

Title	Start Date & Time	End Date & Time	CE's	Category	Capacity	Description	Instructor
REQUIRED	MM/DD/YYYY 12H	MM/DD/YYYY 12H					
PTSD Trauma Training	3/12/2020 8:00 AM	3/15/2020 12:00 PM	21	Trauma Training	200	Yoga for PTSD trauma training for practioners and first responders	Marc Titus
Full Moon Meditation + Sound Healing	3/14/2020 11:00 AM	3/14/2020 12:30 PM	1.5	Energy Work	60	Participants will learn the "Wim Hof Breathing" method to start the practice with intensive pranayama. Wim Hof breathing creates an "altered state" by tapping into the natural production of DMT that we can create in our own brains. This helps to create a deeply tuned in experience and an increased ability to visualize when we head in to our meditation. After several rounds of breath, students will recline for an hour long Yoga Nidra "Journey to the Moon" where they will systematically be led through the koshas to land deeply into the sub and unconscious layers of the mind where healing can take place. Singing Bowls will be played throughout this practice to amplify this healing through vibration and sound.	Adrienne White
Vagus Nerve Tune-up with Yoga Nidra	3/14/2020 2:30 PM	3/14/2020 4:30 PM	2	Advanced Science	60	The vagus nerve connects each of your vital organs to one another, sensing and shaping your overall health. Did you know you can (and should) tune up and "tone" your vagus nerve? Low vagal tone is associated with chronic disease and inflammation. High vagal tone makes your body better at regulating blood glucose levels by resetting your immune system and switching off components that provoke stress and inflammation. Learn various bio hacks and techniques to retune, co-regulate and reboot your vagus nerve. Close with a healing yoga nidra session to lock in learning and refresh your nervous system. Bring yoga mats, pillows, blankets, water bottle, and journal.	Deborah Williamson
Self Love Guided Meditation Sound Bath	3/14/2020 5:00 PM	3/14/2020 6:00 PM	1	Sound Healing	60	This is a one of a kind experience written especially for SYF. Kathryn uses sound healing instruments and binaural beat music to gently guide you to a deep meditative state of total relaxation, unconditional love and inner peace. Bring mats, blankets and comfy socks and prepare for a one hour savasana like never before. Combining this meditative experience with the vortex energy of Sedona, is a special event you want to sign up for.	Kathryn Remati
The Journey Inward through the Koshas	3/15/2020 8:30 AM	3/15/2020 10:30 AM	2	Ayurveda	60	According to the yoga tradition, every one of us has five bodies, each made of increasingly finer grades of energy. Using the energy anatomical model of the Koshas, this yoga workshop explores the Five Energy Sheaths through basic Hatha yoga poses, yin yoga and meditation. As you witness your koshas in action, you will experience the whole of who you are. Exploring and integrating each layer helps to find optimal health and well-being.	Mimi Solaire
Yoga and Essential Oils: Harmony to the mind and body through essential oils	3/15/2020 1:30 PM	3/15/2020 3:00 PM	1.5	Aromatherapy	60	Experience the harmonizing earth elements of plants in the yoga practice with essential oils. Let the unique aromas and powerful healing powers of each plant support you to go within. The approach combines yoga with the use of essential oils to deepen and enhance the yoga practice. Students have the opportunity to experience the power of aromatherapy as a way to stay with intentional breath and focus and to facilitate releasing and softening into their practice. When we add natural, harmonizing earth element of plants into our practice with essential oils, we enhance the experience by bringing in the powerful healing energy each plant provides. Have you ever been affected by scents and odors? Scents that perhaps evoke emotions or past experiences? Baked bread goods, citrus scents etc.? When we inhale these scents, they connect to the nasal receptors that are also connected to the limbic system, the part of our brain that is related to our emotions. Beyond the ways that essential oils can support our immune system and protect us from environmental and seasonal threats, they can directly affect our emotional body. Within Yoga Philosophy, this part of our being is called "Manomaya Kosha". Manomaya Kosha takes in information from the senses and processes it. Come to this class to accelerate the ability to overcome the mind through the body. We will experience the power of essential oils to deepen our practice through our sense of smell and to accelerate the ability to overcome the mind through the body. We will smell the fresh Earth coming alive and feel our bodies remember this ancient wisdom of nature.	Natalie Macam
Yoga Therapy for Emotional Processing and Stability	3/13/2020 8:30 AM	3/13/2020 10:00 AM	1.5	Body Psychology	30	Yoga Therapy for Emotional Processing and Stability Join Yoga Therapist Jayme Sweere for a guided practice of foundational elements of 'The Evolutionary Namaskar' as taught to her by Matthew Krepps. The developmental movement series upon which this practice is based on identifies areas of instability or rigidity in the human structure when combined with sensitive and honest breath connected movements and inquiry. Determining which milestone brings instability is key for developing an efficient and effective posture practice that has the power to facilitate healing on the physical, mental, emotional, intuitional, and relational levels of the human system. This practice will end with breathing practices, restorative poses, and a guided relaxation practice to support reconciliation and integration.	Jayme Sweere
Discovering Your Realms of Being	3/13/2020 10:30 AM	3/13/2020 11:30 AM	1	Business	30	Humans are multidimensional beings living one-dimensional lives. This is meant in a very practical, not mystical or philosophical way. Our failure to distinguish the multidimensional nature of human existence robs us of physical vitality and mental clarity, impacting our effectiveness in life, relationships and work. In this session, we will engage in activities that allow us to distinguish our distinct "realms of being." The session will rely on conversation, reflection and group activities to uncover our multidimensional nature and recognize its impact in our day to day lives. By distinguishing our distinct "selves" we open new opportunities for being and action in the world. We also open new possibilities in our relationships with others and our effectiveness in our work and purpose.	Dr. Gregory Unruh
Releasing Limiting Beliefs & Trauma From The Body	3/13/2020 4:30 PM	3/13/2020 5:45 PM	1.5	Self Care	40	Have you ever been triggered by something you know isn't worth getting bothered over - but can't seem to shake it off? Do you continue to find yourself in the same patterns, over & over, despite your high level of awareness? Do you have all the understandings & education, yet there's still this massive disconnect in your body & experience? Often times, the personal development & spiritual healing we do does amazing things for our consciousness. However, the body still hangs onto the past. Why is that? Memory gets stored in the body & creates deposits in our tissues - creating aches, pains, dis-ease & upset. To truly get rid of the past & fully embody our Authentic Self, we need to incorporate the body. This workshop will take you through Julianne's path from self destruction to ultimate embodiment. She'll share with you the secrets of fully coming into your Truth & knowing yourself like never before. In doing so, you heal the deepest layers of who you are which frees you to create the life you desire & deserve. This is the ultimate transformation & upheaval.	Julianne Vaccaro
Ayurveda Psychology for Beautifully Messed Up Post-Feminist Women	3/15/2020 1:00 PM	3/15/2020 3:00 PM	2	Ayurveda	40	Ayurvedic Principles	Akshata Sheelvant
Pranic Tonic: Nourish An Active Body & Mind	3/13/2020 5:00 PM	3/13/2020 6:30 PM	1.5	Active Isolated Stret	108	As yogis our field of study is ourselves, from the outer perimeter of our physical bodies to the depth of our souls. This class takes us on a journey from our physical bodies into our minds all the way to our souls through a slow flow Integrated Vinyasa practice that emphasizes awareness and presence and culminates in a soul-stirring Yoga Nidra (guided meditation).	Gina Caputo
Happiness Can Be Learned - Breath & Mantra Meditation Experience w/live music by SUKHA	3/13/2020 10:00 AM	3/13/2020 11:30 AM	1.5	Ayurveda	108	An experiential study of sacred mantras and fundamental breathing techniques (pranayama). Including vocal techniques and why mantras work and the deep physiological effects of yogic breathing. Feel lighter, brighter and leave with tools and wisdom to integrate into your daily life!	Sukha
Grace, Gravity, Gaia and Grit	3/13/2020 8:00 AM	3/13/2020 10:00 AM	2	Trauma Therapy	60	Our body and health express unresolved stresses and traumas through certain postural/fascial shapes that contribute to pain, stress, fatigue and sleep loss along with a host of therapeutic issues we all work with yoga wise. Reshaping these postural distortions not only offers pain relief, improved health and trauma recovery, but also an opportunity to embody true awakening. This uplifting offering will: 1) increase awareness of global forces impacting posture, fascia and "how life has shaped us" that contribute to local joint pain, poor health, trauma and PTSD. 2) teach precision with asana and therapeutics based on postural and fascial shapes 3) reveal, heal and clarify energetic stressors in the "field" that are coupled with postural and fascial shapes creating pain and stress. 4) provide a more profound level of healing and transformation than simply addressing painful, local structures. This work is informed not only by my personal healing experience, but also Anusara Therapeutics, Thomas Myers Anatomy Trains, Liz Koch's Sacred Psoas work and Dr Steven Levine's trauma recovery work amongst others.	Dr Keneen Hope McN
"Managing Your Spiritual Energies"	3/13/2020 2:00 PM	3/13/2020 3:00 PM	1	Energy Work	60	The primary focus of Spiritual Energy Dynamic's "Advanced Energy Management System" is expanded human consciousness. These can be clearly and objectively assessed through a quantifiable system of vibrational attunements unique to Spiritual Energy Dynamics (S.E.D.) philosophy and methodology. Our system, at the very minimum, provides a yardstick for humans to determine where they are relative to their potential as it relates to levels of spiritual consciousness connections, I.e.: Soul, Being, Higher Self, etc. Our programs are designed to help one along the path of consciousness expansion, at the rate that the individual is ready for higher spiritual frequencies, however, first things first. One's energies must be pristine (free and clear of adverse energies, entities, blockages, interferences, etc. etc. This Lecture will introduce you to this paradigm changing concept, sharing some basic energy management techniques you can adapt right away to help manage your own energy field.	Robert Tumm &

Utilizing Yogic Practice to unlock your Divine DNA	3/14/2020 10:00 AM	3/14/2020 11:00 AM	1	Advanced Science	60	Many of our ancient practices create fertile soil for a Divine expression of the Human genome. Some of the ancient texts point directly to DNA expression and multidimensional genetics, thousands of years before scientists witnessed and decoded the DNA structure. We now see DNA as a key tool for the spirit-body interface. So how can we use our yogic practices to improve DNA expression? The quantum effects of DNA are now well known in the lab. Activation of 12 strand DNA (and beyond) is a hot topic in the awakened community. We now merge the ancient with the modern, combining sacred texts, channeled information, and modern science to promote the pure expression of our Higher Self. Sandra Walter has initiated open conversations with global DNA experts, bridging science and spirituality to create global healing. This workshop will share the foundations of DNA activation, connections to the ancient teachings, and methods for expressing your own Divine DNA. We will finish with a guided activation experience.	Sandra Walter
Vagus Nerve & the Parasympathetic Nervous System	3/15/2020 10:00 AM	3/15/2020 12:00 PM	2	Advanced Science	60	The vagus nerve is a pair of cranial nerves extending from the brain stem all the way to the internal organs. These nerves innervate virtually all of our internal organs, moving from the brain stem to the heart, lungs, digestive tract, all the way to the colon. The vagus nerves literally activate the parasympathetic nervous system. In this 2 hour workshop we will discuss the importance and role of the Vagus Nerves and how they apply to our practice.	Donna Schnoor
Evolve with Bronwyn Ison: Mind, Body, and Goals	3/15/2020 1:30 PM	3/15/2020 3:30 PM	2	Self Care	60	 “I believe when a women or man experiences a “setback” it’s truly a “setup” for she/he to EVOLVE into their truth and create the life they want to live.” Better For It Now, is a 7-Principle online program that encourages a daily morning routine, having faith in one self and/or in something higher than self, establishing/creating loving and healthy relationships, maintaining confidence, taking a stand for what you believe, turning your what “if’s” to what “is” and living your life fearlessly. The asana practice focus on confidence and the guided meditation is a reflection of moving towards our future and leaving our past behind. We will review the 7 principles through discussion and journaling.	Bronwyn Ison
Let it Go Meditation Sound Bath	3/15/2020 4:00 PM	3/15/2020 5:00 PM	1	Self care	60	During this guided meditation you will be prompted to get out of your own way and go with the flow of the universe. This is a useful experience for the micro-manager and control freak part of ourselves that needs to chill out. This deeply relaxing meditation is set to binaural beat music, accompanied by sound healing instruments from around the globe. Lie down for a beautiful journey to your true nature where flowing towards change is easy. Balance mind/body and spirit and release what no longer serves you in the most effective and gentlest way possible. Let that shit go! Bring mats, blankets and comfy socks and prepare for a one hour savasana like never before. Combining this meditative experience with the vortex energy of Sedona, is a special event you want to sign up for.	Kathryn Remati
The AIM Life™ anti-inflammatory meridian based lifestyle	3/13/2020 8:00 AM	3/13/2020 10:00 AM	2	Ayurveda	65	 A 2 hr workshop on the best research on anti-inflammatory lifestyle (including yoga, mindfulness, meditation and food as medicine)	Brooke Foreman
Science of Pranayama	3/13/2020 2:30 PM	3/13/2020 4:00 PM	1.5	Ayurveda	65	Pranayama is one of the key practices within the Yoga discipline. In addition to Asanas and Meditation, Pranayama is gaining increasing importance in the Western world. The availability of ancient literature and modern scientific evidence is sparse on this subtopic of Yoga. Dr. Sundar Balasubramanian is a pioneer in the area of salivary biomarkers combining Pranayama practice. He has been researching techniques related to Pranayama from the ancient and unique Siddha tradition. He has published scientific research papers and book on Thirumanthiram, written by Saint Thirumoolar. This workshop consisting of both theoretical and practical components is unique in combining ancient wisdom with modern science based on his first hand research. Description of the Science of Pranayama Session • The attendees will be able to • Get acquainted with the ancient literary excerpts on Pranayama. • Get to practice key exercises from both the Pranayama tradition and new exercises designed by Dr. Sundar. • Understand the biological mechanisms of Pranayama. 	Sundar Balasubraman
The Kosha’s~ Moving through our Inner Layers	3/13/2020 10:00 AM	3/13/2020 12:00 PM	2	Ayurveda	40	Every one of us has five layers, each made of increasingly finer grades of energy. The five progressively subtler bodies that compose our personality are called the Koshas. Through the kosha’s we navigate an inner journey starting from the periphery of the body and moving towards the core of the self. In this 2 hour workshop we will discuss the Kosha’s and practice moving through the layers of our own being to discover our own inner light.	Donna Schnoor
Conscious Breathing for Healing & Awakening	3/13/2020 6:30 PM	3/13/2020 8:30 PM	2	Self Care	40	Release the Physical, Mental, Emotional & Spiritual Blockages from Your Life Throughout history, cultures worldwide have provided a means for people to access non-ordinary realms for healing and spiritual growth. Breathwork is a means of inducing an altered state of consciousness through full and connected breathing. An energy charge is created in the body, and as the energy disperses, it serves to release, or to cleanse blockages, both physical and emotional. Possible experiences include; resolution and release of current problems, unresolved childhood wounds, birth memories, past life remembrances and stored trauma in the body. Many also experience encounters with the divine, transcendence of time or space, direct experiences of the primordial vibration, deep peace, unconditional love and orgasmic states. The process is gentle, safe, and loving and almost every person will have a deep moving experience. As an added benefit, Breathwork is quite healthy for the body. You will be conscious the whole time and totally in control. Please come prepared for immediate growth and a powerful experience. Benefits can include • Deepen a spiritual connection • Dissolve stress and anxiety issues • Release old baggage and disempowering beliefs • Increased levels of awareness and intuition • Heal emotional contributors to physical dis-ease • Unblock the creative process • Provide a safe and natural way to experience expanded states of consciousness • And much more..... ***NOTE: Please wear loose, comfortable clothing and bring a yoga mat or pad, blanket and pillow. It’s preferable not to eat for an hour prior. We will provide eye masks or you can bring your own.	Zach Rehder
Cultivating The Witness: Meditation Basics	3/14/2020 12:00 PM	3/14/2020 1:15 PM	1.5	Self Care	40	If you’re ready to evolve your yoga practice and begin to include meditation but aren’t sure how to start, this workshop will be a perfect launching point to demystify and learn a few techniques to help you on your evolutionary journey. Meditation is not as simple nor as frustrating as simply “quiet your mind”. With Gina’s emphasis on simplicity and clarity, this workshop will feel accessible to all beginners and provide some new perspective for more seasoned practitioners or teachers who’d like to begin offering these practices to their students. Includes illuminating lecture and a meditation practice.	Gina Caputo
Manoj class 1	3/13/2020 8:00 AM	3/13/2020 9:30 AM	1.5	Ayurveda	50	Vedanta, Dieties	Manoj Chalam
Cultivate Your Yogic Superpowers With Daily Rhythm	3/13/2020 10:00 AM	3/13/2020 12:00 PM		Ayurveda	50	Each day you make choices that impact your health, vitality and how you age. This session will introduce you to a new way of looking at your 24 hour daily cycle based on the principles of Ayurveda, “the science of everyday living”. You will learn that how you feel physically, mentally, and emotionally are ever-changing expressions of who you are. Ayurvedic + Lifestyle Medicine teaches the importance of aligning with nature’s rhythms to enhance health and vitality with simple, daily practices. This session will focus on developing conscious habits based on your own personal identity evolution and desire for change on and off your yoga mat. When you eat, when you sleep, when you move your body all impact your health, vitality and how you age. Start to align your daily rhythms with nature and tap into clarity, potential, and possibility. Take home practical tips you can use right away to align with nature’s rhythms, age with grace and tap into your optimal energy. 	Rachel Peters
Self Love Talking Circle; traditional talking circle with meditation/writing/sharing	3/14/2020 8:00 AM	3/14/2020 9:30 AM	1.5	SelfCare	50	Enlightend Self Care Circle	Eva Maurice
Manoj talk 2	3/14/2020 9:45 AM	3/14/2020 10:45 AM	1	Ayurveda	50	Vedanta, Dieties	Manoj Chalam
The Siddhis: Activating Our Supernatural Gifts	3/14/2020 2:30 PM	3/14/2020 4:00 PM	1.5	Ayurveda	50	Experiential workshop that offers guidance on activating what we know as the “Siddhis” or “Supernatural Gifts”. Discussion is followed by guided meditation, clearing and activation experience.	Isabella Greene
Vedic Astrology	3/15/2020 9:00 AM	3/15/2020 10:30 AM	1.5	Ayurveda	50	Jotisha, Ayurveda	Dennis Harness
Connective Issues	3/14/2020 8:30 AM	3/14/2020 10:30 AM	2	Trauma Training	60	At the core of this workshop it’s about what humans really need: connection. The first goal is to feel comfortable with touch and begin to flow with the movements presented to you. You will be exposed to a variety of yoga and martial arts preparatory exercises which require partners and teamwork! The second aspect of this training will incorporate yogic philosophy into every component. There will be a lot of fun and, physically, you will find things out about yourself you’ve perhaps never encountered but the undeniable influence is in what yoga teaches us about connection and rejection. The third goal of the workshop is that you will walk away with a deeper understating of fasting; what it is and why you would want to do it. This may seem counterintuitive as a trauma yoga workshop but I believe touch to be healing and necessary for many of us who have been traumatized to learn how to reconnect with ourselves and the world around us. When is the time to connect and when is the time to withdraw? 	Luke Andresen