bhavana, nyasa, chanting and ritual to create a personal spiritual practice. The contents and elements used will be drawn from each individuals own spiritual path. You'll come away with a short, personal and unique practice that suits your needs.

12. 6:00 PM - 7:00 PM

OUTDOOR DINNER

13. 7:00 PM - 7:30 PM

IAYT BUSINESS & AWARDS

Room: Merrill Hall

14. 7:30 PM - 8:15 PM

[Keeping the Heart of Yoga in Yoga Therapy](#)

[Rama Jyoti Vernon](#) and [Patricia Hansen, MA, E-RYT500](#)

Room: Merrill Hall

In 1993, Unity in Yoga held a conference in the Pocono Mountains celebrating 100 Years of Yoga in America, marked from the date in 1893 when Swami Vivekananda gave the first talk on Yoga to the World Symposium of Religions in Chicago. On the stage were 12 of some of the remaining living Yogis who had brought Yoga to America. It was the first and, as it turned out, the last time they were all on stage together. Among the 12 receiving plaques and acknowledgments of appreciation were teachers like Sri Swami Satchidananda, Sri Brahmananda Saraswati, and Yogi Bhajan. Upon receiving his plaque, Yogi Bhajan turned to the audience of about 500 and said " And what are we supposed to do with these?" In his thunderous and powerful voice he then spoke of how he and his fellow Yogis had dedicated their lives to bringing Yoga to America and it was now the responsibility of the 1st generation American Yogis to exemplify and protect the heart of the Darshan of Yoga in this country.

Please join Rama and Patricia as they take you on a journey back to the heart of Yoga and your heritage as American Yogis.

15. 8:15 PM - 9:30 PM

EXHIBITS OPEN

Room: Merrill Hall

SUNDAY - September 4, 2011

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1. 7:00 - 8:00 AM

CONCURRENT MORNING PRACTICE SESSIONS

MPSU01. MORNING PRACTICE

[The Power of Partnering \(not Partner Yoga\)](#)

[Molly Lannon Kenny, MS-CCC, E-RYT](#)

Room: Triton

Yoga tends to be an exclusive practice in the west, drawing a fairly consistent demographic of fit, middle-aged white women. For people of diverse ethnic, cultural, economic and social backgrounds, even walking into a yoga studio can be intimidating, if not prohibitive. This fun, dynamic flow class will be modeled on the concept of true partnering, using inclusive and welcoming language and demonstrating a class of partnership, rather than hierarchy, in which students of all levels and backgrounds can practice together with ease and joy. Leave this class smiling and energized, with plenty of concrete ideas for inviting and maintaining a more diverse community in your home studio.

MPSU02. MORNING PRACTICE

[Growing Gratitude](#)

[Stephanie Sisson](#)

Room: Surf & Sand

Cultivating our own capacity for gratitude and our ability to see what is beautiful helps us be better therapists. Gratitude doesn't deny our difficulties, but helps us to appreciate the complexity of life and to hold ourselves in tenderness - fertile soil for the healing work of therapy. This morning practice is for all levels and abilities. Start your day by planting seeds of gratitude!

MPSU03. MORNING PRACTICE

[Changing the energy of pain: The Tantric Hatha yoga approach to chronic pain](#)

[Marlysa Sullivan](#)

Room: Fred Farr

In musculoskeletal and chronic pain syndromes, changes occur in muscular activation and neuromotor control. In the Tantric philosophy the way we think, feel and hold ourselves can create patterns in our body and mind that keep us in pain. These patterns correspond to an energy pattern and as we change our energy we can transform what is happening in the body and mind. In this morning practice we will explore asana, pranayama and meditation techniques from the Tantra Hatha Yoga tradition to work with common imbalances associated with chronic pain and to create a change in our energy that has the potential to alter our perception of who we are and how we experience the body and mind.

MPSU04. MORNING PRACTICE

[Meditation in movement – Dance Yoga](#)

[Aparna Ramaswamy](#)

Room: Kiln

Movement is an expression of the emotional experience of music and dance. Dancing while immersed in that experience is meditation and yoga. This interactive session invites participation in dance movements drawn from Bharatha Natyam (Classical Indian Dance). Traditional Indian music accompanies dancing that includes rhythm and expressive dance. While embodying the principles of ashtanga yoga, dancing has been choreographed with deliberate care to be inclusive of all participants, irrespective of their exposure to Indian dance. The meditative experience of rasa in dance is the essence of Natyam and participants are invited to sample this creative practice of yoga.

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MPSU05. MORNING PRACTICE

Vagal Nerve Stimulation, through Kundalini Yoga

Anne Taylor, PhD

Room: Nautilus

This morning practice focuses on invigorating pranayama yogic techniques to help rebalance the autonomic nervous system after a major cardiac event, or preferably as a preventative measure. They are also a great way to start the day!

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2. 8:00 AM - 9:00 AM

BREAKFAST

Room: Crocker Dining Hall

3. **1 CE for Sunday Morning Plenaries**

9:30 AM - 10:00 AM

PLENARY: What is Mental Health Missing that Yoga Provides (and How Does Yoga Do That)?

Bo Forbes, Psy.D., E-RYT500

Room: Merrill Hall

Psychotherapy is a trusted and principal tool in the quest for emotional health and self-awareness. Yet its efficacy is limited by the wide gap between mental understanding and lasting change. What creates that gap, and how does yoga narrow it? This presentation will delve into neuroplasticity, the science of change, and discuss how yoga and psychotherapy each use this science. We'll investigate how the nervous system, the body, and the art of practice can impact neuro-emotional patterns like anxiety and depression We'll discuss the principles behind several yogic interventions that balance the nervous system, access the body's wisdom, and transform how we practice.

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4. 10:00 AM - 10:30 AM

PLENARY: The Future of Yoga Therapy rests in the Past - Understand how the Classical Yoga Lifestyle completes Yoga Therapy.

Bob Butera, E-RYT, M.Div., PhD

Room: Merrill Hall

Examine the Comprehensive Yoga Lifestyle via the 5 Branches of Yoga found in the Bhagavad Gita and the Yoga Sutras of Patanjali. The five major branches of Yoga: namely, Bhakti (Devotion), Karma (Service), Raja (Meditation/Psychology), Jnana (Realized Knowledge) and Tantra (Energy/Health), comprise a comprehensive method of applying Yoga to each waking moment. Discover your Yoga "Practice Personality Type" by analyzing the branches of Yoga. This radical approach to life greatly reduces stress load and improves each level of functioning from physical to relational to spiritual.

5. BREAK

10:30 AM - 10:45 AM

6. PLENARY: Healing Ourselves, Healing Our Communities

10:45 AM - 11:15 AM

Bidyut K Bose, PhD

Room: Merrill Hall

Research on yoga therapy is confirming that yoga affects every major physical system, and is an optimal prevention and intervention strategy for many common chronic conditions. But is it possible that the impact of yoga could extend well beyond health care - to education, violence reduction and global sustainability? Come find out how yoga is transforming countless lives and healing our communities one breath at a time.

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7. CLOSING

11:15 AM - 11:45 AM

Room: Merrill Hall

8. 11:45 AM - 1:00

PM

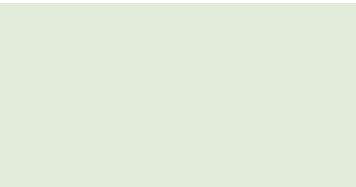
VISIT EXHIBITS

Room: Merrill Hall

9. 12:00 PM - 1:00 PM

LUNCH

Room: Crocker Dining Hall



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