

Yoga Room 1 Sessions	Dallas Yoga Fest 2017
7:00 AM to 8:00 AM Greet your day the right way! Enjoy an all-levels morning practice to prepare you for the day ahead. Center your body and mind with the breath, awaken your body with yoga postures to stretch, strengthen, renew, and increase energy while releasing tension and fostering peace of mind. Class ends with a gratitude meditation to welcome the gift of the day ahead.	Y1 - Morning Yoga Practice to Awaken the Body Karon Sartore-Frantz
8:15 AM to 9:00 AM Deep Stretch is just that! This class is great for beginners who are just starting out with yoga, seniors, or anyone who is looking for a gentle but thorough stretch. We will move through a series of poses that stretch every part of the body from head to toe. We will explore anatomy and body awareness as we move gently through our asana to find a deeper connection to our bodies and therefore ourselves.	Y2 - Yoga Deep Stretch Summer Smith
9:15 AM to 10:15 AM Upa Yoga is a simple yet powerful system of exercise that activates the joints, muscles, and energy system. Based on a sophisticated understanding of the body's mechanics, Upa Yoga dispels inertia in the body's energy and brings ease to the whole system. Within the human system, the energy flows along 72,000 pathways called nadis. At the joints, the nadis meet and form nodes, making the joints storehouses of energy. Upa Yoga activates this energy and also lubricates the joints, creating an instant sense of alertness and liveliness.	Y3 - Isha Upa Yoga Vignesh Saravanan
10:30 AM to 11:30 AM Raja Yoga is the ancient practices and rites of the Ancient Rishis of India. Patanjali was the first great sage who wrote about these practices and called it, Ashtanga, or the 8 Limb Path to Liberation. These 8 Limbs include the following: Yama-Dos, Niyama-Don't Do, Asana - Stillness, Pranayama- Energy Awareness, Pratyahara Energy Withdrawal, Dharana - Concentration of the Energy, Dhyana-Meditation, Samadhi-Oneness. These 8 practices should be considered as a way of life and should become second nature to ourselves. Raja Yoga is, therefore, both a Science and an Art. Everyone who practices this science seeks the goal of Moksha, Liberation, but when the fruit falls, the realization comes and we artistically can live our lives colored by the Creator of the Universe.	Y4 - Art and Science of Raja Yoga - Journey to Liberation Ram Smith
This hour seminar is about you experiencing your life as a vast tapestry, woven for a purpose and to attain Liberation thru Raja Yoga. Similarly, when the Art and Science of Raja Yoga are understood and perfected, we can artistically apply it to everything that we do in life as yagna, or holy sacrifice, casting ourselves into the flame of God's Love.	
11:45 AM to 12:30 PM This 'Energy Yoga class' will explore the essentials of a healthy Yoga practice by focusing breath and mindful vinyasa flow. It integrates overall body strength, balance & flexibility to allow your body to move to a deeper level. This energy yoga hour will torch calories and relax your mind with the complete awareness of your breath. Namaste!	Y5 - Yoga for Increased Energy Pooja Agarwal
1:00 PM to 2:15 PM Yoga for Joyful Living - Keynote address by Swami Mukundananda, a world-renowned teacher of spirituality, yoga, and meditation.	Y6 - Keynote: Yoga for Joyful Living Swami Mukundananda

2:45 PM to 3:45 PM

Y7 - Five Prana Vayus: Optimizing Your Vital Forces

Marika Torok

Take a journey one asana at a time to explore the effect of asana on prana vayus. Optimize the body-mind-soul matrix to realize your full potential. Experience the complex yet the primordial flow of life forces, prana, and grace within you. Your deepened understanding will allow you to optimize the body-mind-soul matrix and realize your full potential.

While we know the meaning of the word prana as life force, actual lack of understanding or appreciation of the role of prana leads us to unknowingly dissipate this energy, interrupt its flow or block it in areas altogether.

Imbalances in the prana vayus directly correlate with all types of ailments including problems with digestion, cold hands/feet, sleep apnea, heart ailments, constipation, poor circulation, respiratory dysfunction, anxiety, and depression. Whatever the physiological issue you are dealing with, it can be understood from prana vayus.

4:00 PM to 5:00 PM

Y8 - Yoga Tune Up(®)

Kerstin Jager

Explore your yoga practice through a different lens in this 60-minute class. Yoga Tune Up(®) provides a new perspective on familiar asanas, challenges your body awareness, and builds strength, stability, and mobility for yoga and everyday life. This unique approach to the practice is excellent for both new and seasoned yogis!

5:15 PM to 6:00 PM

Y9 - Stillness Through Sound - An Immersive Sacred Gong Meditation

Sundari Allampudi

In this session join Sundari, a certified Healing Sounds practitioner, and Gong Master, in an Immersive Sacred Gong Meditation. Resolve conflict, clear emotional blockages and create the sacred space to experience an easy shift in your awareness with a deep sense of relaxation.

As the Gong begins to sound, every so softly, frequencies, overtones, and subharmonics from the Gong travel the space to reach your vibratory field immersing you in a cascade of pure sound vibrations that recharge, rejuvenate, rebalance the physical, emotional and mental aspects.

Come prepared to be blown away in a mind-altering, dynamic experience designed to soothe, heal, inspire, and awaken your spirit.

Children must be 12 years or older to participate and must maintain silence.

6:00 PM to 6:30 PM

Y10 - Group Closing - Special Message

Swami Mukundananda

Group Closing - Special Message session by Swami Mukundananda, a world-renowned teacher of spirituality, yoga, and meditation.

As the grand celebration at Dallas Yoga Fest comes to an end, you will leave totally inspired about Yoga!

Yoga Room 2 Sessions	Dallas Yoga Fest 2017
7:00 AM to 8:00 AM R1 - Breathing Right! Find out if you are you Breathing Right. How can we breathe efficiently to improve our wellbeing? What is Prana or Chi? What is Prana-yama? This seminar is focusing on how breath can be used as a tool to effectively deal with everyday stress. Please join us for an experiential session.	Shreedhar Thuljaram
8:15 AM to 8:45 AM R2 - Guided Relaxation Enjoy a 30 minute guided meditation to help you relax and into a calm and peaceful state. No experience needed, just the willingness to be still. Children must be 12 years or older to participate and must maintain silence.	Samantha Martin
9:00 AM to 9:30 AM R3 - Yoga Nidra Yoga Nidra means yogic sleep, but the practice is actually one of awakening in every level of being. Class begins with gentle stretch preparing your body to rest quietly in stillness as you are guided through meditation. Yoga Nidra brings awareness throughout your body so you will leave the practice with a sense of deep calm, clarity, and peace. Children must be 12 years or older to participate and must maintain silence.	Anna Trimm
9:45 AM to 10:15 AM R4 - Mindful Breathing into Full Body Relaxation To allow the body to relax and begin to let go of held tension, we need to activate the body's natural relaxation response or parasympathetic state of rest. The class combines mindful breathing exercises, mindful body awareness, and body scanning, and visualization moving you through a progressive full body relaxation exercise. Children must be 12 years or older to participate and must maintain silence.	Lisa Nicholson
10:30 AM to 11:15 AM R5 - Yoga and Meditation for Kids (Ages 5-11) Join yogees yoga 4 kids for a fun, engaging, and age-appropriate class using songs, stories and non-competitive games to teach yoga poses. Learn breathing, poses, and body awareness while having fun! Class ends with savasana and an age-appropriate meditation. Parents who stay are expected to participate.	Yogees yoga 4 kids
11:30 AM to 12:15 PM R6 - Yoga for Teens (Ages 12-18) Join yy4k for an age-appropriate class using body-positive language, poses, songs and breath work. A "grown-up" version of our kid's classes, we allow "big kids" the opportunity to "play" together in a safe environment. Class ends with savasana and an age-appropriate Meditation. Parents who stay in the room are expected to participate in class. Children must be 12 years or older to participate.	Yogees yoga 4 kids
2:30 PM to 3:30 PM R7 - Isha Kriya – A Powerful Guided Meditation Rooted in the timeless wisdom of the yogic sciences, Isha Kriya is a simple yet potent process created by yogi and mystic, Sadhguru. Isha Kriya is free, simple, and easy to practice. Available as a guided meditation through live classroom sessions, it has the potential to transform the life of anyone who is willing to invest just 12 minutes a day. Children must be 12 years or older to participate and must maintain silence.	Isha Foundation
3:45 PM to 4:15 PM R8 - Chanting to Open the Heart Come begin this Festival Day with a Powerful tool ~ Chanting has the power to open the door of your heart, as well as, to transform and uplift the soul into the Higher States of Consciousness. Words will be provided as we use our voices, accompanied by harmonium and guitar. We'll sing beautiful chants in English, as well as some Indian Bhajans in Sanskrit.	Ram Smith

4:30 PM to 5:30 PM

R9 - Melt Away Physical, Mental & Emotional Blockages Called Stress!

Supriya Chadwick

Participants will be guided through breathing techniques (Pranayama), a few gentle asanas (Hatha Yoga), use the Power of Affirmations (focused repetition of High Truths) & Powerful Chanting (with harmonium) to open the heart chakra and uplift Consciousness. The session will end with a guided meditation to take us into a place of deep Inner Silence and Joy. Children must be 12 years or older to participate and must maintain silence.

Special Topics Room Sessions**Dallas Yoga Fest 2017**

7:00 AM to 9:45 AM

C1 - Diabetes Screening and Consultation

Dr. Sumana Gangi, Dr. Hitesh Yagnik

Get your fasting sugar (and A1C if applicable) screened for diabetes. Fasting required before the screening. Then, consult with a nutritionist and/or a physician onsite.

10:15 AM to 11:00 AM

C2 - Yoga for Cancer Patients

Cindy Atherton Epp

Join us in a gentle yoga class lead with those affected by cancer. Be encouraged to use the tool of breath to create health and peace. Move the body to regain flexibility and strength and practice the simple act of enjoying life in the present moment as we escape for a bit to that calm place on our yoga mats. All levels can enjoy this class.

11:30 AM to 12:15 PM

C3 - Acupressure for Diagnosis and Treatment

Gangadevi Devadas

Application of acupressure in preventing and healing different diseases in our day-to-day life. Explaining important acupressure points in the body related to various diseases with practical demonstration.

2:30 PM to 3:15 PM

C4 - A Holistic way of Raising Naturally Healthy Children

Dr. Lata Shridharan

- What are the common factors for ailments in children?
- How can you raise a child chemical-free in the modern life?
- Should you be concerned about your child's weight, attention deficit, Diabetes or other problems and if so, what could you do?

In U.S, we view health as the absence of symptoms and problems. But eastern sensibilities educate us that "Health is a state that allows one to use the full capabilities of their body, mind, and intellect." In this session, we will explore an integrative approach to your child's health – balance health, pharmaceuticals, nutrition, natural remedies, parenting, and exercise.

3:30 PM to 4:00 PM

C5 - Fun-filled Energizing Chair Yoga

Dr. Nick Shroff

Understand the benefits of various Yoga postures (asanas) that can be performed holding or sitting in a chair. Learn how to strengthen specific muscles and improve health and well-being.

5:15 PM to 6:00 PM

C6 - Chair Yoga & Kirtan Kriya for Seniors or Physically Challenged

Karen Dixon

Chair Yoga - Implementing traditional yoga poses to a chair. Bringing therapeutic benefits of yoga regardless of age, the level of activity and physical challenges.
Kirtan Kriya - A form of meditation to improve brain function by increasing connectivity, memory, cerebral blood flow and energy.

Holistic Health Room 1 Sessions

Dallas Yoga Fest 2017

8:15 AM to 9:00 AM

A1 - Shake It Off and Let It Go! Stress Relief in Ayurveda

Vaidya Meenakshi Gupta

The ancient healing science of Ayurveda offers many solutions to combat daily stress. Join Vaidya Meenakshi Gupta BAMS, MD (AYU) Gold medalist, in a very special talk that will help you melt away tension and ease worries and anxieties. Learn how to Shake it off and Let it go!

In this talk, you will learn.

- How to Connect to Your own Body and Understand Your Unique Stress Response.
- Learn the Skills of Conscious Communication
- Step by step & how to guidelines for following a balancing daily and seasonal routine
- Gain a thorough understanding of how strong digestion and stress management directly support the immune system.
- Simple tips and daily routine to manage stress, anxiety & depression.
- Learn about immunity enhancing foods, spices, herbs and home remedies for overall health.
- Learn Marma Point massage, Yogic breathing exercise, Mudras (Simple Hand Gestures) to handle stress.

9:15 AM to 9:45 AM

A2 - Arthritis Focus Session

Dr. Smita Rudraraju

Learn about different types of arthritis and treatment options, risk factors, and how holistic approach is important to healing and prevention of arthritis.

10:00 AM to 10:30 AM

A3 - Let's Talk Allergies!

Dr. Srividya Sridhara

I will be discussing the various types of allergies affecting the different parts of the body. This will be an interactive session after a brief initial presentation.

10:45 AM to 11:30 AM

A4 - Vibrational Sound for Mind, Body, Wellness

Sundari Allampudi

In this session join Sundari, a certified Healing Sounds practitioner and Gong Master and explore the transformational world of Sound healing. Sundari will introduce you to some of the most powerful methods to awaken your inner healer and activate self-healing of the physical, emotional, mental and energetic bodies. Learn how to re-establish inner harmony and reveal a "whole" new "you". In this session, you will also experience a simple vibrational sound healing exercise on how to clear emotional blockages, improve your mental clarity, energy levels, and sleep quality.

11:45 AM to 12:30 PM

A5 - Head Ache Focus Session

Dr. Kiran Shah

Learn about different types of headaches and their causes. Understand how to reduce the risk of headaches and how to manage headaches.

2:30 PM to 3:00 PM

A6 - Latest Trends in Prostate Cancer

Dr. Nick Shroff

Nick Shroff, MD, Board Certified Urologist with expertise in Cancer Surgery, will discuss the risk factors for prostate cancer and paradigm shifts diagnosis and treatment. The audience will take away a wealth of information on lifestyle changes to prevent and control cancer.

3:15 PM to 4:00 PM

A7 - Ayurveda Wellness: Creating the Path to Wellness

Vaidya Gauri Junnarkar

This class introduces the basic concepts in Ayurveda and Ayurvedic diet. It is one of the oldest holistic health science in the world. Ayurveda is a unique system of wellness which focuses on the mind-body relation and the importance of balance to ensure health. Its beauty lies in its perpetual principles which were applicable 5000 years ago and are applicable even today. Come and explore the world of Ayurveda and what it has to offer you.

During the class, the attendees will learn about:

- The basic concepts of Ayurveda
- Brief glance at history of Ayurveda
- Secret of good health in Ayurveda
- Relation between Ayurveda and Yoga
- Doshas
- Five elements concept
- Ayurveda body makeup (Prakriti)
- Wellness in Ayurveda
- Activity: Identifying your dosha!

Attendees will bring: Water, Pen, pencils, notebook to take notes and your positive attitude

4:15 PM to 4:45 PM

A8 - Cancer Focus Session

Dr. Kavita Donthireddy

Learn about healthy living and evidence-based guidelines for cancer. Also, learn about facts (and myths) about nutritional needs for cancer patients.

5:00 PM to 6:00 PM

A9 - Holistic Teaching: Yoga Beyond Asana for Yoga Teachers

Marika Torok

Instructing yoga is more than merely leading people through a sequence of poses. Yoga by its nature is a holistic practice and requires a holistic approach to teaching. This workshop intends to bring a fresh frame of focus to teaching and touch on ways to make your practice and teaching more holistic. If you have challenges you face in your teaching, need the inspiration to stay motivated, are searching for key ingredients to building yoga sequences or your personal practice overall, this session will help take your teaching to the next level.

Holistic Health Room 2 Sessions

Dallas Yoga Fest 2017

8:00 AM to 8:45 AM

B1 - The Science Behind Essential Oils

Dr. Chris Schlottmann & Lisa Schlottmann

Dr. Schlottmann will share some key points of the science behind the oils. You will discover ways to use essential oils in yoga as well as your own home. You will learn the benefits of using the oils, how and why essential oils work, and some of the basics of the science of how they can benefit you physically and emotionally.

9:00 AM to 9:30 AM

B2 - Diabetes Focus Session

Dr. Sindhu Igala

Learn about diabetes, risk factors, complications, treatment, and prevention.

9:45 AM to 10:15 AM

B3 - Mindfulness for Kids

Yogees yoga 4 kids

A 15-minute discussion about mindfulness for parents followed by a 15-minute Mindfulness lesson for children. Parent participation is expected.

10:30 AM to 11:00 AM

B4 - Increase Kids Attention Span and Focus with Ayurveda and Yoga

Vaidya Meenakshi Gupta

The researchers thought that yoga helped with focus by calming the mind and keeping distracting thoughts away. This would come as no surprise; Yogic sage Patanjali, whose classic Yoga Sutras state: “yoga chitta vritti nirodha”. This famous verse can be translated as “yoga is the reduction of fluctuations of the mind,” meaning that we practice yoga in order to calm the mind. Let’s learn the Ayurvedic daily routine and yoga techniques to increase kid’s attention span, focus, and to improve memory.

11:15 AM to 11:45 AM

B5 - Role of Yoga & Ayurveda in Cancer Care

Dr. Nick Shroff

Learn the concepts of Holistic Health and well-being. Discover an integrated approach to reduce stress, improve Quality Of Life (QOL), and unearth the link between food & cancer. Appreciate maintaining the balance of life using herbs and immunotherapy. These concepts present a complementary approach to cancer care.

12:00 PM to 12:30 PM

B6 - Heart Health Focus Session

Dr. Bhupinder Singh

Why is the morbidity and mortality from cardiovascular disease increasing in South Asians, whereas the data shows significant improvement in the US? I will discuss the specific risk factors for South Asians and how to control them to reverse this trend.

2:30 PM to 3:30 PM

B7 - Connect to the Healer Within: A Glimpse of the World of Energy Healing

Chandita Choudhury

Have you ever wondered about your ability to heal yourself and others? Do you want to know more about energy healing and its scientific basis? Or perhaps you would like to see how energy healing can bring about more balance and radiance into your lives. Join Chandita as she explains the basis of energy healing and Reiki, show you practical tips on what you can do and bring more healing and fulfillment to your lives. She will also demonstrate Reiki energy healing on some members of the audience.

3:45 PM to 4:45 PM

B8 - Live with Passion: Discover Your Life Purpose!

Chandita Choudhury

Do you feel called to do something bigger with your life, but you are not sure what it is? Do you feel like you can offer so much more if you are ignited within and connected with your true life purpose? Or perhaps are already aware of your life purpose but not sure what the next steps are. Join Chandita as she takes you on a journey of reconnecting to your life purpose, and living a life of passion, clarity and joyful curiosity. She will also be conducting Life Purpose Readings to help you tune into your inner passion, decide on the next step and manifest a life deeply aligned with your talents, values, and satisfaction.

5:00 PM to 6:00 PM

B9 - Eat Smart Shop Smart

Vaidya Gauri Junnarkar

This workshop introduces a person to eat healthily and making smart choices when doing grocery shopping. A healthy diet can provide essential nutrients required for proper functioning of the body. Come and attend this interactive workshop and learn to eat smart and shop smart! During the class, the attendees will learn: Nutrition concepts, Eating Healthy with Nutrition, Tips to shop smart. Attendees will need to bring: Pen, pencils, paper for notes and positive attitude.

