



# Phoenix Rising Yoga Therapy Conference 2015

## Phoenix Rising Center, Bristol, Vermont — July 17-19

### **Friday: Pre-Conference Update and Re-Certification Day**

*“When I signed up ... for re-certification, I never dreamed that it would be just as soul satisfying as it was nearly twenty years ago. I re-learned skills and added new ones and marveled at the sensitive facilitation of my instructors.”*

- Cynthia Woodring, PRYT E-RYT 500, Charlottesville, VA



- 8am Registration, Meet and Greet
- 8:30am to 10am Michael Lee on “The Refinements to Session Work and Training - what makes a Difference?” Presentation followed by Q&A
- 10:30am to 12:30pm Demonstrations, guided experiences for practitioners to work in small groups with teaching faculty to become familiar with recent refinements.
- 1:00pm to 5:00p Re-Certification sessions - Practitioners will be observed giving a session and will receive professionally structured feedback on our new standard “Practitioner Assessment Feedback Form” (Checklist will be sent on sign-up for re-certification to help in preparation.)

*Note: be sure to book ahead for this as there will be limited slots available.*

### **Friday Evening: Opening Night**

- 5pm Welcome and Social Hour - with light snacks
- 6pm Opening Address by Michael Lee, Founder of Phoenix Rising
- 6:45pm to 8pm Embodied Mindfulness Yoga Experience, Integration and Sharing  
(This yoga class/experience will include some of the refinements made to the delivery in 2014.)
- 8pm to 9pm Interest Groups or Session Exchanges

### **Saturday**

- 6:30am to 7:30am PR Yoga Class on *Choice* led by Sarah Kaczor.  
  
Note: This class will be led according to the new approach to working with *Themes* now relevant to all Phoenix Rising work.
- 8:30am to 10:30am Workshop: **Phoenix Rising Yoga Therapy for People Touched by Cancer**  
  
Led by Bev Johnson (supported by Camille Llewellyn and Mary Felchlin)

10:30am to 11:00am	Break
11:00am to 1:00pm	Workshop: <b>A Body Of Wisdom: Phoenix Rising Yoga Therapy as a tool for mindfulness and connection for the individual with eating disorders and body image issues.</b> Led by Maria Sorbara Mora
1:00pm to 2:30pm	Lunch and Networking
2:30pm to 4:30pm	Workshop: <b>Phoenix Rising Yoga Therapy: A Mind/Body Approach to Grief</b> Led by Heather Stang
4:30pm to 5:00pm	Break
5:00pm to 6:15pm	8 Week Group Yoga/Meditation Experience - Choice and Discernment
7:00pm to 8:30pm	Community Potluck (Picnic on the Green, weather-permitting)
8:30pm to 9:30pm	Networking/Interest Groups/Session Exchanges

## Sunday

6:30am to 7:30am	Morning Yoga – PR Class on Truth and Truth in Action with Sarah Kaczor
8:30am to 10:30am	Workshop - <b>When the Client is a Couple: Phoenix Rising Yoga Therapy as a vehicle for enhancing relationship, connection, and conversation for couples.</b> Led by Michael Lee
10:30am to 11:00am	Break
11:00am to 1:00pm	Panel Discussion with Heather Stang, Bev Johnson, Lori Bashour, Michael Lee, Maria Sorbara Mora, Sarah Kaczor – Discussion around our common challenges: <ul style="list-style-type: none"> <li>• I can't seem to get clients. What can I do?</li> <li>• How do I talk about Phoenix Rising in ways that will open doors in traditional healthcare settings, schools, spas, etc...?</li> <li>• What is my work really about and how do I state that?</li> <li>• What works in conversation with prospective clients?</li> <li>• Why specialize?</li> </ul>
1:00pm to 2:30pm	Brunch – courtesy of Phoenix Rising for conference participants; \$20 guest
2:30pm to 4:00pm	Community Celebration of Recent Graduates and Closing Ceremony