



SEANE CORN

Seane Corn is an internationally celebrated yoga teacher known for her impassioned activism and inspirational style of teaching. A strong and articulate voice for social change, she started her activism work by creating the yoga program for L.A. shelter "Children of the Night." Since 2006, her work has been focused on training leaders of activism through her co-founded organization *Off the Mat, Into the World*® and bringing awareness to the HIV/AIDS crisis. Over the last 20 years of her career, Seane has been featured in magazines, Oprah.com, The Huffington Post, numerous radio programs such as NPR, and four self-authored dvd programs, and in 2005, was named the National Yoga Ambassador for YouthAIDS. She sits on the board of both the Cambodian Children's Fund and the Engage Network. www.seanecorn.com

Friday March 30th 9:00 am - 4:00 pm FR1COR

Detox Flow Yoga: How Nutrition, the Environment & Emotions Determine Your Vitality

Each day we are exposed to toxins that affect our energy, health, and vitality. Many of the ailments and diseases today—including fatigue, weight gain, high blood pressure, and depression—can be attributed to poor diet, environmental stressors, lack of exercise, and repressed emotions. Come explore how we can improve our physical health, increase our vitality, decrease our susceptibility to illness and disease, balance our emotions, and develop practical tools for managing stress. We'll practice creative yoga sequences using three internal components for cleansing: abdominal compression, decompression, and twists. The practice will include Sun Salutations A and B, detox standing sequences, inverted poses, breathing exercises, and restoratives. As you examine your habits and become proactive about your health, you'll more easily choose what is best for your physical, emotional, and spiritual well-being.

Saturday March 31st 8:00 am - 10:00 am SA1COR

Shakti Flow

This is a strong and dynamic vinyasa flow class geared towards intermediate/advanced students. Seane will lead you through a powerful series of fluid sun salutations, followed by a provocative blend of standing poses, twists, arm balances, backbends and hip openers. Come and celebrate your body and your path, as well as challenge yourself to a new and exciting edge of your asana practice. This class is not recommended for individuals who are more than 6 months pregnant, injured or those in need of therapeutic yoga. All asana. Intermediate/Advanced

Saturday March 31st 1:00 pm - 3:00 pm SA3COR

Chakra Flow

In this informative and creative vinyasa class we will journey through the charkas and explore their physiological and psychological aspects. Through movement, breath, visualization, intention and prayer we can gain insight on how these energy centers, when blocked, can affect our physical health and emotional clarity. This class offers a glimpse into the possibilities of personal transformation through wisdom, self-responsibility and forgiveness.

Saturday March 31st 3:15 pm - 5:15 SA4COR

Everyday Miracles

As a seeker on the path, we are often looking for signs, symbols and intuitive guidance to point us towards a more definitive direction, often failing to recognize the fantastic in the mundane—the possibilities within the practical and the inherent mystery in all moments—light and dark. This class intends to illuminate the miracles that exist in each moment of our lives and how Spirit conspires to give us exactly what we need, revealing that which is both obvious and (sometimes impossible) to discern. This class can awaken us to live with awe, wonderment and gratitude in our daily lives, and remind us that the answers to our prayers are often right in front of us, or more to the point, directly within. This class will be a vinyasa practice with some discussion. All levels.

Sunday April 1st 9:00 am - 11:00 am SU1COR

Body Prayer: Entering the Temple

Intention and prayer, when used in the right context, are powerful cultivators of action and change. Be inspired as Seane leads you through an uplifting and spiritually-centered vinyasa flow yoga class that speaks to the beauty and mystery of Spirit within and beyond. Together, we will use our body, breath, and unified intentions to contribute to individual healing and universal peace. Mostly asana. All levels

Sunday April 1st 11:30 am - 1:30 pm SU2COR

Yoga for Inner Visioning

Intuition is a skill available to each person who is willing to develop it and take responsibility for its activation. In this class devoted to the sixth chakra, or the Third Eye, we'll learn a balanced vinyasa sequence that focuses on backbending, which stimulates the central nervous system and the brain's pituitary and pineal glands. We'll follow this with a deep yin, or restorative practice, and a long guided meditation. This class will help nurture self-confidence, drawing focus on the ways in which to empower yourself, ultimately opening you to trust your inherent knowing, or inner seeing, as guidance for your life.