

MOTHERSHIP YOGA LOUNGE

500 AUSTIN ST., TRUTH OR CONSEQUENCES, NM 87901

2009 NEW MEXICO YOGA TEACHERS CONFERENCE “The Gift of Teaching”

SCHEDULE

Friday, March 27

- 5:00 – 7:00 pm** **Conference Registration**
- 7:30 pm** **Kirtan with Wah!** -- Please bring something comfortable to sit on water to drink, and come ready to CHANT!!

Saturday, March 28

- 7:30 am** **Studio opens**
- 8:00 – 9:00 am** **Wake Up Yoga & Meditation**
Instructor: Shayna Samuels Turner, Vinyasa, T or C
- 9:00 – 10:30 am** **Breakfast at the Mothership** (included in Conference fee)
Welcome / Introductions. Please enter through the last door on Daniels Street (not the studio door!)
- 10:30 – 11:25 am** **Silent Walking Meditation Along the Rio Grande** – Nature and Silence are two of our greatest teachers. Enjoy this stroll alongside the river and tune into the frequency of your higher self. Please bring walking shoes for a dirt path!
Guide: Glenn Turner, T or C
- 11:25 – 11:35 am** **Break**
- 11:35 – 12:30 pm** **Celebrate Your Practice** -- Often we get “stuck” in our yoga teaching and put our own practice on the back shelf. This class will reconnect you with your own strength, energy and spirit.
Instructor: Tara James, Forrest Yoga, Albuquerque
- 12:30 – 2:00 pm** **Lunch on your own.** We recommend Café Bella Luca for Italian (303 Jones St.), Happy Belly Deli for sandwiches (313 Broadway), or Little Sprout for sandwiches, smoothies and snacks (400 Broadway). All are within walking distance.
- 2:00 – 2:55 pm** **Discussion: The Gift of Teaching, The Art of Life, Yoga** -- What does it mean to walk the talk of our teaching so that we are living proof of the essence of yoga? How can we help hold the light to assist the Earth in these changing times?
Facilitator: Carol Christine, Eccentric, Eclectic Yoga, Silver City

- 3:00 – 3:55 pm** **Infusing Asana with Prana** – This class will explore and refine the breath within asana practice. You will be encouraged to examine the effects of mindful breath on body, mind and spirit.
Instructor: Luna Jordan, Desikachar's Yoga, Santa Fe
- 3:55 – 4:05 pm** **Break**
- 4:05 – 5:00 pm** **Elemental Yoga Dance** – Simply yoga, simply moving, simply dancing through the elements. Elemental yoga dance is meditation in motion, ecstatic expression, flowing through yoga postures into the ego-less space of quiet mind and a liberated body.
Instructor: Halli Bourne, Kripalu, Bernalillo

Sunday, March 29

- 8:30 – 9:30 am** **Breakfast at the Mothership** (included in Conference fee)
- 9:30 - 10:00 am** **Chanting of Patanjali's Yoga Sutra followed by Silent Meditation**
Chanting by Luna Jordan
- 10:00 – 10:55 am** **Honoring Our Teachers** – Teachers come in many forms, but they are all sent to help show us the path back to our own true, divine nature. Through the use of mantra, music and movement we will flow through this graceful vinyasa class, bowing down with deep reverence to all teachers everywhere.
Instructor: Natalie Pedro, Vinyasa, Santa Fe
- 10:55 – 11:05 am** **Break**
- 11:05 am – noon** **Therapeutic Vinyasa** - A therapeutic vinyasa flow class with elements of power yoga and pilates. Emphasis will be on body alignment, core strength and balance both on and off the mat.
Instructor: Mike Hoog, Vinyasa/Power/Therapeutic, Los Alamos
- Noon – 1:00 pm** **Lunch**
- 1 – 1:55 pm** **Ayurvedic Mudra Practice** - We often do breathing practices but don't always acknowledge the lungs themselves, which embrace our hearts. We will connect the experience of organ vitality to musculo-skeletal ease.
Instructor: Wendy Sager Evanson, Body Mind Centering™, T or C
- 1:55 – 2:05 pm** **Break**
- 2:05 – 3:00 pm** **Closing Circle**

