Free Yoga Studies Events
Fall 2012, Loyola Marymount University

Yoga Serves: A Day of Wellness in Community
Bellarmine Forum, LMU, Hannon Library, Saturday, October 27, 2012

10:00 am
Welcome to Yoga Day, von der Ahe Family Suite, Hannon Library
Chris Chapple is Doshi Professor of Indic and Comparative Theology at LMU and author
of Reconciling Yogas and Yoga and the Luminous: Patanjali’s Spiritual Path to
Freedom. He supervises the Yoga Studies programs at LMU.

10:30 to 11:45
Yoga Asana and Pranayama, Lawton Plaza
Sarah Mata is a certified Viniyoga and Vinyasa Krama teacher. She has studied the traditions of
Krishnamacharya, including Ashtanga and Iyenga, with T. K. V. Desikachar, K. Pattabhi Jois,
Srivatsa Ramaswami, Gary Kraftsow and numerous American teachers. She teaches Yoga for the
LMU Department of Dance.

Sivananda Yoga, Lawton Plaza
Parameshwari, a certified teacher in the Sivananda tradition, has also completed studies
in Yoga Therapy at LMU. She teaches at the Sivananda Yoga Vedanta Center in Marina
Del Rey and LiveYoga Wellness in Westchester.

Yoga for Actors, Directors, Dancers and Singers, von der Ahe Family Suite, Hannon Library
Julie Carmen is a licensed Marriage and Family Therapist and certified Yoga Therapist.
This class will include breath work, movement, theater games and improvization.
She has acted for directors Robert Redford, John Cassavetes, John Carpenter, Quentin Tarantino,
Michael Mann, and studied extensively with Sanford Meisner and Uta Hagen.

11:50 to 12:30
Lecture on the Medical Benefits of Yoga, von der Ahe Family Suite, Library
Dr. John Doyle, M.D., U.C. Davis, staff physician at US Health Works, completed the
YogaWorks Teacher Training in 2000 with Maty Ezraty and Lisa Walford. He has
conducted further studies in Yoga Philosophy at LMU and with Richard Freeman. He
taught Yoga in LMU’s Dance Department from 2008-2012 and will teach in LMU’s
Master of Arts in Yoga starting in the fall of 2013.

12:30 to 1:30 Vegan lunch break; Food truck
**Free Yoga Studies Events**  
**Fall 2012, Loyola Marymount University**

1:30 to 2:45  
**Eight Limbs of Yoga: Crawl, Walk, Run**, Lawton Plaza  
Chris Miller and Devon Fitzgerald are candidates for the Master of Arts in Comparative Theology at LMU. They are completing a two year teacher training in classical Yoga at the Hill Street Center in Santa Monica.

**Yoga for Joints and Glands**, Lawton Plaza  
Charlotte Holtzermann, M.F.A., teaches Hatha Yoga for Emeritus at Santa Monica College and works with individuals in the Alexander Technique. She taught for LMU Extension for 22 years and has taught in LMU’s Department of Dance.

**Breathing Techniques for Test Taking**, von der Ahe Family Suite, Hannon Library  
Felicia Tomasko, editor of Yoga Journal, teaches at YogaGlo in Santa Monica. She has trained in Ayurvedic medicine and is a registered nurse.

3:00 to 4:15  
**Yoga for the Stress of College**  
Griffin Guez majors in Asian Pacific Studies at LMU. He completed his 200 hour Yoga Alliance teacher training with Srivatsa Ramaswami in the summer of 2011. He teaches a weekly class in mediation and movement at Burns Recreation Center on campus.

**Yinyasa Yoga Flow: Slow, Steady and Sweet**  
Aaron Reed teaches Restorative and Yin Yoga at Exhale Center for Sacred Movement in Venice and at Equinox Fitness Centers. He has also conducted Restorative Yoga teacher training workshops for Annie Carpenter, Saul David Raye and Daniel Stewart.

**Prime of Life Yoga: Midlife Yoga in America**  
Denise and Shanna Hughes studied Kashmir Shaivism for many years in Srinagar, India, and have trained in various schools of Yoga. Shanna has completed the 3 year Yoga Therapy program at LMU. Denise is co-director of the Universal Shaiva Fellowship in Culver City.

4:30 to 5:15  
Trish Vance is a certified teacher of YogaEd, which has provided training worldwide that helps teachers integrate daily “Yoga Breaks” into the elementary secondary school curriculum. The Accelerated School in downtown Los Angeles, a K-12 Charter School, includes Yoga as part of the K-12 curriculum.

5:30 to 7:30  
**Concert and Dinner**

**Sangita Yoga: The Yoga of Music**  
Naren K. Schreiner, director of Sangita Yoga in Encinitas, draws on 20 years of practice and study in Raja Yoga. Devoted to India’s devotional and classical music for over ten years, he trained with eminent musicians in India at Sangeet Research Academy.