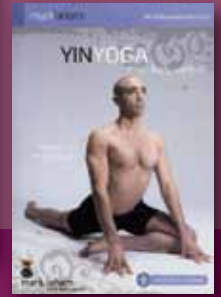




Mark Laham

Mark Laham, yoga instructor, consulting hypnotist and seminar leader, teaches the ancient wisdoms of the East combined with modern principles of the West. He delivers complex subjects in a manner that can be comprehended and incorporated into daily life. Mark shares moving knowledge into experience while simultaneously empowering, inspiring and entertaining his audience. www.marklaham.com



Thursday March 25th 6:30 pm - 8:30 pm TH2LAH
Yin Yoga

In this workshop learn; the theory and reasoning behind Yin Yoga, the alignment, positioning and purpose of the postures, and how and when to practice them. The practice itself assists us in accepting what is happening in both our bodies and our lives, while remaining functionally unattached to the experiences. Accessible and beneficial to practitioners and teachers of all levels and styles.

Saturday March 27th 5:30 pm - 7:30 pm SA5LAH
The Buddha Business Workshop

Learn key strategies in growing a successful business and how it can be a part of your spiritual practice. Dissolve the separation between your spiritual and business practices. The Buddha believed that the business minded were amongst the most spiritually capable due to their focus and determination. If you have ever been conflicted about how to stay true to your spiritual values and practices, while trying to grow a business in such uncertain economic times... then you cannot afford to miss out on this workshop.

Sunday March 28th 11:30 am - 6:30 pm SU1LAH
How to Teach Yin Yoga

In this comprehensive workshop learn; the theory and reasoning behind Yin Yoga, how to create and present a class, the alignment, positioning and purpose of the postures, and how and when to practice them. The practice itself assists us in accepting what is happening in both our bodies and our lives, while remaining functionally unattached to the experiences. Accessible and beneficial to practitioners and teachers of all levels and styles.



Margot McKinnon

Margot McKinnon is an internationally recognized and respected leader in Pilates training and Movement Education. Running two successful studios in Toronto, Margot's desire is to make Pilates accessible to everyone. She is responsible for training the next generation of Pilates teachers with the highest quality of standards and research. Her studios, Body Harmonics, offers Pilates for general health, wellbeing, post-rehabilitative exercise, and performance enhancements for athletes, dancers and the public at large. They offer over 40 innovative and specialized, state of the art courses to new and experienced students and teachers alike from everything you need to know about Mat training to individual pieces of equipment. Body Harmonics is one of the most celebrated facilities of its kind in Canada and beyond. See where you can go and where Body Harmonics will take you at: www.bodyharmonics.com.

Thursday March 25th 11:00 am - 6:00 pm TH1MCK
Myofascial Lines of Movement

Drawing from the groundbreaking work of Thomas Myers, this workshop helps you navigate the myofascial lines of movement and muscle slings that support the body from every direction. You learn simple exercises to help optimize the functioning of these myofascial slings and leave with a new level of understanding and expertise to help your students learn to move with ease and efficiency. Open to Yoga and Pilates teachers and practitioners.

Saturday March 27th 8:00 am - 10:00 am SA1MCK
Mighty and Mysterious Psoas

Considered by many as the "muscle of integration", the psoas connects legs, pelvis and spine. Explore how the psoas affects posture and equilibrium and how it acts as an antagonist unto itself. Leave with simple ways to work with this elusive muscle to help restore optimal function from the centre of the body outwards. Open to Yoga and Pilates teachers and practitioners.

Saturday March 27th 10:30 am - 12:30 pm SA2MCK
Running Mechanics

This workshop reviews efficient and not so efficient running techniques and their effects on stride, endurance and injury prevention. Learn simple techniques and exercise sequences that allow you to zero in and effectively address the mechanical challenges your clients face as they hit the pavement. Leave knowing how to help your runners run taller and stronger with a stride that is longer and more fluid. Open to Yoga and Pilates teachers and practitioners.

Saturday March 27th 3:15 pm - 5:15 pm SA4MCK
Feet First

"Feet first" could be our mantra as both Yoga and Pilates teachers! In this workshop we review the foot and ankle mechanics for elastic rebound, how the arches create support and how to observe key postural deviations in the feet that impact postural and movement impairments throughout the body. You will leave with simple yet profoundly effective foot reconditioning exercises that really help bring our feet back to life. Open to Yoga and Pilates teachers and practitioners.

Sunday March 28th 2:00 pm - 6:30 pm SU3MCK
Moving with Meaning for Osteoporosis and Osteoarthritis

Women between the ages of 30 and 60 flock to Yoga and Pilates...up to 80% may be at risk for osteoporosis and osteoarthritis. This workshop is packed with current information and analysis of these conditions and a detailed map of how to keep Yoga and Pilates safe, effective and bone-friendly. You will leave equipped with the tools to work proactively with the specialized needs of people with osteoporosis and osteoarthritis. Open to Yoga and Pilates teachers and practitioners.