

code	title	instructor	Props	room
TH1MIC	Teaching Prenatal Vinyasa Flow Yoga	Michelle Cormack	mat/strap/block	705
TH1MCK	Myofascial Lines of Movement	Margot McKinnon	mat	707
TH1GAR	Energetic Alignment - Enhancing the Flow	Maria Garre	mat/strap/block	709
TH1MIL	Core Integration: A Total Abdominal Awakening	Jill Miller	blocks, straps, blanket	714 A
TH1MAR	Thai Yoga Massage	Blake Martin	mat	714 B
TH1STO	Yoga From the Ground Up: Bandhas, Pranayama, Drsti	Michael Stone	Block and strap	716 A
TH2LEE	Anatomy and Physiology of Breath	Andrea Lee	mat/strap/block	825
TH2CRE	Nia for Life-Passion!	Jill Cressy		705
TH2CRA	Finding ease at your edge	Jason Crandell	mat/strap/block	707
TH2VOS	Approaching Headstand with Confidence	Monica Voss	mat/strap/block	716 B
TH2NAR	Transform your Transitions - Waves and Lines	Sadie Nardini	block	714 A
TH2KAU	Sound Immersion	Devinder Kaur	mat/cusion	709
TH2VIL	Hands on- Safe and sensitive adjusting - Standing and reclining postures, twists and lengthening postures	Deanna Villa	mat/strap/block	714 B
TH2LAH	Yin Yoga	Mark Laham	Block/Bolster/chairs	716 A
FR1CRA	Open, Align and Strengthen Shoulders and hips	Jason Crandell	mat/strap/block	705
FR1URL	Pilates Body Yoga Mind	Jonathan Urla	mat/strap/block	709
FR1PAL	The Sacrum : Understanding the sacrum in Standing Poses, Front Bends and Backbands in Purna Yoga	Aadil Palkhivala	sticky mat, 1 belt, 1 block, 1 blanket.	803
FR1KIR	Anusara Yoga: Weave Asana, Alignment and Philosophy	Martin Kirk	mat/strap/block	717
FR1DEV	The Chakras in Healing	Nischala Joy Devi	mat/cusion	713
FR1FOR	The Lymphatic Web: Revitalizing the Immune System, Emotional Body, and Happiness Pathways	Bo Forbes	mat/strap/block	715
FR1MIT	A Divine Journey of Yoga Absorption	Dharma Mittra	mat	716
FR1NAR	Core Strength Vinyasa Yoga. The Intensive	Sadie Nardini	Block	714
FR1COR	The Body and Beyond	Seane Corn	mat/strap/block	718 A
FR2SAX	Developmental Patterns	Nadine Saxton	mat/strap/block	803
FR2URL	Pilates with Theraband to support yoga asana	Jonathan Urla	mat/strap/block/theraband	709

FR2CRA	Deeper backbends, greater comfort	Jason Crandell	Block and strap	705
FR2KOW	8 Limbs, 2 Hearts: Intro to Acro Yoga	Sebastian Kowalik & Kaelyn Wong	mat	714
FR2MIL	Shoulder Shape Up	Jill Miller	mat/strap/block	713
FR2NAR	Pure Core Strength with Yoga	Sadie Nardini	mat/strap/block	717
FR2MAR	This is your brain....on Yoga	Blake Martin	mat/cusion	715
FR2STO	Yoga For A World Out Of Balance	Michael Stone	Block and strap	716
FR2LON	Application of the Fundamentals in Asana	Ray Long	mat/strap/block	718 A
SA1GAR	A Dual Approach: Pilates and Yoga	Maria Garre	mat/strap/block	707
SA1MCK	Mighty and Mysterious Psoas	Margot McKinnon	mat/cusion	705
SA1TOM	Find your rhythm... what's your flow?	Sarah Tomson Beyer	mat	714 B
SA1NAR	Bandha Power	Sadie Nardini	Block	709
SA1KIR	Master Handstands – Conquering Fear	Martin Kirk	mat/strap/block	713
SA1LON	Standing poses, Hip Openers, and Forward Bends	Ray Long	mat/strap/block	715
SA1PRA	Meditation & Mantras II : Observing the mind - attaining self knowledge	Prahlada	mat/cusion	714 A
SA1CRA	Releasing the Spine With Sidebends, Twists, and Forward Bends	Jason Crandell	mat/strap/block	701 A
SA1GOW	Effortless Deep Tension Release	Yasmin Gow	blocks, straps, blankets	716
SA1FOR	Yoga for the Nervous System: Healing Anxiety and Insomnia	Bo Forbes	mat/strap/block	717
SA1COR	Yogini - Women Only	Seane Corn	mat/strap/block	718 A
SA2FUN	Integrating Mudras into Asana Practice	Cynthia Funk	mat/strap/block	709
SA2MCK	Running Mechanics	Margot McKinnon	mat/cusion	705
SA2LEE	Anxiety and Depression: Understanding the Physiology, as applied to Yoga	Andrea Lee	mat/strap/block	707
SA2NAR	Fly from the Core, Rock Your Inversions	Sadie Nardini	mat/strap/block	717
SA2RIZ	Joyous Backbends – Set Your Spine Free	Natasha Rizopoulos	Block and strap	714 B
SA2KOW	8 Limbs, 2 Hearts: Partner Flow Yoga Workshop	Sebastian Kowalik/Kaelyn Wong	mat/strap/block	713
SA2PAL	Detox and Recharge: Twists and Backbends in Purna Yoga	Aadil Palkhivala	sticky mat, 1 belt, 1 block	715
SA2LIT	Side-Ways	Tias Little	mat/strap/block	716

SA2DEV	Breath and Imagery as Healers	Nischala Joy Devi	mat/cusion	718 A
SA2MIT	Maha Sadhana: The One Great Eternal Practice ~ Dharma III- IV	Dharma Mittra	mat	701 A
SA3GOW	Adapting Ashtanga Yoga for Beginners	Yasmin Gow	Block and strap	707
SA3MAR	The Brain in an Asana	Blake Martin	mat/cusion	714 A
SA3SAX	CranioSacral Techniques for Yoga Teachers	Nadine Saxton	mat	709
SA3KIR	Master Headstand & Shoulderstand	Martin Kirk	2 blankets per student	714 B
SA3KAU	The Miracle Mantra of Guru Ram Das	Devinder Kaur	mat/cusion	705
SA3GAR	Surfing the Waves of Prana through Arm Balances and Hip Openers	Maria Garre	mat/strap/block	713
SA3FOR	The Neurobiology of the Spine: Your Central Intelligence Agency	Bo Forbes	mat/strap/block	717
SA3RIZ	Wring It Out - Joyous Twists	Natasha Rizopoulos	mat/strap/block	715
SA3CRA	Sequencing for Backbends and Forward Bends	Jason Crandell	mat/strap/block	716
SA3DEV	The Secret Power of Yoga, a woman's guide to the heart and spirit of the Yoga Sutras	Nischala Joy Devi	mat/cusion	701 A
SA3COR	Chakra Flow	Seane Corn	mat/strap/block	718 A
SA4GRA	Yoga as Activism	Ted Grand	mat/strap/block	709
SA4GAR	Fluid Power - Moving through the Mandala	Maria Garre	mat/strap/block	707
SA4MCK	Feet First	Margot McKinnon	mat/cusion	705
SA4MIL	The Three R's: Relatable, Relevant, Reasonable: How to Create Context in Any Classroom	Jill Miller	blocks, straps, blanket	714 B
SA4MIT	Divine Secrets of Backbends	Dharma Mittra	mat	714 A
SA4LIT	Lumbar-Sacral Blues	Tias Little	mat/strap/block	715
SA4NAR	Sequencing from the Core	Sadie Nardini	block	717
SA4COR	Off the Mat, Into the World®: Yoga, Purpose and Action	Seane Corn	mat/strap/block	713
SA4PAL	Healing the Hips and Knees in Purna Yoga	Aadil Palkhivala	sticky mat, 1 belt, 1 block, 1 wooden dowel 1.5 inches in diameter	701 A
SA4KIR	Keep your Practice Safe - Anusara Yoga for Common Injuries	Martin Kirk	One block per student	718 A
SA5MAR	Eight limbs for two left feet	Blake Martin	mat/cusion	714 A
SA5MIL	Retrofit your Downward Dog	Jill Miller	blocks, straps, blanket	707
SA5LON	Pranayama	Ray Long	blocks	705



SA5GUE	The Yoga Birth method	Dorothy Guerra	mat/strap/block	709
SA5LAH	The Buddha Business Workshop	Mark Laham	mat/cusion	717
SA5GOW	Improving digestion with yoga	Yasmin Gow	mat/cusion	714 B
SA5RIZ	Steadiness and Joy – An Asana Workshop for the Rest of Your Life	Natasha Rizopoulos	mat/strap/block	713
SA5VIL	Safe and sensitive adjusting - Reclining postures, twist variations, tractions, hip openers, cobra series.	Deanna Villa	mat/strap/block	701 A
SA5DEV	The Healing Path of Yoga	Nischala Joy Devi	mat/cusion	715
SA5LIT	Yoking the Shoulder Girdle	Tias Little	mat/strap/block	718 A
SU1DEV	Woman Heal Thyself	Nischala Joy Devi	mat/cusion	714 A
SU1MAR	Upside-down and Inside out	Blake Martin	mat/cusion	707
SU1LON	Twists, Backbends, Arm Balances, and Inversions	Ray Long	mat/strap/block	705
SU1MIL	Hip Helpers	Jill Miller	2 blocks, straps, blanket	709
SU1SAT	Beyond Addiction: Using Kundalini Yoga and Meditation to Break the Addiction Cycle.	Sat Dharam Kaur	mat/strap/block	715 B
SU1RIZ	Surya Namascara	Natasha Rizopoulos	blocks and strap	715 A
SU1KIR	Low Back Therapeutics – Reveal to Heal	Martin Kirk	One block per student	714 B
SU1WAH	Chanting with Wah	Wah	cusion	711
SU1GAR	Vinyasa Flow Sequencing: How to Create effective, and Innovative Sequencing	Maria Garre	mat/strap/block	717
SU1PAL	Neck, Shoulders and Upper Back in Purna Yoga	Aadil Palkhivala	sticky mat, 1 belt, 1 wooden dowel 1.5 inches in diameter	713
SU1COR	Anahata Flow: Exploring the fourth Chakra, Learning to love from the source	Seane Corn	mat/strap/block	716
SUIGOW	Moon Cycle Yoga for Women	Yasmin Gow	blocks, straps, blankets, bolsters	707
SUILIT	Apana - Prana	Tias Little	mat/strap/block	705
SUICRA	Creating a home practice	Jason Crandell	mat/strap/block	709
SUILAH	How to Teach Yin Yoga	Mark Laham	Block/Bolster/chairs	715 B
SU2NAR	Root Chakra Flow	Sadie Nardini	mat/strap/block	715 A
SU2RIZ	Take Flight - Arm Balances	Natasha Rizopoulos	Block and strap	714 B
SU2MIT	Maha Shakti: The Illumined Path of Dharma Yoga	Dharma Mittra	mat	717
SU2PAL	Restoratives and Pranayama in Purna Yoga	Aadil Palkhivala	sticky mat, 1 belt, 1 block, 1 blanket	714 A

SU2FOR	Therapeutic Vinyasa for Physical and Emotional Release	Bo Forbes	mat/strap/block	713
SU2COR	Detox Flow	Seane Corn	mat/strap/block	716
SU3MIC	Teaching Prenatal Yoga	Michelle Cormack	mat/strap/block	715 A
SU3MCK	Moving with Meaning for Osteoporosis and Osteoarthritis	Margot McKinnon	mat/cusion	714 B
SU3PRA	Hatha Intensive – The Difficult Made Easy	Prahlada	mat/cusion	711
SU3GAR	A Class for All: teaching to All levels	Maria Garre	mat/strap/block	714 A
SU3DEV	Deep Relaxation through the Maya Koshas/subtle bodies	Nischala Joy Devi	props for relaxation, head and eye pillow	716
SU3FOR	Yoga for the Emotional Body: Healing Depression	Bo Forbes	mat/strap/block	713
SU4SAX	Understanding Organ Support	Nadine Saxton	mat/strap/block	715 A
SU4KAU	Living Your Life with Grace through Kundalini Yoga	Devinder Kaur	mat/strap/block	711
SU4GAR	Ayurveda 101: a basic introduction to Ayurveda	Maria Garre	mat/strap/block	714 A
SU4GRA	Yoga for an Inspired and Happy Existence	Ted Grand	mat/strap/block	713
SU4RIZ	Open Your Hips	Natasha Rizopoulos	Block and strap	716