

# Texas Yoga Retreat Class Schedule 2007

Check registration area for last-minute revisions to schedule.



## FRIDAY, Nov. 2

	<i>Saffron Hall</i>	<i>Lotus Hall</i>	<i>Gardenia Hall</i>	<i>Jasmine Hall</i>
7-8 am			Lounge – space for you to read, chat with new friends, practice asanas, etc...	Charles MacInerney Gentle Hatha Yoga
Breakfast 8-9 am				
9-10:15 am			Lounge – space	Mark Uridel Yoga as Transformational Bodywork: Myofascial Unwinding
10:30-12 pm			Lounge – space	Nina Beucler Yoga and Longevity
Lunch 12-1 pm				
12-1 pm				
2:00-3:30 pm	Becky Jordan Stability & Freedom with Anusara Yoga ☺		Lounge – space	Gina Caccavalla Teaching Yoga to All Levels 🐾
4:00-6 pm	Carie Garrett Anatomy of a Camel ☺	Juan Anguiano Ashtanga Vinyasa Yoga /Led Primary Series 🦋	Lounge – space	Becky Jordan Release the Hips & Relax the Back
Dinner 6-7 pm				
6:45-7:15 pm	Welcoming Ceremony in Saffron Hall. Everyone invited and encouraged to attend.			
7:30-9:30 pm	Carie Garrett Guided from within – an Introduction into Freedom Style Yoga ☺	Eric Webb Discover New Territory in your Practice ☺	Lounge – space	Mark Uridel Yoga through the Golden Years: Teaching Yoga to Older Adults with Arthritis 🐾

Classes fill quickly ... to guarantee that you get a spot, show up a few minutes before class starts.

Massages, Henna tattoos available in Jasmine Hall downstairs. Sign up to reserve your spot!

### Friday Informal Classes

- 4:15-5 pm Ayurveda Quick & Dirty (Jasmine Hall downstairs) - Heather Darden
- 5-5:30 pm Neti Demonstration (Jasmine Hall downstairs) - Ellen Smith
- 5:30-6 pm Intro to Phoenix Rising Yoga Therapy (Jasmine Hall downstairs) - Gina Caccavalla

## SATURDAY, Nov. 3

	<i>Saffron Hall</i>	<i>Lotus Hall</i>	<i>Gardenia Hall</i>	<i>Jasmine Hall</i>
7-8 am	Bridget Foley  Deepening Your Practice: An Introduction to Forrest Yoga	Donna Belk Qigong: Moving Meditation (weather permitting meet by fountain for class). ☺	Lounge – space for you to read, chat with new friends, practice asanas, etc...	Gina Cacavalla  Integrating personal practice and teaching 👉
<b>Breakfast 8-9 am</b>				
9-10:15am	Keith Kachtick  Yoga and the Medicine Buddha Mantra  [3 Hour Workshop]	Elizabeth Irvine  Yogi mom: creating balance in everyday life for mother & child ☺	Esther Vexler  Yoga with Esther ☺	Carie Garret  Sequence Design Lab -Mystery Pose! 👉 [3 Hour Workshop]
10:30-12 pm		Devotional Kirtan.  A talk on the topic of Devotional Kirtan (chanting) in the Barsana Dham temple during Darshan with Vrinda. Location: Main Temple	Margaret Ann Taylor  Organizing the Core [Beginners] ☺	
<b>Lunch 12-1 pm</b>				
2:00-3:30pm	Juan Anguiano  Exploring Mula Bandha (recommended for students with a yoga practice and teachers)	Karuna Nicols  The Yoga Sutras: Connecting to the Heart of Yoga ☺	Esther Vexler  Partner Yoga ☺	Kendall Inman  Business of Yoga 👉
4:00-6 pm	Keith Kachtick  Inversions, arm balances, and late night twists 👉	Guru Ravi Kaur Farley  Jyotish-Astrology of the Seers ☺	Donna Belk  Yoga of Dying ☺	Paula Weithman  Moving with Grace, Path of Non Resistance
<b>Dinner 6-7 pm</b>				
7:30-9:30pm	Eric Webb  Inner Journey with the Gong ☺	Charles MacInerney  The Art of Stretching ☺	Lounge – space	Robert Boustany  Leg Awakenings from 8th Chakra 👉

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### Saturday Informal Classes

12-2 pm      Yoga Teacher Support group meeting (Saffron Hall, next to Dining Hall) - Elaine St. Marie  
6:00-7:15 pm      How to start a Yoga Teacher Support Group in your area (Saffron Hall, next to Dining Hall)

### Registration area staffed:

Thursday 5-8pm      Friday 10am-8pm  
Saturday & Sunday during mealtimes

- ☺      Class suitable for beginners and all levels
- 👉      Intense Asana Practice. Be prepared to work hard!
- 👉      Classes for Yoga Teachers or Aspiring Teachers

## Daylight Savings Time Change --- Set clock BACK one hour

**SUNDAY, Nov. 4**

	<i>Saffron Hall</i>	<i>Lotus Hall</i>	<i>Gardenia Hall</i>	<i>Jasmine Hall</i>
7-8 am	Peggy Kelley Beginning Iyengar Yoga ☺	Charles MacInerney Walking Meditation In the Tradition of Thich Nhat Hanh, Meet by fountain weather-permitting. ☺	Lounge – space for you to read, chat with new friends, practice asanas, etc...	Kendall Inman Music Yoga Flow
Breakfast 8-9 am				
9-10:15 am	Karuna Nicols Expanding light, joy and courage	Peggy Kelley Vipassana Meditation ☺	Guru Ravi Kaur Farley Journey through the Chakras with Kundalini Yoga	Jessica O'Keefe Back to Basics: How to stand on your own two feet ☺
10:30-12 pm	Bridget Foley From Catepillar to Butterfly: Yoga to Transform Your Life ☺	Margaret Ann Taylor Integrating Essential Movements Intermediate/Advanced	[3 Hour Workshop]	Boustany Pralaya Yoga
Lunch 12-1 pm				
1-1:30 pm	Closing Ceremony – Fountains in front of temple (weather permitting)			
2-3:30 pm	☺	Charles MacInerney Pranayama: The Art of Breathing ☺	Jessica O'Keefe Yoga for Women (Women Only please)	Paula Weithman Servants of Peace ☺ 🏹
4-6 pm			Lounge – space	Boustany Diving into the Ocean of Energy Through Strength & Backbends ⚡
Dinner 6-7 pm (dinner served in Jasmine Hall)				
7:30-9:30 pm			Lounge – space	Gina Caccavalla Gentle Partner Yoga in the Phoenix Rising Tradition

Classes fill quickly so to guarantee that you get a spot in class, show up a few minutes before class starts.

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**Sunday Informal Classes**

12:15-1 pm Introduction to the LYP Teacher Training Program (Jasmine Hall downstairs) - Ellen Smith & Charles MacInerney

**Registration area staffed:**

Thursday 5-8pm Friday 10am-8pm

Saturday & Sunday during mealtimes



Class suitable for beginners and all levels



Intense Asana Practice. Be prepared to work hard!



Classes for Yoga Teachers or Aspiring Teachers