

# The VANCOUVER Yoga Show

**Vancouver Convention Centre November 9-11 2012**

**Your admission includes ALL this! Enjoy!**

## YOGA GARDEN FRIDAY November 9 2012

Time	Presenter	Topic
4:00 pm - 5:00 pm	Chris Brandt Teresa Campbell	Contact Partner Yoga
5:00pm - 7:00 pm	Moksha Yoga Community	Moksha Yoga Flow
7:00 pm - 8:00 pm	Semperviva Yoga Studio	Yin Yoga with Bernie Clark

## YOGA GARDEN SATURDAY November 10 2012

Time	Presenter	Topic
10:30am-11:00 am	Gratitude Yoga, Dr. Alexina Mehta	Invigorating, Harmony, Heart-opening
11:00am-11:30 am	Rachel Scott, YYoga	
11:30am-12:30 pm	Semperviva Yoga Studio	Yin Yoga with Bernie Clark
12:30pm- 1:30 pm	Mark Laham	Yin Yoga
1:30 pm - 3:00 pm	West Coast Ayurveda	Ayurveda Yoga Practice
3:00 pm - 4:00 pm	Shannon Cluff	Power Flow Vinyasa
4:00 pm - 5:00 pm	Kreg Weiss	Energizing Hip Exploration
5:00 pm - 6:00 pm	Julia Tung	Hatha Yoga
6:00 pm - 7:30 pm	Elle Basten, YYoga	

## YOGA GARDEN SUNDAY November 11 2012

Time	Presenter	Topic
10:30am-11:30 am	Moksha Yoga Community	Moksha Yoga
11:30pm - 1:00 pm	Kreg Weiss - Vega	Yoga For Digestion
1:00 pm - 2:00 pm	Group Meditation	Serve the World and the Individual
2:00 pm - 3:30 pm	Open Door Yoga	Slow Hatha flow
3:30 pm - 4:00 pm	one yoga for the people	One Yoga Connect
4:00 pm - 5:00 pm	West Coast Ayurveda	Ayurveda Yoga Practice
5:00 pm - 6:00 pm	Brahma Kumaris Organization	Meditation

no copies or facsimiles accepted

presenters and topics subject to change with out notice

**A 3 Day Urban Yoga Retreat designed to Galvanize, Grow, Educate and Inspire your Practice**

**Vancouver's largest YOGA event is held at 999 Canada Place Vancouver, V6C 3C1**

visit [thevancouveriyogashow.com](http://thevancouveriyogashow.com) for more information or further description of Conference Workshops

Friday November 9 4-8 pm \* Saturday November 10 10am - 8 pm \* Sunday November 11 10am - 6 pm

