***RESONANCE YOGA is being held in Abenia A + B room in the conference center. Please see information below.***

Revitalize your body ⚫ Calm your mind ⚫ Deepen self-awareness⚫ Spark creativity

Class Offerings:

Monday

Early Bird ⚫ 6:30 – 7:30 AM

Get Started ⚫ 9:30 – 10:30 PM

Tuesday

Early Bird ⚫ 6:30 – 7:30 AM

All classes are appropriate for new and experienced practitioners.

Bring your own yoga mat and supplies, if you have them. Or, bring a towel to lie upon.

Wear loose, comfortable clothes. Leave cell phones in your room.

RESONANCE YOGA presents the technology of yoga – its methods and techniques – to groups of people who convene around common interests. People attend your events to learn and to work toward shared goals. While at your conference, workshop or retreat, yoga practitioners appreciate class offerings that foster focus and presence, revitalize personal energy, and stoke creativity. Many attendees new to yoga often welcome the opportunity to take a class for the first time. Classes that blend yogis of differing experience levels can feel more assuring to a newcomer because each yogi works at her/his own pace. It becomes a personal practice done in a communal setting.

Participants in RESONANCE YOGA will leave their session with a feeling of expansiveness, more attuned to their own feelings, and open to new insights as they undertake the work of your conference or retreat. Yoga in a purpose driven setting may enhance one’s ability to discern commonalities among incongruent ideas or see patterns in problems that lead to new ideas, solutions, or opportunities.

Yoga Instructor Laura Faye Walls, a Kripalu certified teacher, teaches classes at Stone Wave Yoga in Gardiner, New York. Yoga sessions include breath work, postures, relaxation and meditation. Laura Faye guides practitioners through the process with cues that instruct both new and experienced yogis and keep the student deeply focused in his/her own body. Kripalu Yoga is a lineage that makes yoga accessible to everyone. Read more about Kripalu Yoga at [www.Kripalu.org](http://www.Kripalu.org).

Laura Faye Walls

Yoga Instructor