

SDYC 2016 Schedule

****Class Times, Locations, and Offerings are all subject to changes.**

Friday	Session 1	Session 2	Session 3	Session 4
2:00-4:00	SD Yoga Teacher & Studio Owner Gathering			
4:00-5:00	Registration			
5:00-6:30	Bobbi Schmidt (Custer) <i>Restorative Yoga for Daily Life</i>	Kirsten Huot (Rapid City) <i>Align and Flow</i>	Deb Yoder (Sioux Falls) <i>Yin Yoga and Singing Bowls: An Introspective Journey</i>	Michael Suing (Vermillion) <i>Baptiste-Inspired Power Yoga</i>
6:45-9:00	Opening Ceremony, Social, and Vendor Viewing			
Saturday	Session 1	Session 2	Session 3	Session 4
8:00-9:00	Tuula Helmer (Rapid City) <i>Power Flow Yoga</i>	Dan & Jill Johnson (Sioux Falls) <i>Laughter Yoga: Laugh for the Health of it!</i>	Rebecca Johnson (Yankton) <i>Slow Flow Yoga to Open the Heart</i>	Charon Geigle (Wall) <i>Expand from a Solid Foundation</i>
9:00-9:30	Vendor Viewing and Breakfast/Snack Break			
9:30-11:00	Melissa Kirby (Sioux Falls) <i>Wild Yoga</i>	Nancy Hong (Sioux Falls) <i>A Natural and Sustainable Yoga Practice</i>	Rajni Puranjot Kaur (Hot Springs) <i>Expand Your Radiance to Become a Spiritual Warrior</i>	Kenna Eddy (Rapid City) <i>Crystal Bowl Vibrations</i>
11:00-11:15	Vendor Viewing and Break			
11:15-12:45	Gail Bowers (Pierre) <i>Yin Yoga with Yoga Nidra: A Focus on the Kidney and Urinary Bladder Meridians</i>	Scottie Bruch (Sturgis) <i>The Ultimate Chakra Alignment Flow</i>	Kat Rykhus (Sioux Falls) <i>Virtual Yoga: Ancient Practice in the Digital Age</i>	Annie Jones (Hot Springs) <i>Patanjali's Tools of Practice</i>
12:45-2:45	Vendor Viewing and Lunch Break			
2:45-4:15	Jacqueline Wilber (Sioux Falls) <i>Introduction to Ayurveda</i>	Jillian Anawaty (Rapid City) <i>Alchemy of the Heart: Anahata</i>	Gretchen Borgum (Sioux Falls) <i>Transform from the Inside Out: Using Bija Sounds with Asana to Heal, Inspire, and Thrive</i>	Laura Barbera (Rapid City) <i>SUP Yoga (Off-Site) 2:45-4:45 *See Travel Details</i>
4:15-4:30	Vendor Viewing and Lunch Break			
4:30-6:00	Carly Messner (Rapid City) <i>Prana Dance Party</i>	Jill Johnson (Sioux Falls) <i>LifeForce Yoga: Yoga for Mood Management</i>	Melanie Palm (Rapid City) <i>Pheonix Rising Yoga Therapy: Learning More About Ourselves Through Relationship</i>	Cheri Isaacson (Sturgis) <i>Yoga Trek: Bear Butte (Off-Site) 5:00-6:30 *See Travel Details</i>
6:00-7:30	Vendor Viewing and Dinner Break			
7:30-9:00	Kirtan			

Sunday	Session 1	Session 2	Session 3	Session 4
8:00-9:00	Lori Redlinger (Watertown) <i>Awaken to Your Greatness: A Morning Practice for the Whole Self</i>	Candace Briscoe (Aberdeen) <i>Barre Yoga</i>	Karen Buxcel (Rapid City) <i>Real Evolution Yoga</i>	Lana Svien (Vermillion) <i>Yoga for Seniors</i>
9:00-9:15	Vendor Viewing and Break			
9:15-10:45	Doc Savage (Rapid City) <i>Happy Hips</i>	Emily Brown (RC/Laramie) <i>Awaken Your Dharma</i>	Ruth Gough (Aberdeen) <i>Ashtanga Yoga Primary Series</i>	Amanda Froelich (Sturgis) <i>Healing Your Relationship with Food</i>
10:45-11:00	Vendor Viewing and Break			
11:00-12:30	Juli Ames-Curtis (Custer) <i>Soaring into Backbends with a Smiling Spine</i>	Colleen Schurrer (Yankton) <i>Power/Nidra Combo</i>	Susan Dedekam (Rapid City) <i>Yoga Nidra</i>	
12:30-1:00	Closing Ceremony			

***Travel Details for Off-Site Sessions**

SUP Yoga: Leave the Lodge at 2:15 and arrive back to Lodge by 5:15

Participants of this session may also choose to do the Yoga Trek session before heading back to the Lodge. Tentative location is Bear Butte Lake.

Bear Butte Yoga Trek: Leave the Lodge at 4:30 and arrive back to Lodge by 7:00

Transportation to and from the off-site locations will be via cars & carpooling.

In the case of inclement weather, these sessions will have alternative locations.

