2012 Yoga Therapy Conference:

Skill Building for Professionals

program schedule

Sunday, May 6

5:30–7:00 pm	Dinner
7:30–9:00 pm	**Opening** Creating a Strong Foundation for Healing to Happen **Sudha Carolyn Lundeen**

Monday, May 7

9:00–11:45 am	**Workshops (choose one)**
	▪ The Neurobiology of Self-Regulation **Bessel van der Kolk and Dana Moore**
	▪ Yoga for Emotional Balance: Simple Practices to Help Heal Anxiety and Depression **Bo Forbes**
11:45 am–1:15 pm	Lunch
1:30–4:15 pm	**Workshops (choose one)**
	▪ The Neurobiology of Self-Regulation **Bessel van der Kolk and Dana Moore**
	▪ Mudras: Keys to Healing **Joseph Le Page**
4:30–5:45 pm	**Yoga Class** The Body Keeps Score: Kripalu Yoga and Trauma Recovery **Dana Moore**
5:30–7:00 pm	Dinner

Tuesday, May 8

9:00–11:45 am	**Workshops (choose one)**
	▪ Living Free and Whole: iRest® Yoga Nidra **Richard Miller**
	▪ Yoga for Emotional Balance: Simple Practices to Help Heal Anxiety and Depression **Bo Forbes**
11:45 am–1:15 pm	Lunch
1:30–4:15 pm	**Workshops (choose one)**
	▪ Living Free and Whole: iRest® Yoga Nidra **Richard Miller**
	▪ Mudras: Keys to Healing **Joseph Le Page**
4:30–5:45 pm	**Yoga Class** Kripalu Yoga **Sudha Carolyn Lundeen**
5:30–7:00 pm	Dinner

Wednesday, May 9

9:00–11:45 am	**Workshops (choose one)**
	▪ Learning to Evaluate Musculoskeletal Imbalances **Priti Robyn Ross**
	▪ Yoga and Yoga Therapy Research: The Kripalu Institute for Extraordinary Living **Sat Bir S. Khalsa**
11:45 am–1:15 pm	Lunch
1:30–4:15 pm	**Workshops (choose one)**
	▪ Learning to Evaluate Musculoskeletal Imbalances **Priti Robyn Ross**
	▪ Yoga and Yoga Therapy Research: The Kripalu Institute for Extraordinary Living **Sat Bir S. Khalsa**
5:30–7:00 pm	Dinner
7:30–9:00 pm	**Keynote** IAYT's Emerging Standards for the Training of Yoga Therapists **John Kepner, Gary Kraftsow, and Daniel Seitz**

Thursday, May 10

9:00–11:45 am	**Workshops**
	▪ Foundation Principles of Viniyoga Therapy for Structural Conditions: Focus on Neck and Shoulders **Gary Kraftsow**
11:45 am–1:15 pm	Lunch
1:30–4:15 pm	**Workshops**
	▪ Foundation Principles of Viniyoga Therapy for Psycho-physiological Health: Focus on Anxiety **Gary Kraftsow**
4:30–5:45 pm	**Yoga Class** Viniyoga **Andrew Sugerman**
5:30–7:00 pm	Dinner
7:30–9:00 pm	**Keynote** One Patient's Remarkable Story **Priti Robyn Ross**

Friday, May 11

9:00–11:45 am	Closing **Sudha Carolyn Lundeen**
11:45 am–1:15 pm	Lunch

keynotes, workshops, and yoga classes
in alphabetical order by faculty name

Bo Forbes
workshop Yoga for Emotional Balance: Simple Practices to Help Heal Anxiety and Depression

Anxiety and depression exist not only in the mind, but also in the brain and body. This workshop explores how to create a sustainable therapeutic practice using the subtle yet deeply powerful interventions of breathwork, mindful asana practice, postural alignment, and restorative poses. These interventions can be introduced to an existing yoga practice or used together to forge a direct path to optimal functioning.

John Kepner and Daniel Seitz
keynote IAYT's Emerging Standards for the Training of Yoga Therapists

A review and discussion of the implications for our field, schools, students, and current practitioners.

Sat Bir S. Khalsa
workshop Yoga and Yoga Therapy Research: The Kripalu Institute for Extraordinary Living

This workshop reviews the research in yoga and yoga therapy, covering its breadth, history, theoretical underpinnings, and current and future directions. Sat Bir S. Khalsa also describes the yoga research studies conducted under the auspices of the Institute for Extraordinary Living at Kripalu Center.

Gary Kraftsow
keynote IAYT's Emerging Standard for the Training of Yoga Therapists

workshops Foundation Principles of Viniyoga Therapy for Structural Conditions: Focus on Neck and Shoulders

Explore the principles and practices of the structural aspects of Viniyoga therapy and then focus in on the neck and shoulders, looking at how Viniyoga practices can be adapted and applied to work with pain, instability, and restricted range of motion. This class includes a therapeutic practice for the neck and shoulders that integrates specialized adaptations of postures, linked together in a carefully crafted sequence.

Foundation Principles of Viniyoga Therapy for Psycho-physiological Health: Focus on Anxiety

This workshop looks at the principles and practices of Viniyoga therapy for emotional health, examining its physiological, emotional, cognitive, and behavioral components. Discover how these practices can be adapted and applied to work with sympathetic/parasympathetic dis-regulation, troubling emotions, cognitive distortions, and dysfunctional behavior. This class includes a therapeutic practice for anxiety that integrates specialized breath adaptations in asana, pranayama, chanting, mantra, and meditation.

Joseph Le Page
workshop Mudras: Keys to Healing

Mudras are keys to opening the healing resources within the body, mind, and spirit. The power of mudra practice is enhanced when combined with guided meditations that awaken their essential qualities. This workshop presents mudra practices and accompanying meditations for specific health conditions, restoring balance in the elements and doshas, stress reduction, depression, anxiety, and reconnecting with spirit, the ultimate source of all healing.

Sudha Carolyn Lundeen
opening session Creating a Strong Foundation for Healing

An uplifting evening of chanting and settling in, with a keynote provided by Conference Weaver Sudha Carolyn Lundeen.

yoga class Kripalu Yoga

Diving in to the present moment with breath work, sounding and meditation in motion.

Richard Miller
workshop Living Free and Whole: iRest® Yoga Nidra

Learn the fundamentals of iRest yoga nidra, a transformative practice that provides self-care tools to enhance resilience, self-regulation, and physical, psychological, and spiritual healing. A modern adaptation of yoga nidra, iRest is being used with soldiers, veterans, homeless and incarcerated individuals, the mentally ill, children, and couples. The U.S. Army Surgeon General and the Defense Centers of Excellence recognize iRest as a CAM for PTSD and chronic pain. Participants receive an iRest manual.

Dana Moore
yoga class The Body Keeps the Score: Kripalu Yoga and Trauma Recovery

Bessel van der Kolk's article "The Body Keeps the Score" is the most widely cited article in the field of traumatic stress. This class explores how Kripalu Yoga can be a healing path through life's most difficult times.

Priti Robyn Ross
keynote One Patient's Remarkable Story

In 1994, Priti Robyn Ross created a cardiac yoga program with Dr. Mehmet Oz at Columbia Presbyterian Medical Center in New York City. This began Priti's journey into therapeutically adapting yoga for a variety of serious conditions. She created a film especially for this week, allowing you to witness a private session she guided for a woman with a severe neuromuscular disorder. This inspirational and touching film illustrates the healing power of compassionate connection.

workshop Learning to Evaluate Musculoskeletal Imbalances

Injury, aging, and repetitive activities can cause skeletal misalignment, triggering compensatory symptoms and dysfunctional movement throughout the body. This workshop examines the musculoskeletal alignment of Mountain pose. We work in partners to evaluate each other, enhance key observational skills, and learn how to assess common misalignments. Come discover simple techniques to reduce the skeletal stress and discomfort of your students.

Andrew Sugerman
yoga class Viniyoga

A self-reflective, mindful approach to yoga practice following in the tradition of T. Krishnamacharya.

Bessel van der Kolk and Dana Moore
workshop The Neurobiology of Self-Regulation

This presentation examines the basics of how brain and body are organized to regulate biological arousal and engagement, such as threat detection, sensory integration, execution of preprogrammed action tendencies, thwarting, dissociation, and re-establishment of homeostasis. We also look at how various yoga practices interact with these biological systems.