

EMBODIED YOGA SUMMIT - 5 DAY SCHEDULE

Times are listed in United States "Eastern Time", the timezone of New York City. Please visit <https://www.embodiedyogasummit.com/2021-schedule> for class descriptions.

DAY 1: WEDNESDAY, April 21

- 8 - 9:30am** Chara Caruthers & Dr. Scott Lyons | *Welcome, Community Connection and Meditation*
- 10:00 - 11:30am** Dr. Arielle Schwartz | *Vagus Nerve - An Experiential Session*
- 12 - 1:30pm** Niralli D'Costa, Shiva Rea, Hala Khouri | *Panel: Embodied Yoga - A Panel Discussion*
- 2 - 3:30pm** Shiva Rea | *Sahaja Prana Flow - Offering the Natural Flow for All*
- 4 - 5:30pm** Gil Hedley & Rachel Scott | *Interview: Reconceiving the Body: Textural Layers & Embodiment*
- 6 - 7:30pm** Hala Khouri | *Embodiment as Accountability Practice in Social Justice Activism*
- 8 - 9:30pm** Janet Stone | *Nourish: Slow Flow & Restorative*
- 10 - 11:30pm** Suzanne Sterling | *Becoming a Voice of Change*

DAY 2: THURSDAY, April 22

- 6:30 - 7:30am** Isabella Dos Santos | *Experiential Session*
- 8 - 9:30am** Michal Yarkoni | *The Duet of the Heart and Breathing Diaphragm*
- 10 - 11:30am** Michelle C. Johnson | *Finding Refuge: Heart Work for Healing and Collective Grief*
- 12 - 1:30pm** Scott Lyons & Amy Thiessen | *Embodied Voice & Community Connection*
- 2 - 3:30pm** Rev. angel Kyodo williams | *Experiential Session*
- 4 - 5:30pm** Justin Michael Williams | *Finding Your Authentic Voice in the Movement for Equality*
- 6 - 7:30pm** Seth Powell | *Embodied Liberation: A Visual History of Yoga*
- 8 - 9:30pm** Kristine Kaoverii Weber | *Interoceptive Pranayama for Supporting Chronic Conditions*

DAY 3: FRIDAY, April 23

- 6:30 - 7:30 am** Kelly Kane | *Embodied Pilates*
- 8 - 9:30am** Nahid de Belgeonne | *Effort Less*
- 10 - 11:30am** Dianne Bondy | *Make Peace with Your Body*
- 12 - 1:30pm** PANEL - *Embodied Yoga & Social Justice* with Dianne Bondy, Rev. angel Kyodo williams, Anushka Wijeyakumar, Seane Corn
- 2 - 3:30pm** Nikki Myers | *Connecting the Dots: Addiction, Trauma, Race and Yoga*
- 4 - 5:30pm** Michaela Boehm | *Embodiment - A Portal to Intimacy*

- 6 - 7:30pm** Jivana Heyman | *Exploring Accessible Yoga*
- 8 - 9:30pm** Ariana Lozano | *Foundations for Facilitators and Teachers: Affirming practices for working with transgender, nonbinary, and gender variant community members in the yoga and meditation wellness world*

DAY 4: SATURDAY, April 24

- 6:30 - 7:30 am** Angela Chambers | *Meridian Flow Yoga with Acupressure for Harmonious Energy Flow*
- 8 - 9:30am** Eric Franklin | *Franklin Method: Imagery for a Healthy Spine in Yoga*
- 10 - 11:30am** Sianna Sherman | *Rasa Yoga: Embodied Alchemy*
- 12 - 1:30pm** PANEL - *Understanding Healing & Pain* with Dr. Stephen Porges, Dr. Arielle Schwartz, Marlysa Sullivan, Dr. Sará King
- 2 - 3:30pm** Jacoby Ballard | *Sustain Social Justice Work through the Heart Practices of Compassion and Forgiveness*
- 4 - 5:30pm** Tias Little | *Oxygen, Nadis, and the Bloodstream*
- 6 - 7:30pm** Indu Arora | *Yoga Nidra - The Missing Link*
- 8 - 9:30pm** Rachel Scott | *How to Create Excellent Online Yoga Education*

DAY 5: SUNDAY, April 25

- 6:30 - 7:30am** Atira Tan | *Trauma Informed Yoga for the Healing of Sexual Abuse, Trafficking & Exploitation*
- 8 - 9:30am** Liz Koch | *Juicy Psoas ~ Re-Wilding Core Expression*
- 10 - 11:30am** Ashley Turner | *Science, Sensory Awareness, and Body Justice*
- 12 - 1:30pm** Lorin Roche | *Drinking the Ambrosia*
- 2 - 3:30pm** Hosts & Amy Thiessen | *Closing Ceremony*

WATCH ANYTIME

- **Bonnie Bainbridge Cohen** | *Embodied Yoga Explorations*
- **Neil Pearson** | *Yoga as an effective pain education agent*
- **Helen Camisa** | *Find Your Roots*
- **Ranju Roy & David Charlton** | *Embodying the Yoga Sutra: Support, Direction and Space*
- **Dr. Eleanor Criswell Hanna** | *Somatic Yoga and Hanna Somatics: An Embodied Practice*
- **Alison Wesley** | *Franklin Method® for Yoga with Emphasis on the Pelvis*
- **Kara-Leah Grant** | *Upāya - The Skillful Means to Liberation*
- **Jo Stewart & Rane Bowen** | *Accessible Aerial Yoga*
- **Lisa Petersen** | *Forward Bends and Somatics - Bowing to the Earth*
- **Trina Altman** | *Moved to Learn! Somatic movement for teaching yoga*
- **Suniti Dernovsek** | *Body of Relating*
- **Patty Townsend** | *Embodying Our Humanity: Earth, Water and Fire*
- **John Vosler** | *I AM the embodiment of the Divine. I AM whole and complete just as I AM.*