



International Yoga Nidra Conference Schedule

June 2–7, 2019

Sunday Evening

7:30–9:00 PM

Main Hall

Opening presentation. Each main presenter will give a 20-minute introduction to the yoga nidra teaching that they are representing at this conference.

Monday-Thursday

Morning Session: 8:30–11:30 AM

Main Hall

Each morning, one main presenter will showcase the teaching they represent to the entire group of attendees.

Afternoon Session: 1:30–4:30 PM

Various Breakout Rooms

Each afternoon, the four main presenters will be offering an experiential teaching in four separate breakout rooms. Attendees will be divided into four groups which will rotate through one breakout room per day. By Thursday evening, all four groups will have attended each of the experiential presentations.

Evening Session: 7:00–9:30 PM

Main Hall

Each evening, special guests representing various teachings of yoga nidra will give presentations to the entire group of conference attendees.

Friday Morning

8:30–11:30 AM

Main Hall

Final presentation and Q&A with the four main presenters.