

Programme for IYTA World Yoga Convention. Note: Earlier Start at 6.45 for Early Morning Classes



Thursday 16 September



2 - 4pm Registration - Foyer Level 1

4 - 6pm - Welcome Reception with vegetarian refreshments.

6.30 - 8.30pm Special Opening Ceremony in Grand Ballroom.

Friday 17 September

| Time | Friday Stream 1 | Friday Stream 2 | Friday Stream 3 |
|--|--|---|--|
| 6.45 - 7.45 Early Class | Wendy Batchelor 'Sunrise' class | Mary Shellen Class with belly dancing influence | Cheree Price General class |
| Breakfast ... Breakfast ... Breakfast ... Breakfast ... Breakfast ... Breakfast | | | |
| 9 - 10.30 | Dr Ananda Union and re-union through Yoga | Dr Ananda Union and re-union through Yoga | Dr Ananda Union and re-union through Yoga |
| 11 - 12.30 | Dr Ananda Prana, the catalyst of re-union | Dr Ananda Prana, the catalyst of re-union | Leigh Blashki Adrenal healing |
| Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch | | | |
| 2 - 3.30 | Anne Nakhoda Mudra Pranayamas | Michael de Manincor Yoga Psychology and Mind-Body Health | Louise Wiggins Chakras workshop |
| 4 - 5 | Dr Ananda Mantras | Dr Ananda Mantras | Dr Ananda Mantras |

Saturday 18 September

| Time | Saturday Stream 1 | Saturday Stream 2 | Saturday Stream 3 |
|--|--|--|--|
| 6.45 - 7.45 Early Class | Mary-Louise Parkinson Class on 'Follow Your Dharma' | Mary-Louise Parkinson Class on 'Follow Your Dharma' | Karen O'Toole General class |
| Breakfast ... Breakfast ... Breakfast ... Breakfast ... Breakfast ... Breakfast | | | |
| 9 - 10.30 | Dr Ananda Steps on the path of re-union | Dr Ananda Steps on the path of re-union | Dr Ananda Steps on the path of re-union |

| Time | Saturday Stream 1 | Saturday Stream 2 | Saturday Stream 3 |
|--|--|--|---|
| 11 - 12.30 | Dr Ananda Integrative aspects of Yoga practice | Dr Ananda Integrative aspects of Yoga practice | Dr Ananda Integrative aspects of Yoga practice |
| Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch | | | |
| 2 - 3.30 | Petrea King The Point of Stillness | Swami Shankardev Re-union with Health: Yoga Psychology & Yoga Therapy | Trish Brown, Dru Yoga Koshas workshop |
| 4 - 5 | Barbara Lee Guided Relaxation Techniques and Practice | Swami Shankardev Re-union with Consciousness – Mantra Yoga | Margo Hutchison Ageing with Grace – Gitananda Yoga Practices for 'silver citizens' |
| Saturday Evening – Gala Dinner at 7pm in Gilberts Room. Special Carnatic Concert with Dr. Ananda and musicians. | | | |

Sunday 19 September

| Time | Sunday Stream 1 | Sunday Stream 2 | Sunday Stream 3 |
|--|--|--|--|
| 6.45 - 7.45 Early Class | Louise Wiggins Nature class | Louise Wiggins Nature class | Patricia Wigley General class |
| Breakfast ... Breakfast ... Breakfast ... Breakfast ... Breakfast ... Breakfast | | | |
| 9 - 10.30 | Karen Nicoll An asana class on The Art of Balance | Sevapuri and Swami Jasraj Puri Yoga in Daily Life Chakras workshop | Wendy Batchelor Asana practice with earth awareness |
| 11 - 12.30 | Dr Ananda – Unifying aspects of the breath | | |

Shorter Lunch: 12.30 - 1.30

| Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch ... Lunch | | | |
|--|---|--|--|
| 1.30 - 1.45 | A short talk on life as a yoga monk by Mahamandaleshwar Swami Jasraj Puri | | |
| 1.45 - 2.15 | Question & Answer Panel | | |
| 2.15 - 3 | Closing Ceremony in the Grand Ballroom | | |