

FRIDAY

YOGA & RAW FOOD EXPO
May 2009

LECTURES: Included in the Cost of Admission
WORKSHOPS: Available for an Additional Cost
CLASSES: Bring your own Mat & Towel

- LECTURES: 45 minutes
- CLASSES: 1 hour 15 minutes
- WORKSHOPS: 1 hour 45 minutes
- PANELS: 90 minutes
- SPECIAL EVENTS: 1 hour 45 minutes

	4pm	5pm	6pm	6:30	7pm	8pm	8:30	9pm	9:30
Gramercy Park 3rd floor			RAW FOOD PANEL PART ONE			SEXUALITY & SENSUALITY PANEL			
Herald Square 3rd FLOOR		John Tamayo ATMANANDA YOGA	Gary Gli YOGA OF MARTIAL ARTS		Viraj Santini BIKRAM YOGA				
Kips Bay 3rd floor			Joshua Bloom			Ron Amitron	Chef Karen Spirer		
Sutton Place 3rd floor			Stacie Breeze		Sean David Morton	Lisa Montgomery		Dr. Natural	
Murray Hill 4th floor		Swami X HATHA YOGA		SWAMI BUA CLASS / WORKSHOP			Megwyn White YAMUNA FOOT FITNESS YOGA		
Tribeca 4th floor			Master Herbalist Baratunde & Kayah Ma'at		Anthony Tung	SEAN DAVID MORTON SPECIAL EVENT			

SATURDAY

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	10am	11am	11:30	12pm	1pm	2pm	2:30	3pm	4pm	4:30	5pm	5:30	6pm	7pm	7:30	8pm
Gramercy Park 3rd floor	RAW FOOD PANEL PART TWO			Steve 'Sproutman' Meyerowitz	Sean David Morton	Stacie Breeze		Charles Muir	SEAN DAVID MORTON SPECIAL EVENT			MASTER MANTAK CHIA & CHARLES MUIR SPECIAL EVENT		Alan Steinfeld		
Herald Square 3rd floor	Jennifer Brilliant VINYASA YOGA		Adrienne Jamiel FOR WOMEN ONLY		Liz Labue KRIPALU YOGA		Michael Stein SLOW-FLOW VINYASA YOGA		Patricia Powers YAMUNA BODY BOLLING YOGA		Stacey Hirschman SERENITY YOGA		Sruti Ram & Ishwari KIRTAN		Swami X	
Kips Bay 3rd floor	Ranan Shahar	Joan Stenzler	Dr. Louis Kessel	Dr. George Love, Jr.	Peter Goodgold	Connie Bennett	Joshua Bloom	Jay Gutierrez	Christian Coffinet	Alison Montgomery	Arianna Rose & Scott Meyers					
Murray Hill 3rd floor	Sri Shyamji Bhatnagar NAADA YOGA		Kim Jeblick & Penelope Kalloo DHARMA MITTRA YOGA		Mark Becker SERENITY YOGA		SWAMI BUA CLASS / WORKSHOP		Pat Pasqua PILATES YOGA		Priti Robyn Ross KRIPALU YOGA		Parashakti TRANCE DANCE			
Sutton Place 4th floor		Lali Kakar	Ron Amitron	Viktoras Kulvinskaskas	Brenda Cobb	Debra Secunda	Werner Brandmaier	Matt Monarch	Open Music Ensemble CONCERT		Paul Nison		Chad Ashley Vandenberg			
Tribeca 4th floor	Michael Stein	Dr. Edward Hutton	Mark Chabus	Alicia Boyd	Dr. Howard Robins	Dr. Howard Robins	BRENDA COBB		MATT MONARCH		Walter Wainwright					

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Gramercy Park 3rd floor		RAW FOOD PANEL PART THREE			Ron Amitron	Dr. Jill Baron	Robert Dyckman	Viktoras Kulvinskaskas	Donna Perrone	Kenneth Lane	Paul Nison				
Herald Square 3rd FLOOR		Joan Stenzler KRIPALU		Dedee Benrey YOGA FOR TWO		Jessica Domow YOGA ROCKS! KIDS		Viraj Santini BIKRAM YOGA		Alyssa Gaustad NAAM YOGA					
Kips Bay 3rd floor		Adolphina Shephard		JAY GUTIERREZ			VIKTORAS KULVINSKASKAS		CHARLES MUIR			Dr. Edward Hutton			
Murray Hill 3rd floor		Kim Jeblick & Penelope Kalloo DHARMA MITTRA YOGA		Vicki Lorayne YAMUNA YBR YOGA		Mark Becker FINE-TUNING YOGA ASANAS		Pat Pasqua KUNDALINI		Pat Pasqua SERENITY YOGA					
Sutton Place 4th FLOOR		Dedee Benrey	Stacie Breeze	Sean David Morton	Brenda Cobb	Dr. Howard Robins	Dr. Benjamin Lane	Debra Secunda	Lilith Dove	Mitchell Rabin					
Tribeca 4th floor		David Kaplan	Alicia Boyd	Joshua Bloom	STACIE BREEZE		SEAN DAVID MORTON SPECIAL EVENT		Lewis Harrison	Kevin Shucker					