

Kripalu ^{16th annual} yoga teachers conference

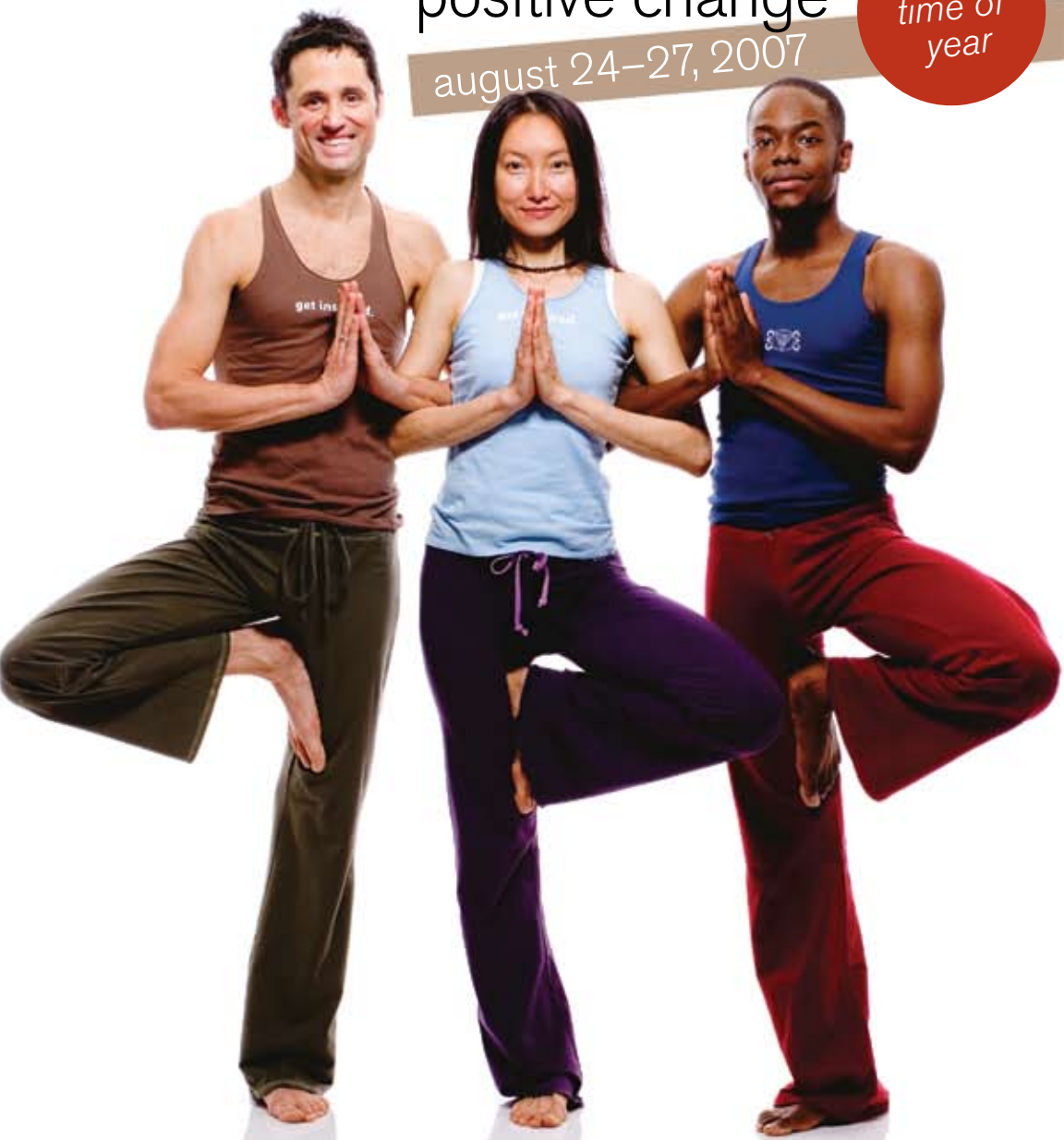
onto the mat and
into the world

yoga

for
positive change

august 24–27, 2007

new
time of
year

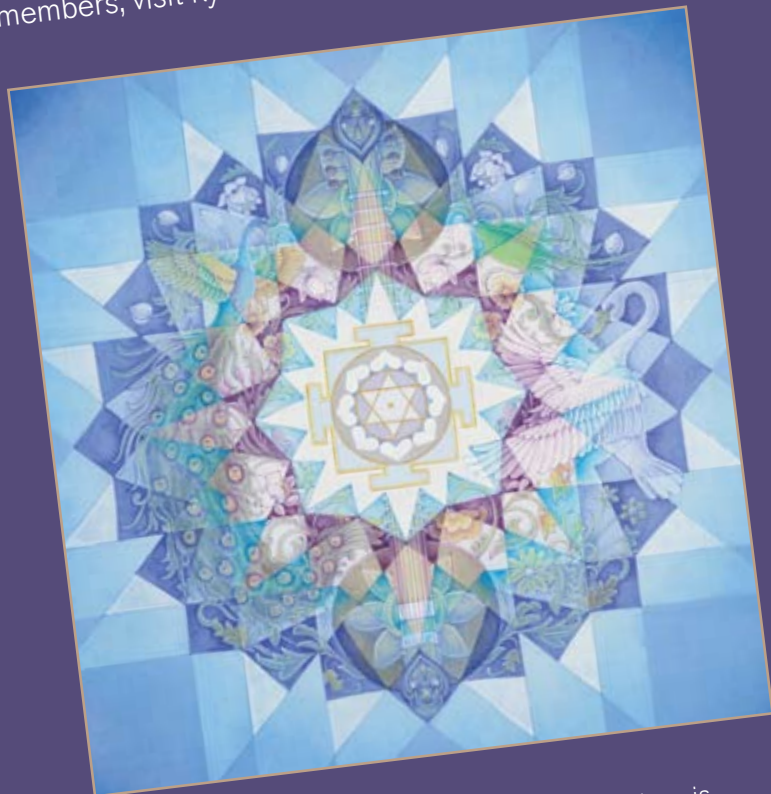


Kripalu | yoga teachers association

Training, Inspiration, and Community

Open to yoga teachers of all traditions.

With more than 30 years' experience in yoga teacher training and more than 8,000 teachers trained, Kripalu Center and the Kripalu Yoga Teachers Association (KYTA) continue to excel in supporting the needs of yoga teachers throughout the world. For more information about KYTA and the benefits we offer to members, visit kyta.org online.



This year's conference icon is the Saraswati Yantra mandala, representing the goddess of knowledge, music, and the creative arts. Inspired by this beautiful symbol, the conference will uplift us with song, chanting, drumming, and sound meditation.

The Saraswati Yantra mandala is by Pieter Weltevrede. You can see more of Pieter's art at www.sanatansociety.com.

welcome...



Dear yoga teachers,

What makes you happy? What brings a sense of thriving and fulfillment to your life? For me, it's a combination of personal, professional, and spiritual growth, the feeling that my relationships, my practice, and my work in the world are all evolving. On the days when I feel that balance and growth, I am filled with zest for life—a zest that communicates itself to my students, my co-workers, my family and friends, even people I pass on the street or in the halls at Kripalu.

The KYTA conference is designed to offer that experience of joyful balance and evolution—on and off the mat—with a combination of professional development, spiritual attunement, depth practices, and ecstatic celebration. We've brought together a group of teachers who are actively engaged in exploring how yoga philosophies and techniques transform our lives and the lives of our students. There will also be time for reuniting with old friends and making new ones. And because we've scheduled the conference in August this year, you'll be here to enjoy cooling swims in Lake Mahkeenac and lovely late-summer evenings, along with hikes in the fresh mountain air, nourishing food, and daily yoga classes. It's also a perfect time to bring the kids—check out page 9 for a description of the children's program that will be going on during the conference weekend.

Our workshop presenters include creative instructors who are developing new and intriguing ways to approach the practice and teaching of yoga, as well as pioneering teachers who are introducing yoga to those who need it most, where it offers real-life support and solutions. You'll find a wealth of information on how to do what you love and be of service, bringing yoga to prison inmates, hospice residents, and people recovering from addictions, eating disorders, and trauma. Our keynote speakers—Priti Robyn Ross, Dinabandhu Garrett Sarley, and Shobhan Richard Faulds—each steeped in the Kripalu lineage, are taking us forward into the future of Kripalu Yoga with wisdom and humility.

Yoga does happen on the mat. It also happens in every moment of daily life. Come live your yoga with us.

Vandita

Vandita Kate Marchesiello, KYTA Director

[conference sponsors](#)



conference at a glance

friday, august 24

- 2:15 pm Check-in
- 4:15 pm Yoga classes
- 5:30 pm Dinner/Orientation for first-time participants

opening session

Celebrate! KDZ, The Drummers at Kripalu
Welcome Vandita Kate Marchesiello, conference director
[keynote] Onto the Mat and Into the World: Yoga for Positive Change
Priti Robyn Ross
Sound Meditation Bhavani Lorraine Nelson

saturday, august 25

- 6:30 am Yoga classes with conference presenters
- 7:30 am Breakfast
- 9:00 am–noon **morning workshops** [choose one]

- **Yoga Nidra: The Art and Science of Integrative Restoration (iRest)** Richard Miller (SAT-AM01)
- **Yoga for Women Recovering from Addictions** Sherry Ryan (SAT-AM02)
- **Yoga Incorporated: Taking Yoga into Corporate Environments** Tevis Gale (SAT-AM03)
- **Megayoga: Yoga for Plus-Size Students** Megan Garcia (SAT-AM04)
- **Anatomy Principles to Expand Your Experience** Grace Jull (SAT-AM05)
- **Nourishing Body and Soul with Yin Yoga** Brahmani Liebman and Jashoda Edmunds (SAT-AM06)
- **The Art of Shaping Space: Customizing Meditation Training for Unique Populations** Sudhir Jonathan Foust (SAT-AM07)

community sessions

- 12:30–1:30 pm **Greening Your Yoga Business** Laura Cornell
- Deep in the Heart of Taxes: Accounting for Your Yoga Business** Robin Abrett
- Build It and They Will Come: Boosting Your Class Attendance** Joan Dwyer

afternoon workshops

- 2:00–5:00 pm [choose one]
- **Rhythmic Rejuvenation: Drumming and Yoga** Shaun Laframboise and Allison Gemmel (SAT-PM01)
- **Ashrams Behind Bars: Yoga for Prison Inmates** Eva Seilitz (SAT-PM02)
- **Postnatal Yoga: Nurturing the Mother-Baby Bond** Martha Chabinsky (SAT-PM03)
- **Yoga Beyond Asana: The Inner Journey** Fran Ubertini (SAT-PM04)
- **Yoga, Rhythm, and Soul: Using Music to Enhance the Yoga Experience** Deva Parnell (SAT-PM05)
- **The Art of Assisting** Priti Robyn Ross (SAT-PM06)
- **Sitting at Babuji's Feet: Teachings of the Kripalupanishad** Hansa Knox Johnson (SAT-PM07)

5:30 pm

Dinner

evening event

- 7:30–9:00 pm **The Primal Thread: Percussion and Poetry** John de Kadt
- [keynote] Full Expression: The Essence of Karma Yoga**
Dinabandhu Garrett Sarley
Music for Body and Soul Chris Brenne

sunday, august 26

- 6:30 am Yoga classes with conference presenters
- 7:30 am Breakfast
- 9:00 am–noon **morning workshops** [choose one]

- **Journey to the Source of Teaching** Brahmanand Don Stapleton, Amba Stapleton, and Devarshi Steven Hartman (SUN-AM01)
- **Sharing the Work You Love: The Yoga of Right Livelihood** Tama J. Kieves (SUN-AM02)
- **Claiming Grace: Yoga in the Prevention and Treatment of Eating Disorders** Lisa Sarasohn and Deborah Klinger (SUN-AM03)
- **Introduction to CircusYoga™ Teacher Training and Practice** Kevin and Erin Maile O'Keefe (SUN-AM04)
- **Nāda Samudra: The Ocean of Devotional Sound** Shantala (Benjy and Heather Wertheimer) (SUN-AM05)
- **Greening Your Yoga Teaching** Laura Cornell (SUN-AM06)
- **Ashtanga Yoga, Kripalu Heart** Sheila Magalhaes (SUN-AM07)

community sessions

- 12:30–1:30 pm [choose one]
- Yogagaia: The Yoga of Earth and Kosmic Consciousness** Hasita Agathe Nadai
- Turning Water into Words** Grace Jull

afternoon workshops

- 2:00–5:00 pm [choose one]
- **Mantra, Tantra, Mudra, Bandha** Shivananda Thomas Amelio (SUN-PM01)
- **Weaving Inspirational Themes into Your Yoga Classes** Danny Arguette and Anjali Budreski (SUN-PM02)
- **Essential Sanskrit for Chanting and Asana** Cynthia Snodgrass (SUN-PM03)
- **Bone Camp: Advanced Movement Concepts for Skeletal Health** Sara Meeks (SUN-PM04)
- **Yoga, Post-Traumatic Stress Disorder, and the Mind-Body Connection** Lucy Wagner (SUN-PM05)
- **Bringing Comfort: Yoga for the Seriously Ill and Dying** Stephanie Hager (SUN-PM06)
- **Yoga for Life: 21 Days of Yama and Niyama** Sonya Thomlinson and Harshad Jeff Thomlinson (SUN-PM07)

5:30 pm

Dinner

evening event

- 8:00–10:00 pm **Kirtan** Shantala (Benjy and Heather Wertheimer) with John de Kadt on drums and Steve Gorn on flute

monday, august 27

- 6:30 am Yoga classes with conference presenters
- 7:30 am Breakfast
- 9:30–11:30 am **closing session**

Chanting Shivananda Thomas Amelio
[keynote] The Kripalu Lineage: A Fresh Perspective
Shobhan Richard Faulds

conference registration and information

Online at kyta.org
 Call 800-741-7353 in the United States.

International and local area, call 413-448-3152.

Registration hours:

Monday–Friday
 9:00 am to 7:30 pm

Closed Tuesday
 2:00–3:30 pm

Saturday and Sunday
 9:00 am to 5:00 pm



why come?

learn how to bring yoga to unique populations

- Plus-size students
- Incarcerated men and women
- Postnatal women and their babies
- Women in recovery from drug and alcohol abuse
- People with post-traumatic stress disorders
- Seriously ill and dying
- Children
- Seniors
- People in the workplace

deepen your personal practice and grow your classes

- Kripalu, Ashtanga, and Yin Yoga
- Yama and niyama
- Sanskrit
- *Kripalupanishad*
- The Yoga of Right Livelihood
- Yoga nidra with special guest teacher Richard Miller

celebrate in song and dance with

- Shantala
- KDZ, The Drummers at Kripalu
- Chris Brenne
- John de Kadt
- Bhavani Lorraine Nelson
- Parul Vakani
- Steve Gorn
- Shivananda Thomas Amelio



yoga teacher expo

A formal networking space, where conference participants can display their materials and promote their businesses, will be available. To take advantage of this complimentary service, bring your business cards, brochures, and flyers (8.5"x11" or smaller) for display. There will be no direct sales at the expo.

As a KYTA member, I have a great sense of belonging. It's a loving community that offers exceptional support. The conference provides training that allows me to grow my yoga classes. Thank you! —Maddy E.



imagine...

a yoga teachers
conference in a
place that fully
supports your
yogic lifestyle.

- inspired
learning
- healthy food
- body
connection
- daily
practice
- nature
- community
- time for
reflection



integrate your conference experience.

book a kripalu healing
arts session.

Kripalu Healing Arts
are a powerful addition
to your conference ex-
perience, helping you
access deep levels of
relaxation so that the
body's intelligence can
take over and guide
itself into healing. Our
professional thera-
pists are renowned
for combining expert
technique with caring
presence to facilitate
just the right experi-
ence for you.

Descriptions and fees
listed in the Kripalu catalog
and on Kripalu's website.

**KYTA members receive
a \$5 discount** on all
Healing Arts sessions.

To schedule an
appointment,
888-738-1822.

Sessions fill early.
Please book in advance.



eat well.

Your meals at Kripalu
are prepared by people
who care deeply about
the health of our bodies
and the planet—and
they are passionate
about creating engag-
ing, flavorful food.

The Kripalu Kitchen
uses high-quality, all-
natural ingredients to
offer an array of nutri-
tionally sound choices
at every meal. Whole
grains, fresh vegetables,
and legumes form the
backbone of the menus,
with organic poultry,
fish, and dairy products
as supplemental protein
sources for those who
prefer them.

Fresh salad fixings
and a selection of deli-
cious salad dressings
are always available, as
are our famous freshly
baked breads. Addition-
ally, a macrobiotically
influenced Buddha Bar
offers legumes, brown
rice, sea vegetables, and
other simply prepared
options.



experience nature.

Connection to nature is
one of the most power-
ful and accessible ways
to experience the energy
of life. The awe-inspiring
beauty of the natural
world feeds our souls and
invigorates our bodies.
Being in nature also helps
us to find our natural
rhythms and to establish
a dynamic relationship
between being and doing.

At Kripalu, you'll find
walking trails, hiking trails,
and a lakefront beach for
summer sun and splash-
ing around. You can also
enjoy an outdoor meal
on the terrace with one
of the best views in the
Berkshires.

come
early.
stay
longer.

Make the most
of your visit to
Kripalu...

Take a
professional-
level program
before or after
the conference.

See page 28
for options.



bring the kids...

august 24-27
friday—monday

**Summer Bliss
for Kids**
Nandinii Nikki Esty
and
Anita McFarlane

Tuition: \$235. Add 3
nights children's hous-
ing; see Kripalu catalog
or website for rates.
For kids ages 5–12.

Join us for a weekend of
art, yoga, dance, theater
games, sports, and lots
of fun in the sun. Kids
will play at the lake,
make a yoga sculpture
garden, do body paint-
ing, move to music,
create clay sculptures,
and make jewelry. Our
activities will be photo-
graphed for a family
slideshow on Sunday.

Note Children in
this program must be
accompanied at Kripalu
Center by a parent/
adult who is registered
for a program or R&R.
Please see Kripalu's
catalog or website for
more information about
kids at Kripalu.





Yoga teachers today need a supportive community in which to exchange ideas,
learn from their peers, and feel a sense of belonging to a greater community.
The conference provided that for me. Thank you! —Amanda

friday evening, august 24

opening session

7:30–9:00 pm

Celebrate!

KDZ, The Drummers at Kripalu

What better way to kick off our weekend celebration than with the jubilant energy of KDZ? Let everything go except the beat of the drums and the rhythms of your body and soul as we come into this moment together. Reunite with old friends, connect with new ones, and remember past conferences with the help of our giant slideshow.



KDZ, The Drummers at Kripalu, is a six-member ensemble that makes music for movement and dance. Their songs and sounds are interpreted from the rich musical traditions of Africa and the

Caribbean. Based in western Massachusetts, they play for DansKinetics® classes, drum circles, and special events at Kripalu, as well as many other venues. They recorded the CD *KDZ, The Drummers at Kripalu Live* and are featured on the KYTA resource CD, *Power and Grace*. www.kdzdrum.com

Welcome

Vandita Kate Marchesiello

Bringing her warmth, joyous energy, and 30 years of experience as a teacher and presenter, Vandita will welcome us all into this space and our time together. Throughout the conference, she'll weave together each day's themes and events, helping us to integrate our experiences and learning as we open our hearts and minds to all this weekend has to offer.



Vandita Kate Marchesiello, RYT, has served Kripalu as a member of the Board of Trustees, as the director of the Albany (New York) Kripalu Yoga Center, and currently as Director of KYTA as well as a senior Kripalu teacher. She oversees the development of Kripalu Affiliate Studios across the country and manages Kripalu's Teaching for Diversity program, for which she created the benefit CD, *Transform, Relax, and Rejuvenate*. www.kyta.org



[keynote]

onto the mat and into the world: yoga for positive change pritti robyn ross



We all know that yoga has the power to transform lives. We've felt it in our own lives and seen it in our students. Though we've traveled different paths to becoming yoga teachers, what we share is the urge

to make this world a better place, one student at a time. This weekend we'll enhance our personal practice and teaching skills as we gather to think out of the box, exploring ways to spice up our classes, heal our communities, and provide support for specific populations. To kick off the weekend, Priti will share her own journey, inspiring you to listen closely to your heart's call. When it comes to bringing forth your unique vision of yoga to make a positive change in this world, the possibilities are limitless!

Priti Robyn Ross has been a teacher of Kripalu Yoga for more than 14 years and a practitioner for more than 20. A professional-level Kripalu Yoga teacher and Integrative Yoga Therapist, she codirects Kripalu and Prana Yoga teacher trainings and has created yoga programs for New York City hospitals and corporations. A former member of the KYTA Board of Advisors and former director of the New York Kripalu Center, Priti has contributed chapters on yoga therapy to two major medical textbooks. www.lifeeasyyoga.com

Sound Meditation

Bhavani Lorraine Nelson

Bhavani's soothing, healing voice and spirit will purify, energize, and calm your entire being as she offers a sound meditation, opening each of us to the possibilities of our conference experience.



Bhavani Lorraine Nelson leads experiential workshops and seminars in meditation, transforming stress, and the power of sound-ing, including the spoken voice, singing, and chanting. She has taught around the country and in Canada, Japan, and Iceland. A singer/songwriter, Bhavani has recorded many albums of songs, chants, and vocal experiences, as well as a series of instructional CDs on meditation called *Meditation Made Possible*. www.souflightunlimited.com



saturday, august 25

morning workshops

9:00 am–noon [choose one workshop]

Yoga Nidra: The Art and Science of Integrative Restoration (iRest) (SAT-AM01)

Richard Miller

Yoga nidra is a transformative practice that leads to lasting psychological, physical, and spiritual healing through the release of long-held patterns, bringing us closer to living a life free of conflict and suffering. In its ultimate form, yoga nidra points to our true nature as non-dual Presence. This workshop explores yoga nidra as a personal practice, as a technique that can be taught to individuals and groups, and as an approach to addressing physical and mental-health issues. This dynamic learning experience will include a comprehensive overview, interactive dialogue, and an in-depth experience of yoga nidra.

Note CEUs are available for teachers and mental-health practitioners (Yoga Alliance, MCEP, MFT, LSW, and RN).



Richard Miller, PhD, author of *Yoga Nidra: The Meditative Heart of Yoga*, is a contemporary spiritual teacher of non-dualism. He is the president of the Center of

Timeless Being, copresident of the Institute for Spirituality and Psychology, and cofounder of the International Association of Yoga Therapy. Richard conducts research on the effects of yoga nidra on various populations, including soldiers with post-traumatic stress disorder, the homeless, and the elderly. www.nondual.com

Yoga for Women Recovering from Addictions (SAT-AM02)

Sherry Ryan

When self-created limitations and fears are released, freedom from desire is the natural result. The emphasis of this class is on a chakra-based approach to healing core addictions and their root causes, using a rehabilitative model that includes asana, pranayama, kriyas, mudras, mantras, and discussion. Yoga teachers interested in working with women in the recovery community will gain a clear, working understanding of the body-mind-spirit connection and the path to true healing.



Sherry Ryan is the founder and director of Providence Healing Arts. A licensed massage therapist and graduate of the Kushi Institute of Macrobiotics, she has

20 years of experience in the study of Oriental visual diagnosis and alternative nutritional therapies. Sherry has studied yoga for 33 years and practices Kriya Yoga.

Yoga Incorporated: Taking Yoga into Corporate Environments (SAT-AM03)

Tevis Gale

Taking yoga into corporate environments allows us to honor those teachings, to reach new populations, and to build a following for our yoga classes. But how do we successfully navigate the complexity of corporate culture, protocol, and values? In this workshop, you will learn guidelines for effectively conveying the ancient practice of yoga into contemporary workplaces without sacrificing the spiritual and philosophical aspects of the practice.



Tevis Gale is a multi-certified yoga instructor specializing in balancing life and work. The founder of Balance Integration, serving companies including

Yahoo, Google, Disney, and Viacom, she is a member of the advanced management faculty at New York University, where she teaches yoga-based Business Creativity and Mastery. Tevis earned the moniker "Corporate Mindfulness Guru" in the best-selling series Megatrends. www.balanceintegration.com

Megayoga: Yoga for Plus-Size Students (SAT-AM04)

Megan Garcia

More than half of all Americans are now overweight, and some of them are coming to your yoga classes! How do you modify postures for these students? How do you make them feel welcome? This workshop will give you the tools to assist your plus-size students in a skilled and loving way. We will explore

- Using props such as yoga ties, chairs, and the "moving the flesh" technique
- How to seamlessly integrate props into a class
- Body image exploration through creative drawing and dialogue
- Journaling, co-listening, and other integrative ways to create sacred space.

We'll also have time for a lively Q&A addressing your specific questions about serving this population.



Megan Garcia is a plus-size yoga teacher and professional model. She is the creator of the *Just My Size* Yoga DVD and author of *Megayoga*, a guide to yoga for plus-size women. She teaches in New York City and northern New Jersey. www.megayoga.com

Anatomy Principles to Expand Your Experience (SAT-AM05)

Grace Jull

Gain an accessible and practical understanding of anatomy principles through experience and instruction of asanas. Befriend your body on a whole new level by exploring it from the inside. Through lecture and through practicing the Pigeon and the Spinal Twist, we'll explore

- Bones—proportions and factors for the three basic regions of hips, spine, and shoulders
- Muscles and fascia—exploring positional therapy and fascial lines, or "anatomy trains," in asana
- Organs—how the body is carried by the inner expansion of organs, as opposed to outer suspension from muscles.



Grace Jull has presented transformational, experiential workshops since 1985. Through her own yoga practice, working with clients, and teaching massage and yoga, she offers accessible conceptual frameworks to transform how we inhabit asanas. She is featured on the KYTA resource CD *Turning Water into Words*.



“

The workshops I attended will help me integrate new asanas, chanting, and information pertinent to my students. Thank you, KYTA! For 15 years, you've been leading the way. —Amy S., Arizona

morning workshops (continued)

9:00 am–noon [choose one workshop]

Nourishing Body and Soul with Yin Yoga (SAT-AM06) Brahmani Liebman and Jashoda Edmunds

Yin Yoga is a perfect complement to an active life and yoga practice. This contemplative workshop will be a time of deep inquiry as you experience how awakening prana impacts our mental and emotional states and how the stillness of meditation allows unfolding and transformation. You'll learn the principles of Yin Yoga as an energy-enhancing and meditative practice, the four foundations of mindfulness, and how to integrate pranayama into postures to enhance the experience. We'll heighten prana, or chi, with passive holding of postures, helping to create a container for an authentic meditation experience and nourishing the meridian system, connective tissues, bones, and joints.



Brahmani Liebman and **Jashoda Edmunds** are certified professional-level Kripalu Yoga teachers and members of the Kripalu Yoga Teacher

Training team. Their combined background also includes training in Phoenix Rising Yoga Therapy, Reiki, Cranial Sacral Therapy, and Ayurveda. Creators and directors of Journey into Yoga: Yoga Teacher Training (RYS), they bring a total of 40 years of experience in teaching, training yoga teachers, and leading workshops and retreats. Their CD, *Journey into Yoga: Awakening the Spirit*, is available in the Kripalu Shop. www.journeyintoyoga.com

The Art of Shaping Space: Customizing Meditation Training for Unique Populations (SAT-AM07) Sudhir Jonathan Foust

The Kripalu approach to teaching yoga develops your capacity to respond to different populations with creativity, an open heart, and the courage to inhabit the consciousness into which you are inviting your participants. As with teaching yoga, teaching meditation requires flexibility and awareness. This workshop will offer tips and tools for customizing your techniques for teaching meditation so they'll fit a variety of populations. Whether you want to add more meditation to your yoga classes, offer workshops that include meditation, or teach meditation to specific populations, you'll come away with new tools for teaching this essential practice for cultivating the awakened heart and mind.



Sudhir Jonathan Foust is cofounder of the Mindfulness Training Institute of Washington DC and conducts retreats and seminars that focus on cultivating embodied awareness. A senior teacher and former president of Kripalu Center, he has practiced yoga and meditation for more than 30 years and has recorded two guided meditation compilations, *Energy Awareness* and *High Energy Living*. www.jonathanfoust.com and www.mindfulnessstraining.org

ing embodied awareness. A senior teacher and former president of Kripalu Center, he has practiced yoga and meditation for more than 30 years and has recorded two guided meditation compilations, *Energy Awareness* and *High Energy Living*. www.jonathanfoust.com and www.mindfulnessstraining.org



community session

12:30–1:30 pm [choose one session]

Greening Your Yoga Business Laura Cornell

More than 50 yoga studios across the country are participating in the Green Yoga Association's Green Studios Program. Find out what specific steps they are taking to green their businesses and to foster ecological consciousness, reverence, and action in the yoga community. You'll also learn more about the Green Yoga Association, which sponsors an annual Green Yoga conference.



Laura Cornell, PhD, is founder of the Green Yoga Association, director of the annual Green Yoga conference, and developer of the Green Yoga Teacher Leadership Program. A certified professional-level Kripalu Yoga teacher, she has been teaching yoga and leading workshops for 12 years. www.greenyoga.org

Deep in the Heart of Taxes: Accounting for Your Yoga Business Robin Abrett

Whether you're a studio owner or an itinerant teacher, you'll get all your tax questions answered in this hourlong session. Yoga teacher and accountant Robin Abrett will address

- The structure of your business
- How income and expenses are defined
- What is subject to sales tax
- Employee versus independent contractor status
- Benefits, including health insurance and pensions.

Robin Abrett is a certified professional-level Kripalu Yoga teacher and a partner in the accounting firm of Baron and Abrett, Inc. She has 10 years' experience teaching yoga and 25 years of experience in accounting and tax preparation for small businesses and individuals.

Build It and They Will Come: Boosting Your Class Attendance Joan Dwyer

Does your studio and/or your class attendance need a boost? Would you like to have more students and fuller classes? Learn simple ways to evaluate your strengths and weaknesses and to attract new students. Be inspired to revisit your grand vision and take action steps to manifest it. The first 10 students who arrive for the session may schedule a 15-minute consultation with Joan that day.



Joan Dwyer operates the Kripalu Affiliate Studio All That Matters in Wakefield, Rhode Island, which has grown from a small studio to include a retail shop, extensive workshop offerings, and a health-service team. www.allthatmatters.com



There is so much for everyone at this conference. Music, knowledge, a sense of community among yoga teachers, and lots of love. It's fantastic! — Sandy W.





saturday, august 25

afternoon workshops

2:00–5:00 pm [choose one workshop]

Rhythmic Rejuvenation: Drumming and Yoga (SAT-PM01) **Shaun Laframboise and Allison Gemmel**

Come play with us as we explore two of the oldest meditative mediums in existence: drumming and yoga. Each is a powerful vehicle for awakening prana, expanding awareness, and cultivating transformation. In combination, their effects can be profound. We'll begin by opening and raising energy through drumming, then turn inward with yoga movement and a yoga nidra experience. During our time together, you will

- Learn basic hand drumming techniques and rhythms to bring into your yoga world and use in any rhythm-sharing experience
- Come to understand the deep connection between yoga and drumming and ways that they complement and enhance each other
- Tap into the joy of community drumming
- Rekindle the primal spark within, cultivating your inner fire to inspire your ever-blossoming yoga practice and teaching.



Shaun Laframboise and Allison Gemmel thrive on sharing drumming and yoga with others. They are founders of Handsdown Drumming, whose mission is to spread the joy of rhythm-making and community through drum circles, workshops, after-school programs, and more. They are also active members of KDZ, The Drummers at Kripalu, a six-member ensemble that plays for Kripalu's DansKinetics® classes and Saturday night concerts. A percussionist for nine years and a certified Kripalu Yoga teacher, Shaun coleads eight-week drum courses and offers private drum classes. Allison is a certified professional-level yoga teacher at Kripalu who has played music since the age of five and has focused her musical passion on drumming for the past five years. She also owns Prasada Jewelry, a yoga-inspired jewelry line. www.handsdown.org and www.prasadaspirit.com

Ashrams Behind Bars: Yoga for Prison Inmates (SAT-PM02) **Eva Seilitz**

Can yoga and meditation help convicted criminals change their lives and achieve a sense of personal and social responsibility? Eva Seilitz set out to answer that question by studying the effects of yoga practice on male criminals in the prison of Norrtälje, Sweden. The results: most of the inmates who participated were inspired to bring greater meaning into their lives. In this workshop, you'll experience a typical prison yoga class and learn about prison yoga projects around the world. Eva will share tools for teaching yoga to prisoners as well as moving stories of transformation in the "prison ashram," a world in which she found a surprising measure of love, compassion, and joy.



Eva Seilitz is a community health developer in Sweden, where she teaches yoga to prisoners. Following her landmark study in the Norrtälje prison, she is now paving the way for a national rehabilitation program of yoga and meditation within the Swedish Prison and Probation Service. www.evaseilitz.com

Yoga Beyond Asana: The Inner Journey (SAT-PM04) **Fran Ubertini**

Yoga practice and its effects are uniquely personal. As you travel on this inner journey, experience the subtle aspects and deeper levels of practice through the use of breath and movement, pranayama, chanting, and gesture. Our practice will involve the integration of body, breath, and mind, allowing us to move step by step from the external to the internal. We'll explore linking breath to movement, applying sound to asana and pranayama, and using simple chanting, paired with gesture, as an active meditation. You'll go home prepared to use these tools to awaken your own and your students' potential for transformation and spiritual growth.



Fran Ubertini is the director of Yoga for Wellbeing in Goshen, New York, a school dedicated to the teachings of Krishnamacharya and T.K.V. Desikachar. Certified through the Krishnamacharya Healing and Yoga Foundation and the American Viniyoga Institute, Fran directs teacher trainings and is continuing her studies with Sonia Nelson in Santa Fe, New Mexico. www.yogaforwellbeing.org

Postnatal Yoga: Nurturing the Mother-Baby Bond (SAT-PM03) **Martha Chabinsky**

The childbearing year is a transformational one. With so many "experts" telling her how to birth and raise her child, it can be hard for a mother to listen to her inner voice of wisdom. Through yoga, women learn to trust their body's wisdom to birth and care for their babies. We will look at asana, pranayama, and meditation practices that can strengthen the parent/child bond, deepen intuitive parenting skills, and help balance activity and rest. Yoga for babies focuses on the natural physical and intellectual developmental progress, allowing them to feel their bodies moving freely in space. For mothers, yoga practice helps them to reclaim their bellies and remember good posture habits while lifting and carrying their little ones. You'll take home a better understanding of how to ameliorate the physical effects of caring for a newborn and tips on how to create a lesson plan for new mothers.



Martha Chabinsky is a certified Kripalu Yoga and prenatal yoga teacher who incorporates her training in therapeutic touch and guided imagery into her teaching. A practitioner of yoga for more than 15 years and meditation for more than 35 years, she teaches specialized workshops for labor and childbirth education instructors.



This conference was a ray of sunshine. A welcome wind of change. An inspiring, heart-filling, beautiful community event. I feel lighter, profoundly grateful to Kripalu, and ready to carry out the message.

—2005 conference participant



afternoon workshops (continued)

2:00–5:00 pm [choose one workshop]

Yoga, Rhythm, and Soul: Using Music to Enhance the Yoga Experience (SAT-PM05)

Deva Parnell

Whether it's lyrical, upbeat, or soulful, music can set the mood for the entire yoga experience. Music welcomes students into the sanctuary of the yoga class, soothes frazzled nerves, and enhances body awareness. Rhythms and chants support and uplift us in active and challenging postures. Slower, soulful music and drones take us into the internal aspects of practice. Finally, music completes the integration process as students move back into their lives relaxed and renewed. In this workshop, you will

- Experience the power of yoga enhanced by music and rhythms
- Determine the music to best enhance each part of a yoga class
- Create lesson plans and playlists using your favorite music.



Deva Parnell, a yoga teacher, program facilitator, and curriculum developer for more than 20 years, has been instrumental in the development of Kripalu Yoga and Kripalu Yoga Teacher Training. She is also founder and director of Discovery Yoga, a Kripalu Affiliate Studio. www.discoveryyoga.com

Sitting at Bapuji's Feet: Teachings of the *Kripalupanishad* (SAT-PM07)

Hansa Knox Johnson

Kripalu means "grace" and "upanishad" translates as "sitting near." The *Kripalupanishad* is the text in which Swami Kripalu passed on the wisdom and knowledge he gleaned from his exploration of the depths of yoga. It condenses the tenets he absorbed from his experiences and close reading of many classical yoga texts, and includes a clear, succinctly outlined journey to liberation. This workshop will explore practices detailed in the *Kripalupanishad* and the foundation of these techniques in subtle pranavayu (movements of prana or life force) and nadis (energy channels). We will experience two different practices outlined in this enlightening text: a flow of selected body mudras to enhance your personal sadhana and a practice of withdrawal of the senses to share with your students.



Hansa Knox Johnson is the proprietor of Gentle Touch: Body, Mind and Spirit Connection as well as PranaYoga and Ayurveda Mandala in Denver, Colorado.

A massage therapist, yoga teacher, and yoga teacher trainer, she has served as president of Yoga Teachers of Colorado (YTOC) and Yoga Alliance and as a member of the Kripalu Board of Trustees. www.gentletouchconnection.com

The Art of Assisting (SAT-PM06)

Priti Robyn Ross

Assisting a student is not about correction or perfection. Rather, it is a loving act that brings students deeper into the spirit of the posture and their practice, and an opportunity to support healthy alignment while cultivating a profound connection. Take your teaching and assisting skills to the next level in this fun and informative workshop. We will

- Work with partners to explore a variety of assists and modifications
- Discuss and experience the significance of touch, using the hands as powerful energetic tools
- Develop the awareness of entering the sacred space of a student's yoga mat
- Affirm the importance of physical boundaries, creating safety, asking permission, and checking in with your personal intentions
- Observe the body in the postures as sculpture and discover ways to mold the form to release the healing flow of prana.

For Priti Robyn Ross's bio, see page 11.



I feel a renewed joy in living from spirit with a heart overflowing with love. —Carla L.

evening event

7:30–9:00 pm

The Primal Thread: Percussion and Poetry John de Kadt

The power of the drum lies in its unifying principle, in its capacity to entrain body, mind, and spirit into something greater than the sum of any individual. Poetry, too, can carry us beyond our smaller selves into a place of insight and aliveness. Join percussionist and poet John de Kadt for an inspiring and compelling event of spoken word and drumming as he performs the poetry of Rumi, Kabir, and others, as well as his own writings. The pulse of the drum and poetry together weaves a primal thread that we can follow back into our bodies, into the rhythms of the earth and the vastness of being.



John de Kadt is a percussionist and poet who has studied and played ethnic hand percussion instruments for 25 years. He has studied with percussion masters around the world and plays drums from India, Ireland, Brazil, Egypt, Africa, and Cuba. John has performed on PBS and NBC and with Steve Gorn, Wahl, Krishna Das, Robert Bly, Baba Olatunji, and others. He recently released the CD *This Rhythm Is Not Mine*. John will perform with Shantala Sunday night at the conference. www.johndekadt.com

[keynote]

full expression: the essence of karma yoga dinabandhu garrett sarley



As yoga teachers, we have the opportunity to use our service to society as a spiritual and transformational process. In the Bhagavad Gita, yoga is defined as "skillfulness in action" and "equilibrium." Patanjali describes yoga as "the cessation of the modifications of the mind." How do these different definitions of yoga become one practice, and how does this practice generate external power and internal fulfillment? In this compelling keynote, an outgrowth of a lifetime spent in rigorous inquiry, Dinabandhu will share his views on the nature of authentic power and true service, combining references from the scriptures with stories of his early experiences with Yogi Desai, his time with Swami Kripalu, and his years as president of the Omega Institute and now as president of Kripalu Center.

Dinabandhu Garrett Sarley, Kripalu's president and CEO, has been a leader in the field of spirituality and human development for more than 30 years. He is an active teacher in the areas of communications, spirituality in the workplace, organizational development, and leadership. He is the cofounder, with his wife, Ila, of the Natural Yoga system of self-development and the Essential Communications method, and coauthor with Ila of *Walking Yoga* and *The Essentials of Yoga*.

Music for Body and Soul Chris Brenne

Chris Brenne's sensitive and moving guitar playing transported us at last year's KYTA conference. We're delighted to bring him back to once again weave his tapestries of sound, creating just the right atmosphere to allow us to relax and integrate our day as we prepare for sleep.



Chris Brenne has been performing, teaching, and recording guitar music since graduating from Berklee College of Music in Boston, Massachusetts. He recently filmed an instructional DVD on guitar playing produced by Q Music in Toronto. His recordings include the solo instrumental CD, *Lady of the Spice Lands*, and *Monsoon*, recorded with Parul Vakani as the duo Red Velvet Slide. www.redvelvetlide.com



I don't think I've ever before encountered such a flock of kind hearts and gentle people. I felt safe. —Helen S., Florida



My experience at the conference was excellent. — Tony L.

morning workshops

9:00 am–noon [choose one workshop]

Journey to the Source of Teaching (SUN-AM01) Brahmanand Don Stapleton, Amba Stapleton, and Devarshi Steven Hartman

Immerse yourself in a masterfully guided, experiential learning environment for yoga practice that will bring you home to a fresh and enlivening relationship to your whole, multidimensional self. Don, Amba, and Devarshi are internationally recognized for their ability to approach yogic inquiry as a way to facilitate depth contact with your own source of internal guidance. This workshop includes

- Vinyasa practice inspired by Amba's DVD, *Amba, Where Rhythm & Gravity Meet*
- Deeply restorative and regenerative yoga movement inquiries as described in Don's book, *Self-Awakening Yoga*
- Pranassage, a hands-on approach using partner-assisted yoga posture flows to increase effortless awareness and accelerate the flow of prana
- Pranayama, meditation, and chanting
- Opportunities for sharing our collective inquiries, insights, and challenges.



Brahmanand Don Stapleton, PhD, has been delivering professional yoga trainings internationally for more than 30 years. His extensive training includes Kripalu, Iyengar, Ashtanga, Siddha Samadhi, and Oki Do styles of yoga. Together with Amba, he is co-founder and codirector of Nosara Yoga Institute in Costa Rica and is Dean of Yoga Education at Kripalu. www.nosarayoga.com



Amba Stapleton brings 25 years of study and practice into innovative classes that embody the energy and spirit of yoga. Her private clients have included Robin Williams, Demi Moore, Woody Harrelson, and others. Amba and Don are the creators of the Yoga Alliance–registered Interdisciplinary Yoga Teacher Training and Pranassage Practitioner Training. www.nosarayoga.com



Devarshi Steven Hartman, Director of Professional Trainings and Yoga Teacher Training at Kripalu, has been a yoga student and teacher for 25 years. Creator of the best-selling audio series *The Essence of the Bhagavad Gita*, he leads workshops and retreats throughout the country and is also a healing arts practitioner, bodyworker, and teacher of *A Course in Miracles*. www.stevenhartman.com

Ashtanga Yoga, Kripalu Heart (SUN-AM07) Sheila Magalhaes

Many yoga students today are looking for vigorous, challenging classes. Learn how to offer such practices without losing sight of the deeper practices of compassion, acceptance, and self-care that are at the heart of Kripalu Yoga. Ashtanga Yoga, when practiced and taught with modifications, loving-kindness, and attention to inner wisdom, can be a perfect fit for those who want a more energizing, athletic practice. In this workshop, we'll

- Experience a modified Ashtanga Yoga flow, keeping it playful, fun and accessible
- Practice-teach in small groups to become familiar with the pace, rhythm, and tone of Ashtanga
- Discuss how to introduce Ashtanga Yoga practice and history to your students
- Discover inspiration for deepening your own practice and bringing that enthusiasm back to your students.



Sheila Magalhaes is the owner and director of Heartsong Yoga, a Kripalu Affiliate Studio established in 1993, and also teaches in local schools and at the college level. She holds professional-level teacher certifications from Kripalu Center and Beryl Bender Birch's The Hard and The Soft Yoga Institute. www.heartsongyoga.com



Sharing the Work You Love: The Yoga of Right Livelihood (SUN-AM02)

(SUN-AM02)

Tama J. Kieves

How do you turn your calling into a thriving life and livelihood? Join Tama Kieves, best-selling author of *This Time I Dance! Creating the Work You Love*, and learn how to move past fear and launch your true work in this world. A Harvard Law School–trained attorney turned international teacher and career coach, Tama will share her visionary focus and the fun and powerful exercises she's used to help thousands worldwide to live their wildest creative dreams. Learn how to

- Choose your true vision and stay motivated
- Tap unstoppable inner strength
- Turn roadblocks into catapults
- Discover invincible ways to realize your dreams.



Tama J. Kieves, a former Harvard-trained attorney, left her law practice to write and to embolden others to live their most meaningful self-expression. The best-selling author of *This Time I Dance! Creating the Work You Love*, she is a sought-after speaker and career coach and the founder and president of Awakening Artistry. www.awakeningartistry.com

Claiming Grace: Yoga in the Prevention and Treatment of Eating Disorders (SUN-AM03)

Lisa Sarasohn and Deborah Klinger

Millions of people suffer with eating disorders such as anorexia, bulimia, and binge eating. Many more endure yo-yo dieting, body shame, and obsession with weight and shape. Eating disorders showcase the tyranny of mind over body and spirit. Yoga can boost prevention and treatment by strengthening the spirit and restoring body-mind integration. It can fulfill functions that eating disorders vainly attempt to accomplish, making the disorder less of a necessity. Develop skills for sharing yoga with those with, or at risk for, disordered eating. Learn to apply your teaching to the prevention and treatment of eating disorders in a variety of community and institutional settings, including your own classes and retreats.



Lisa Sarasohn, a Kripalu Yoga teacher since 1979, works to spread the good news to women worldwide that the belly is sacred, not shameful. She is the author of *The Woman's Belly Book*. www.loveyourbelly.com



Deborah Klinger, MA, LMFT, CEDS, is a psychotherapist and yoga therapy practitioner in private practice in Chapel Hill, North Carolina. She is certified as an Eating Disorders Specialist through the International Association of Eating Disorders (IAEDP) and is an IAEDP-approved Supervisor as well as a Phoenix Rising yoga therapy practitioner and a yoga instructor. www.pizzadreams.com/dk

Greening Your Yoga Teaching (SUN-AM06)

(SUN-AM06)

Laura Cornell

As a yoga teacher, what are the three most important things you can do in response to the current ecological crisis? What are the historical roots of earth-ethics, earth-care, and earth-reverence in yoga? How can you make the ecological aspects of yoga relevant to your students? In this workshop, we will ground ourselves in the theory and practice of Green Yoga. Explore your connection to the planet, cosmos, elements, and all beings through asana and meditation, and learn how to awaken in your students true reverence for the natural world that surrounds and embraces us.

For Laura Cornell's bio, see page 15.



morning workshops (continued)

9:00 am–noon [choose one workshop]

Introduction to CircusYoga™ Teacher Training and Practice

(SUN-AM04)

Kevin and Erin Maile O'Keefe

Join the cocreators of CircusYoga for the Whole Family and discover how to infuse your teaching with the joyful celebration and vocabulary of circus arts. Explore the principles that underlie inclusive group learning and play, strengthening self-confidence, focus, trust, expression, and teamwork. Learn accessible practices and techniques, such as

- Creating an environment where every student is seen and celebrated
- Group dynamics in yoga and group games
- Kinesthetic communication through partner acrobatics and partner yoga
- Integration across the mid-line with juggling and balancing
- The spirit of play in clowning and physical comedy
- Nurturance through Thai massage.

CircusYoga combines the consciousness of yoga with the communal ceremony of circus for a joyful and deeply transformative experience.



Kevin and Erin Maile O'Keefe have taught partner yoga since 1998 and have led

CircusYoga family retreats at Kripalu and at yoga and community centers around the world. Erin is a certified Kripalu Yoga, Rasa Yoga, and Embodied Anatomy and Yoga teacher whose practice is also informed by Viniyoga, Body-Mind Centering, dance, and the circus arts. She has taught movement studies to children since 1981. Kevin received his advanced Integral Yoga certification in 1991. As the founder of Circus Minimus and the American Youth Circus Organization, he has touched the lives of thousands of families over nearly 30 years. www.circusminimus.com

Nāda Samudra: The Ocean of Devotional Sound (SUN-AM05)

Shantala (Benjy and Heather Wertheimer)

Nāda Samudra explores the ocean of sacred sound. In this workshop, we'll immerse ourselves in this luminous ocean through voice, mantra, devotion, movement, and meditation. We'll begin by creating a sacred space together for safe and playful exploration as a group. Then we'll journey through practices that connect us with the divine Presence. In this workshop, we will

- Open our voices more fully as sacred instruments, approaching music making as a spiritual practice, a yoga of sound
- Deepen our experience of chanting and devotion (bhakti yoga)
- Explore the body as a vehicle for rhythm through heart-opening movement
- Experiment with vocal practices from Eastern and Western musical traditions
- Build community through a joyful experience of music and spirit.



Benjy and Heather Wertheimer lead kirtan worldwide as the duo Shantala. Weaving Benjy's Indian classical singing and instrumentation with Heather's soaring vocals,

they invite audiences into a profound celebration of spirit. Shantala has performed and recorded internationally with Krishna Das, Deva Premal and Miten, and Jai Uttal. Heather is a singer, songwriter, and guitarist who leads devotional chanting for yoga workshops and spiritual gatherings around the world. Benjy is an award-winning songwriter, vocalist, composer, and multi-instrumentalist, playing tabla, congas, percussion, esraj, guitar, and keyboards. The Wertheimers' recordings include *Church of Sky*, named by New Age Retailer as one of the top ten albums of 2004, and *The Love Window*.

www.shantalamusic.com and www.benjymusic.com



community session

12:30–1:30 pm [choose one workshop]

Yogagaia: The Yoga of Earth and Kosmic Consciousness Hasita Agathe Nadai

Our body reveals our story, which is also the story of the "Kosmos," the sum total of reality including matter, body, mind, and spirit. Yogagaia is a celebration, a ritual, and a practice that expands our consciousness of the self toward a Kosmic consciousness, the greater self. We'll experience meditations, imagery, yoga sequences, and play that

- Invoke memories of our earliest beginnings
- Awaken our wonder at the universe
- Heal our connection to the planet
- Celebrate all of life with the deep knowing that it is a miracle that we are here.



Hasita Agathe Nadai is a professional-level Kripalu Yoga teacher, Reiki master, ecologist, and energy-medicine healer. A biologist and geologist, she has roamed the natural world as a mountaineer, canoer, and skier. www.yogagaia.com

Turning Water into Words Grace Jull

Bring your lunch and your love of language—or your limitations around it—to this community event. Whether you're weary of words or have a wealth of inspiration, you'll expand your teaching techniques through a short introduction to the Mind Mapping tool and a sharing of our discoveries. What we generate together will help fuel Grace's upcoming book of yoga poetry. Come conjure up your creativity!



For Grace Jull's bio, see page 13.



As a new teacher with only four years of experience, I appreciate the workshops and presenters. The entire event was important to my own sadhana and teaching yoga in my community. — Julie S., New York City

afternoon workshops

2:00–5:00 pm [choose one workshop]

Mantra, Tantra, Mudra, Bandha (SUN-PM01)

Shivananda Thomas Amelio

In this workshop, we'll intertwine mudra and bandha with tantric and Vedic mantras to awaken the shaktis of wisdom, compassion, strength, and beauty. Mudras and bandhas direct the flow of prana to specific areas of the body. When combined with mantra, they work together to purify the heart and mind of fear and limitations, revealing our true radiant selves. We'll experience these techniques and discuss how to successfully integrate them into your yoga classes.



Shivananda Thomas Amelio practiced and studied deep yogic disciplines while living in India. A founding member of Kripalu and senior teacher there, he is lead singer of the band Shakti Fusion. Currently managing director of the New York Open Center, Shivananda teaches and leads meditation and chanting in New York City. He will lead chanting Monday morning at the conference. www.thomasamelio.com

Essential Sanskrit for Chanting and Asana (SUN-PM03)

Cynthia Snodgrass

Many Sanskrit sounds are close to English sounds, but are actually produced in different parts of the mouth. This workshop will introduce you to the sacred sounds of Sanskrit, the five mouth positions, how to read in transliteration, and how words flow together to produce long, beautiful lines during chanting. An understanding of these details will support the correct Sanskrit pronunciation of the yoga postures, build Sanskrit vocabulary, and provide the tools to develop confidence in leading Sanskrit chanting for your yoga classes.



Cynthia Snodgrass has been devoted to the sacred sounds of Sanskrit since 1994. Founder of the Sacred Sound Institute, she is also senior instructor at the American Sanskrit Institute. Cynthia's recordings include *Essential Sanskrit: Vol. 1: Yoga Posture Pronunciation* and *Vol. 2: Prayers and Invocations, Waters from the Sun/Waters from the Moon*, and *Dream Chants*. www.sacredsoundinstitute.org

Weaving Inspirational Themes into Your Yoga Classes (SUN-PM02)

Danny Arguetty and Anjali Budreski

Take your yoga teaching to the next level through the use of inspirational themes. Teaching with themes deepens your experience and engages your students in a fresh, vibrant, and inviting way. In this dynamic workshop, you will learn a clear methodology for effectively planning and teaching focused and heart-opening yoga classes, integrating breath, chanting, and inspirational readings that support your theme. Reconnect with your love of teaching in a supportive atmosphere as you fine-tune your focus, clarify your language, and learn how to share more of yourself in the context of a class.



Danny Arguetty is a certified Kripalu Yoga teacher inspired by Anusara Yoga, tantric yoga philosophy, the power of nature, and the wisdom of ancient cultures. He leads yoga classes and workshops at Kripalu, guiding yoga teachers to awaken more fully to the gift of their teaching sadhana. He is coauthor with Anjali of *Nourishing the Teacher: Dynamic Language and Heart-Opening Themes for Yoga Teachers*. www.nourishyourlight.com



Anjali Budreski is a certified Kripalu Yoga teacher and owner of Yoga Mountain Center in Montpelier, Vermont. She has studied Anusara Yoga with Deb Neubauer, Todd Norian, and John Friend, among others. Anjali is coauthor with Danny of *Nourishing the Teacher: Dynamic Language and Heart-Opening Themes for Yoga Teachers*. www.yogamountaincenter.com

Yoga for Life: 21 Days of Yama and Niyama (SUN-PM07)

Sonya Thomlinson and Harshad Jeff Thomlinson

Often our personal practice starts out inspired, flourishes, then falls away. This workshop offers a practical guide to building a regular practice. We'll construct the framework to contain a 21-day exploration of the yamas and niyamas. We'll work beyond the lecture and printed page, experiencing mantra, mudra, asana, and pranayama. We'll look at the foundations of Ashtanga Yoga and blend the time-tested foundations of the eight-limbed path with a keen awareness of our Western mind and patterns of behavior. You'll take home experiential tools and a handout to help you introduce this 21-day practice to your students.



Sonya Thomlinson and Harshad Jeff Thomlinson are codirectors of Trinity Yoga Center in Kelowna, British Columbia, a Kripalu Affiliate Studio. Sonya is a former resident and director of program operations at Kripalu Center, a certified professional-level Kripalu Yoga teacher and DansKinetics® teacher, a certified holistic health counselor, and a graduate of the Institute for Integrative Nutrition in New York City. Harshad, a former guest yoga teacher at Kripalu, has been practicing yoga for more than 25 years and began teaching in 1991. He received his professional-level Kripalu Yoga certification in 2001 and graduated in 2003 from the Institute of Integrative Nutrition in New York City. www.trinityyoga.ca

Yoga, Post-Traumatic Stress Disorder, and the Mind-Body Connection (SUN-PM05)

Lucy Wagner

Combat veterans and other victims of traumatic events have shown positive results from regular yoga and meditation practice. Expanding your yoga teaching to include this population can be an incredibly rewarding experience and a way to spread peace in the world. In this workshop, we will practice specific yoga postures, pranayama, meditation, and healing affirmations appropriate for those suffering from post-traumatic stress disorder (PTSD). We will discuss

- The definition of PTSD and the issues associated with it
- How yoga can help veterans returning from war as they reintegrate into society
- Developing compassion through understanding a student's experience
- How to set up an outreach yoga program in your area
- Funding, promotion, networking, and other business-related topics
- Cultivating observational skills and responding to challenges
- The rewards of helping those in need.



Lucy Wagner is founder and director of the Central Mass Yoga Institute in West Boylston, Massachusetts. With a background in education and social rehabilitation, she has developed outreach programs for combat veterans, addiction patients, and prison inmates. Her 200-hour Yoga Alliance-recognized teacher training program includes formal instruction in teaching those with PTSD. www.centralmassyoga.com



more

“

The conference exceeded my expectations. I enjoyed the gathering of like-minded people. —Robin M.

sunday, august 26

afternoon workshops (continued)

2:00–5:00 pm [choose one workshop]

Bringing Comfort: Yoga for the Seriously Ill and Dying (SUN-PM06) Stephanie Hager

How can yoga and yogic philosophy ease the lives of those who are terminally ill or in hospice care? How can health-care workers incorporate yoga principles and practices into their work with this population? This workshop will address current trends in care for people who are seriously ill and dying, and how yoga teachers might fit in the continuum of care. Through a process of self-inquiry, we will address the crucial questions of what yoga is, what yoga therapy is, and what our own feelings about death and illness are. With these understandings as a framework, we will learn specific hands-on and hands-off techniques for bringing comfort to this population through our words, our touch, and our presence.



Stephanie Hager, LICSW, is co-founder and codirector with Molly Kenny of the Samarya Center and helped shape the Integrated Movement Therapy approach.

A yoga practitioner since 1993 and a yoga teacher since 1997, she leads workshops and professional trainings regionally and nationally. She has 10 years' experience as a clinical social worker treating children and adolescents and has presented at the National Association of Social Workers' Washington State conference. www.samaryacenter.org

Bone Camp: Advanced Movement Concepts for Skeletal Health (SUN-PM04) Sara Meeks

In this highly experiential workshop, participants will learn to integrate new anatomical and kinesiological concepts into their personal practice, yoga classes, and private sessions. Learning to move from the inside out and initiating movement from the spine, rather than allowing the spine to be passive, can create a profoundly new, deeper experience even for those who have practiced and taught for years. With emphasis on body alignment and strengthening the hips and back extensors, this workshop will offer teachers techniques and knowledge, including a take-home bone-health screening tool that can be applied to men and women of all ages.



Sara Meeks has been a physical therapist for 44 years, a yoga practitioner for 29 years, and a Kripalu Yoga teacher for 22 years. Diagnosed with osteoporosis herself, she is an international presenter who has made it her life mission to bring safety and therapeutic intent to her teaching. www.sarameekspt.com

evening event

8:00–10:00 pm

Kirtan Shantala (Benjy and Heather Wertheimer) with Steve Gorn and John de Kadt



Come join us on a journey of ecstasy and devotion. As partners in music and in life, Heather and Benjy Wertheimer open hearts with the passionate music they create as the duo Shantala. With soul-stirring vocals, sacred lyrics, and exotic instrumentation, Shantala—accompanied this evening by Steve Gorn on flute and John de Kadt on drums—creates a sublime soundscape of musical harmony between East and West.



For Benjy and Heather Wertheimer's bio, see page 22.

Steve Gorn combines the essence of classical Indian music with a contemporary world music sensibility, generating a vibrant fusion. He has composed for film, television, dance, and theater, and performed around the world. His recordings include *Asian Journal*, *Wings and Shadows*, *Luminous Ragas*, and his new solo album on bamboo flute, *Colors of the Mind*. www.stevegorn.com



For John de Kadt's bio, see page 19.



The conference was a reminder of what is important about teaching yoga. —Carrie R.

monday, august 27

closing session

9:30–11:00 am

Chanting Shivananda Thomas Amelio and Parul Vakani



Parul Vakani trained as a classical pianist and now performs on vocals, keyboard, and percussion as half of Red Velvet Slide, her Boston-based duo with guitarist and singer Chris Brenne. The pair's CDs include *Red Velvet Slide* and *Monsoon*, which includes songs influenced by reggae, Indian ragas, country-rock, pop, and funk. Parul recently performed at Boston's chapter of Chick Singer Night, the nation's longest-running venue for female artists. www.redvelvetslide.com



For Shivananda's bio, see page 24.

[keynote] the kripalu lineage: a fresh perspective shobhan richard faulds



Thirteen years have passed since the resignation of Yogi Amrit Desai as Kripalu's guru and the ensuing breakup of the residential ashram community. What did we learn from this experience? What have we carried forward as healthy and essential to Kripalu Yoga, and what have we left behind as excess baggage? How do we relate now to the teaching lineage that comprises the Kripalu tradition? Shobhan made a conscious choice—a choice that proved pivotal in his life—to continue practicing Kripalu Yoga while sorting out the wheat from the chaff in the guru/disciple relationship and the ashram experience. Come hear his perspective on Kripalu's history and how it relates to our future as practitioners and teachers.

Shobhan Richard Faulds, MA, JD, has practiced yoga and meditation for more than 25 years and is author of *Kripalu Yoga: A Guide to Practice On and Off the Mat* and *Swimming with Krishna: Teaching Stories from the Kripalu Yoga Tradition*. A former president of Kripalu (1998–2001), he currently chairs the Board of Trustees.

extend your conference experience

Complement your conference experience by registering for yoga teacher training programs before and after the conference. For longer descriptions and presenter bios, visit www.kripalu.org.

august 19–24 sunday–friday

Five-Day Yoga Retreat Yoganand Michael Carroll

Tuition: \$335. Add 5 nights room & meals; see Kripalu catalog or website for rates.

For yoga practitioners (min. 1 year).

Delve deeply into the tantra-based yoga of Swami Kripalu as taught by Yoganand Michael Carroll, one of the senior teachers in the Kripalu tradition. Each day of this retreat will consist of yoga practice incorporating advanced pranayama and asana techniques designed to generate and raise spiritual energy. Through experience and discussion, we will learn how to make these ancient practices work for us as modern yogis.

august 19–24 sunday–friday

Teaching Meditation Techniques: Dynamic Stillness Sudhir Jonathan Foust

Tuition: \$360. Add 5 nights room & meals; see Kripalu catalog or website for rates.

The benefits of meditation go far beyond improved health, emotional equilibrium, and mental clarity: meditation can lead to a deeper understanding of your essential nature. This program provides the context and skills for teaching meditation from a place of knowledge and understanding and draws on Kripalu Yoga's focus on the cultivation of prana (life force) and chitta (awareness).

Prerequisite At least a 3-day meditation or 5-day yoga and meditation retreat.

Note An application must be completed prior to registration and is available on Kripalu's website, by calling 800-848-8702, ext. 4, or by e-mailing aytt@kripalu.org.

august 26–31 sunday–friday

Yoga Nidra Level I Training: The Art and Science of Integrative Restoration (iRest) Richard Miller

Tuition: \$775. Add 5 nights room & meals; see Kripalu catalog or website for rates.

For yoga teachers, mental-health workers, and serious students of yoga who wish to deepen their practice. **CE** credits.

This 40-hour, Level 1 training presents yoga nidra as a transformative and integrative healing approach that you can use in your yoga

practice and in teaching yoga, as well as across various clinical and hospital settings. We will cover various yogic principles (koshas, chakras, energy systems) as well as in-depth psychological practices and the deeper aspects of meditative inquiry.

Note This training is not suitable for brand-new beginners. Participation in both Level I and Level II leads to certification through the Center of Timeless Being.

august 27–31 monday–friday

Megayoga: Yoga for Plus-Size Practitioners Megan Garcia

Tuition: \$290. Add 4 midweek nights room & meals; see Kripalu catalog or website for rates.

For plus-size students as well as yoga teachers interested in working with plus-size students. **CE** credits (RN).

Join Megan Garcia, plus-size model, Kripalu Yoga teacher, and best-selling author of *Megayoga*, for four days of ground-breaking yoga for curvy women. Learn a series of yoga postures, explore yoga props, experience the art of deep relaxation and body-positive meditations, and use journaling, artwork, and heart-opening exercises to deepen your relationship with yourself.

Recommended reading Megan Garcia, *Megayoga* (DK Publishing).

Note This program is open to people of all levels, sizes, and shapes, but it is not appropriate for those who need assistance getting down to the floor and back up.

august 27–31 monday–friday

Core Strength: Embodiment and Teaching Christa Rypins

Tuition: \$290. Add 4 midweek nights room & meals; see Kripalu catalog or website for rates.

For yoga teachers.

Christa Rypins invites yoga teachers to learn specific core strengthening exercises that can enhance any yoga class. You will learn core anatomy and how it functions in yoga poses; tools for relaxing trouble spots; specific core release and strengthening exercises; and anatomical imagery tools to help your students move and breathe more easily.

august 27–31 monday–friday

Facilitating Powerful Experiential Workshops: An Introduction to Group Dynamics Ken Nelson and Lesli Lang

Tuition: \$295. Add 4 midweek nights room & meals; see Kripalu catalog or website for rates.

For teachers, new workshop leaders, and health-care and healing-arts professionals. **CE** credits (SW/MH).

Guiding a group while engaging your own growth as a facilitator challenges you to honor both the soul's journey and the inevitable ups and downs of leading. In this training, we will use the seven keys to group wisdom, nonviolent communication, role playing, fish-bowl simulations, case studies, and small- and large-group exercises to explore the frontiers of facilitation.

Note Tuition includes a manual. This program is part of a comprehensive three-program training in leading transformational workshops. It can stand alone or be taken in series (see www.powerfulworkshops.com).

august 27–31 monday–friday

Chakra Yoga Teacher Training: Deepening Your Practice, Deepening Your Teaching Rebekkah Kronlage

Tuition: \$315. Add 4 midweek nights room & meals; see Kripalu catalog or website for rates.

For yoga teachers.

Yoga teachers interested in exploring and teaching chakra awareness are invited to a training that will open your practice to the inner dimensions of chakra energy, as well as stimulate and enhance your teaching. This 5-day training will explore how chakras relate to asana and meditation, energy anatomy from yogic and Western viewpoints, warm-ups for each chakra, designing chakra yoga classes, and more.

Note This program will include two days of social silence, an evening study group, and daily journal assignments and reflections.

august 27–31 monday–friday

Mantra Workshop for Yoga Teachers Namadeva Thomas Ashley-Farrand

Tuition: \$290. Add 4 midweek nights room & meals; see Kripalu catalog or website for rates.

In this special training for yoga teachers, mantra master Thomas Ashley Farrand will teach mantra methods for addressing life problems in the areas of health, relationship, abundance, employment, and family, along with mantra techniques for quickening spiritual evolution. Come learn how to create your own mantra practice and teach others.

august 27–september 9

Integrative Yoga Therapy Professional Yoga Therapist Training Program Joseph Le Page, Lilian Le Page, and Beth Gibbs

Tuition: \$1,695. Add 13 nights room & meals; call Registration or see website for rates.

For yoga teachers who have completed a 200-hour Yoga Alliance-registered program. **CE** credits (PT).

Immerse yourself in a complete course of Integrative Yoga Therapy, the most established yoga therapy program available. This two-week foundational training will include specific yoga practices, benefits, and contraindications for each system of the body and for specific health conditions. You'll learn the use of asana in healing musculoskeletal injuries; tools for developing a healthy balance of strength and flexibility; principles of Ayurveda for yoga therapy; practical skills for supporting clients at the psychoemotional level, and much more.

Note Visit Kripalu's website for a longer description. This program can be taken as part of the full Professional Yoga Therapist program, which requires a 200-hour-level teaching certificate and additional professional specialization programs.

august 31–september 3 friday–monday

Yoga Sadhana Retreat: Evolving Through Your Practice Brahmanand Don Stapleton and Amba Stapleton

Tuition: \$260. Add 3 holiday nights room & meals; see Kripalu catalog or website for rates.

CE credits.

Immerse yourself in a masterfully guided experiential learning environment for yoga practice that will bring you home to a fresh and enlivening relationship with your whole, multidimensional self. With these expert guides, you will come home to yourself through a carefully balanced schedule of practices that combine introspection with celebration, strength with compassion, and tradition with evolution.

Note Upon completion, you can receive credit toward the 500-hour Nosara Yoga Institute Professional Certification.

registration and information

Online at www.kripalu.org.
Call 800-741-7353 in the United States.
International and local area, call 413-448-3152.
Registration hours: 9:00 am–7:30 pm Eastern time
Monday through Friday (closed Tuesday 2:00–3:30
pm) and 9:00 am–5:00 pm Saturday and Sunday.

choose your conference workshops

Register early to ensure your choice of workshops!
You must register for your workshops when reserv-
ing your accommodations. When registering, please
have this brochure handy to give the registrar the
correct codes for your workshops, which are listed
on pages 4 and 5. Preregistration is required.

program fees

Please add 3 nights room and meals to your
conference tuition for the total cost of your stay; see
accommodations fees below.

accommodations

fees Prices include room, meals, and use of all
Kripalu facilities for the duration of your program.
Add to tuition for total cost of your stay. All
rates are per person. If you are traveling alone
and reserve a shared room, we will provide a
roommate for you.

Our facility was formerly a Jesuit seminary.
In the tradition of retreat-style housing, our
accommodations are simple, without the
distractions of computers, televisions, and
telephones. Kripalu has a range of housing
options that allow a wide variety of people to
participate in our programs.

rooms with hall bath

Dormitory 6–22 people per room; bunk beds.
We cannot guarantee lower bunks or dorm size.
Please choose another type of housing if you
cannot use an upper bunk.

Standard* primarily double-occupancy; platform
twin beds, full, or queen-size bed. Some lake-view
rooms are available for an additional fee.

Tuition for KYTA members*
On or before 6/15.....\$279
After 6/15.....\$330

Tuition for non-KYTA members**
On or before 6/15.....\$350
*includes membership in KYTA (if applicable),
a \$95 value, for first-time conference participants*
After 6/15.....\$375
*includes membership in KYTA (if applicable),
a \$95 value, for first-time conference participants*

*To receive this discount, you must identify yourself
as a KYTA member when registering. For Kripalu
Affiliate Studio owners, your tuition is waived when
you bring 3 or more students to the conference. No
other discounts or vouchers apply during the KYTA
Conference.

**KYTA membership is open to graduates from
yoga teacher trainings recognized by Yoga
Alliance. Please submit your KYTA membership
application form and a copy of your graduation
certificate by August 27, 2007, or bring your
completed application to the conference. Visit
www.kyta.org for details, benefits, and an
application form.

Standard Plus* modest decor; double- or single-
occupancy; full, queen, or twin beds. All rooms have
a lake view.

Rooms with private bath

Standard Plus* modest decor; double- or single-
occupancy; full, queen, or twin beds. Some rooms
available with lake view.

**Please note that while we make every effort to
accommodate your requests, we cannot always
guarantee a full-size or queen-size bed.*

Solo Travelers If you are coming alone and reserve
a shared room, we will assign you a roommate. We
offer special accommodations for solo travelers who
snore; please request such a room when you make
your reservation.

Meals All of your meals are included, beginning
with dinner on your arrival day through lunch on
your departure day. The Kripalu Kitchen is proud to
provide an exceptional array of natural, organic, and
local foods. Meals are served buffet-style and are
primarily vegetarian; fish and poultry options are often
available for lunch and dinner. You'll also find freshly
baked breads and fresh fruits.

payments

Full payment is due at time of registration and can
be made with Visa, MasterCard, American Express,
or Discover.

Personal checks and money orders (U.S. dollars):
Full payment must be received prior to processing
your registration. Please call Registration to arrange.
There is a \$20 charge for checks returned for
insufficient funds.

cancellation policy Deposits will be refunded
in full (less a \$50 processing fee) if you cancel
14 or more days prior to your arrival date. If you
cancel between 13 days and 1 day in advance, a
nonrefundable credit (less a \$50 processing fee) will
be held for one year from the date of issue.

No credit or refund is available if you cancel less
than 24 hours in advance or on the workshop's
arrival day, if you do not show up, or if you leave an
event early for any reason.

financial assistance Limited partial scholarships
will be available to KYTA members who are currently
teaching. Scholarship applications must be received
no later than May 31, 2007. Scholarship recipients
will be selected by committee. Download more
information and an application at www.kyta.org

arrival and departure

check-in The conference begins at 7:00 pm on
Friday, August 24, and ends by noon on Monday,
August 27. Check-in begins at 2:15 pm; however,
rooms are not guaranteed to be available until 4:00
pm. The first activity included in your stay is yoga at
4:15 pm.

front desk hours 7:30 am–9:00 pm If you
are unable to arrive before 9:00 pm, instructions will
be left for you at the Front Desk.

guest room check-out Please plan to leave
your room by noon on your departure day. Departure
day lunch is included in your stay. If you choose to
spend the afternoon, you may leave your belongings
in the Luggage Room.

commuters We have a limited number of commuter
spaces available. In addition to tuition, commuters pay
\$50 per day, which includes lunch, dinner, and full use
of the facilities.

families with children Children under 13 must
be accompanied by a parent or guardian who is
also on-site at Kripalu and must be supervised at
all times. If you are interested in child-care services,
please call 413-448-3400, ext. 395. The fee is
\$5 per hour per child. There is limited availability,
so please call ahead. Full-time babysitters who
come with guests pay a reduced rate. Please call
Registration for details.

things to know

fragrance awareness As some of our guests are
sensitive to perfumes and colognes, please use
naturally scented toiletries. **smoke free** Smoking is
permitted in a designated area outside the building.
cell phones and computers To support our retreat
atmosphere, cell phone use is limited to phone
booths, the Luggage Room, and your car. Laptops
may be used in the Kripalu Cafe, where wireless
Internet access is available. **pets** Service dogs are
welcome. No pets, please.

kripalu shop discounts

- 20-40 percent off Kripalu-produced products for
KYTA members.
- 10 percent off all merchandise during the
conference for KYTA members.
- 20-40 percent off certain categories of products
for KYTA members who are studio owners with a
tax resale license in hand. Minimums apply; ask for
details in the Kripalu Shop.

questions?

Contact the KYTA Office at 413-448-3202 or
kyta@kripalu.org.

corrections policy We make every effort to
ensure the accuracy of all of our information.
However, changes after press time and errors do
occasionally occur, and we reserve the right to make
necessary changes or corrections.

the kripalu yoga teachers

association, with more than 2,300 members,
provides professional development for certified yoga
instructors through resources and community. Our
mission is to foster an active network of teachers
living and teaching the full depth of yoga. For
membership information, contact the KYTA office
at 413-448-3202 or kyta@kripalu.org, or visit www.kyta.org. Membership is open to teachers from other
traditions who are graduates of 200-hour training
programs run by schools recognized by Yoga
Alliance.

length of stay	rooms with hall bath			rooms with private bath		
	dormitory	standard [†] Double*	standard plus Double* Single	standard plus		Single Range
3 conference nights	\$262	\$337	\$518 \$786	\$576 – \$691	\$846 – \$1,010	

For commuter rates, see page 31.
*Rates are per person based on double occupancy.
[†]A limited number of Standard rooms are available for single occupancy. Please call for rates.

16th annual

Kripalu yoga teachers conference

onto the mat and
into the world

yoga

for
positive change

august 24-27, 2007

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year

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and save on tuition.

Kripalu | yoga teachers association
PO Box 309 • Stockbridge, MA 01262

kripalu.org/kyta

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