

**Black Yoga Teachers Alliance 2016 Inaugural Conference and Retreat
August 25–28, 2016**

THURSDAY, AUGUST 25

- 2:15 pm Check-in; rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available.
- 5:00 pm Dinner
- 7:00 pm **Welcome to the BYTA 2016 Conference** Elmview Room
Jana Long and Maya Breuer
- 7:47 pm **Agni Hotra Ceremony at Sunset**
Maria Broom
- 8:00 pm **Workshop: Dance Medicine** Elmview Room
Maria Broom
Sway, twirl, shimmy, and shake your shoulders to soulful music from around the world. Release the aches and worries, the tension and stress. That's the medicine in dancing. The heart beats faster, emotions settle down, and your spirit can strengthen and heal. This workshop begins with a meditation to rest our bodies and forgive ourselves. The smell of Homa and the sound of a crystal singing bowl encourage a feeling of calm inside. Dance to release guilt, shame, and criticism. Dance through grief and recovery. Dance as prayer. Dance to forgive and bless.

FRIDAY, AUGUST 26

- 6:00 am Sunrise Yoga
Open Level Yoga *Juneous Pettijohn* Elmview Room
Moderate Level *Kiesha Battles* Mountain View Room
- 7:30 am Breakfast
- 9:00 am Learning Laboratories (concurrent sessions)
SESSION 1 Elmview Room
Introduction to Philosophical Perspectives and Practices of Yoga for Daily Living
Maya Breuer
Delve into yoga's philosophical teachings and the metaphysical aspects of the practice. Through lecture, discussion, and practical applications, learn about purusha (spirit), prakriti (human nature), the gunas (three qualities of the mind), and the kleshas (behaviors that cloud perception). You also experience daily practices of Kriya Yoga to positively impact your nature, spirit, and mental clarity. Learn how these perspectives can be incorporated into yoga reaching and used to inform your personal practice and exploration of yoga.
- SESSION 2 Mountain View Room
Yoga for Self-Love and Care
Dana Smith
This workshop explores asanas to open the heart and hips and strengthen the body's core. Learn daily love rituals designed to support, nurture, and soothe the mind, body, and soul. All levels are welcome; especially those who are caregivers.
- 11:00 am Break

- 11:15 am **Q&A: Group Integration**
Maya Breuer and Dana Smith
- 12:00 pm Lunch
- 1:00 pm Learning Laboratories (concurrent sessions)
- SESSION 3 Mountain View Room
Receive, Restore, Renew: The Art and Skill of Restorative Yoga
Gail Parker
The guiding principle of restorative yoga is that support creates release. Each pose stimulates the parasympathetic nervous system and evokes the relaxation response. This workshop delves into sensation-neutral asanas using props—such as blankets, bolsters, straps, sandbags, and blocks—to support the body in releasing muscular tension. Learn how sequencing, voice, silence, and mindful-transitions create an atmosphere that encourages the release of physical, emotional, and mental stress. Open to all levels.
- SESSION 4 Elmview Room
I've Fallen and I Can't Get Up: Yoga Therapy for Seniors and People with Disabilities
Jana Long
This workshop focuses on the therapeutic application of yoga to support the challenges of living in an aging or disabled body. Learn how to modify postures and use chairs and props to meet varying levels of physical capability. Yoga management of specific health issues, such as diabetes and asthma, and the vital role of meditation in a holistic self-care system are also explored.
- 3:00 pm Break
- 3:15 pm **Q&A: Group Integration** *Gail Parker and Jana Long*
- 4:00 pm Workshop **Lift Every Voice: Calling Your Higher Power with Meditation Songs** Elmview Room
Monique Schubert and Emiliano Garcia
This interactive workshop open to all levels—from beginners to experience chanters—is an invitation to participate in a wide range of vocal collaborations and explore singing and chanting as a deeper spiritual practice for personal and collective growth. Expand your practice and add skills for leading kirtan to your yoga teaching toolbox.
- 5:30 pm Dinner
- 7:30 pm **BYTA Honors** Documentary screening: *A History of Blacks & Yoga in the U.S.* Elmview Room
Jana Long and Maya Breuer

Krishna Kaur, BYTA 2016 Honoree
The Mind's Journey From Seed to Flower
Explore the mind from the perspective of our work as black yoga teachers, focusing on Patanjali's philosophy, Yogi Bhanjan's teachings, and the words of Alice Walker. Call it our mission, our destiny, our profession—we have made a commitment to serve with a meaningful focus on people of color. Enjoy a meditation preceded by a short Kundalini Yoga Kriya to encourage the expansion of meditation in your individual practice and in your service to others.

SATURDAY, AUGUST 27

- 6:00 am **Sunrise Yoga**
Open Level *LaTenia Caldwell*
Moderate Level *Crystal McCreary*
Elmview Room
Mountain View Room
- 7:30 am Breakfast
- 9:00 am KEYNOTE
The Amazing Alchemy of Energy
Caroline Shola Arewa
This powerful presentation based on energy and the four elements (earth, water, fire, and air) is an invitation to transformation. Do you ever feel as though something is holding you back? Are you at a point where your energy is low and something needs to shift? Come step into the next stage of your life and learn to harness your inner power to improve overall health and embrace happiness.
Elmview Room
- 11:15 am **Kripalu Staff Informational Presentation**
Elmview Room
- 12:00 pm **Lunch and Learn: BYTA Business Working Lunch** *Maya Breuer and Jana Long*
- 1:00 pm Workshop
Who Owns the Sun? Knowledge, Oneness, and the Origins of Yoga
Purusha Hickson
The life and teachings of Swamini Turiyasangitananda (Alice Coltrane) are spiritual diamonds waiting to be rediscovered and harnessed. This workshop sheds light on her life and addresses such essential questions as: What are the origins of yoga? What does oneness mean? What is the difference between knowledge and wisdom?
Elmview Room
- 3:00 pm Break
- 3:30 pm **Empowerment Sharing Circle** All attendees and teachers
Elmview Room
- 5:00 pm Dinner
- 7:00 pm **Bambidele Dancers & Drummers Performance** Open to all Kripalu guests
- 8:00 pm **Rhythm Nation DJ Dance Party** Open to all Kripalu guests

SUNDAY, AUGUST 28

- 6:00 am **Sunrise Yoga**
KemetiC Yoga *Jason Charles*
Elmview Room
- 7:30 am Breakfast
- 9:00 am **Launch of National Initiative—Yoga as a Peace Practice**
Jana Long and Maya Breuer
Elmview Room
- 12:00 pm Check out and Departure