

SUMMIT SCHEDULE JULY 30th -AUGUST 3rd

Wednesday, July 30, 2008

11:00 Registration
Movie: Doing Time, Doing
Vipassana (1997) 52 minutes or
Fat Girls Do Yoga Too
2:30 Orientation and Tune-In
3:30 YOGA – **Jimmy Whitfield**
5:00 Dinner
7:00 Opening Ritual
Meet & Greet
Healing Meditation for Peace
angel Kyodo williams

Thursday, July 31, 2008

4:30 Kundalini Sadhana
6:30 Sun Salutation **Arturo Peal**
7:00 Breakfast
8:30 Group Meditation
9:00 ANNUAL MEETING
IABYT Updates
11:30 YOGA – The Spirit of Kundalini
Yoga **Krishna Kaur**
1:00 Lunch
3:00 Visioning w/ **Maisha Hazzard**
YOGA stretch
5:00 Dinner
7:00 PANEL: Yoga History, Science,
Religion – (**Dr. Muata Ashby,**
Dr. Richard King, Dr. Edward B.
Bynum, Gurumukh Mark Harris)
9:00 Mantra Meditation for Clarity
Joan Jacocks

Friday, August 1, 2008

(Also: YOGA for Youth Day!)

4:30 Kundalini Sadhana
6:30 Sun Salutation **Arturo Peal**
7:00 Breakfast
8:30 Group Meditation
9:00 WORKSHOPS: Egyptian
Connection
Dr. Muata Ashby
PANEL: Yoga in Institutions- **Dr. Terri**
Kennedy, George White, Dr. Sheree
Poitier, Nichele Hoskins
11:30 WORKSHOPS: Yoga References in
Bible – **Rev Nicole Elliott PhD**
YOGA – **Denise Davidson**
1:00 Lunch
Weekend Retreat Begins!
1:00 Registration
2:00 VENDORS OPEN
2:30 Welcome/Orientation for
Weekend guests!
3:00 WORKSHOPS – “Get Fit for Life!”
Nichele Hoskins
YOGA – Got Your Back **Pearl**
Howell

5:00 Dinner (Vendors Close)
7:00 Music/Spoken Word
8:30 Dharma Talk and Meditation
angel Kyodo williams

Saturday, August 2, 2008

4:30 Kundalini Sadhana
6:30 Sun Salutation **Dr. Terri Kennedy**
7:00 Breakfast
8:30 Group Meditation
9:00 WORKSHOPS – Egyptian
Connection **Dr. Muata Ashby,**
Power of Stillness **angel Kyodo**
williams
Eat-Fast-Heal **Rev Nicole Elliot PhD**
YOGA – **Sara Barnwell**
11:30 WORKSHOPS – The Caduceus,
Chakras and Cross **Gurumukh**
Mark Harris, Energy,
Consciousness, Change **Shola**
Arewa
YOGA and SCIENCE – **Dr. Edward**
B. Bynum
1:00 Lunch
2:30 WORKSHOPS – Sacred Locks
Nadira Belcher,
Bhakti Yoga **Angela Pashayan,**
Yoga and Anatomy **Arturo Peal**
YOGA: For your Health– **Shirley**
Love
4:00 Prepare for Gala Fundraiser
5:00 Board Buses for Gala
6:00 Gala 10th Anniversary Celebration
CAAM Dancing, Dining, Live Music
Celebration!

Sunday, August 3, 2008

5:00 Kundalini Sadhana
6:30 Sun Salutation **Jimmy Whitfield**
7:00 Breakfast
8:30 Group Meditation
9:00 WORKSHOPS – The 3rd Eye **Dr.**
Richard King
YOGA: Chair Yoga **Edna Coleman**
11:30 WORKSHOPS: Yoga for Chronic
Diseases – **Dr. Terri Kennedy**
YOGA – **Noor Singh**
1:00 Closing Luncheon
3:00 SPECIAL WORKSHOP
Delicious, Quick and Easy
Vegetarian Meals for Life **Robby**
Robinson, Master Chef from
Salaam West Restaurant and
Caterers
YOGA: For beginners and seniors
5:00 Summit ends