

the EMBODIED YOGA SUMMIT 5 DAY SCHEDULE

The **Summit Replay** is offered in the five days in which it was originally presented in April.

Use the chart below to quickly find the talks you are looking for.

Read more about the classes and presentations here: <https://www.embodiedyogasummit.com/schedule>

WELCOME & CLOSING CEREMONIES

Dr. Scott Lyons | *Welcome, Community Connection & Meditation with Your Host* **DAY 1**

Dr. Scott Lyons | *Closing Ceremony & Part* **DAY 5**

PANEL DISCUSSIONS

What is Embodiment **DAY 1**

with Dr. Rae Johnson, Dr. Albert Wong, Dr. Eleanor Criswell Hanna & Dr. Scott Lyons

The Interplay of Somatics, Embodiment and Yoga **DAY 1**

with Bonnie Bainbridge Cohen, Niralli D'Costa, Patty Townsend, Dr. Eleanor Criswell Hanna & Dr. Scott Lyons

Healing Trauma with Somatics, Embodiment and Yoga **DAY 3**

with Dr. Peter Levine, Dr. Sara King, Dr. Amber Gray, Niralli D'Costa & Dr. Scott Lyons

PRESENTATIONS / CLASSES (Alphabetical order by First Name)

Dr. Albert Wong | *Panel Discussion: What is Embodiment* **DAY 1**

Ally Bogard | *The Four Qualities of Heart in Action* **DAY 2**

Dr. Amber | *Panel Discussion: Healing Trauma with Somatics, Embodiment & Yoga* **DAY 3**

PRESENTATIONS / CLASSES (Alphabetical order by First Name)

Dr. Arielle Schwartz <i>Vagus Nerve Regulation, Embodied Yoga, and Trauma Recovery</i>	DAY 3
Ashley Turner <i>Brain Savvy Tools to Alleviate Anxiety</i>	DAY 3
Rev. angel Kyodo williams <i>Yoga and Embodied Social Justice</i>	DAY 2
Betsy Polatin <i>Unity and How Trauma Interferes</i>	DAY 4
Bobbie Ellis <i>The Soma of Yoga</i>	DAY 2
Bonnie Bainbridge Cohen <i>Body-Mind Centering and Yoga</i>	DAY 5
Bonnie Bainbridge Cohen <i>Panel Discussion: The Interplay of Somatics, Embodiment & Yoga</i>	DAY 1
Christopher Hareesh Wallis <i>Tantrik Yoga and Embodiment</i>	DAY 1
Dr. Eleanor Criswell Hanna <i>Panel Discussion: What is Embodiment?</i>	DAY 1
Dr. Eleanor Criswell Hanna <i>Panel Discussion: The Interplay of Somatics, Embodiment & Yoga</i>	DAY 1
Elena Brower & Angela Chambers <i>Calm Center: Acupoints and Meditation</i>	DAY 3
Eric Franklin <i>Enhancing Yoga with Dynamic Neuro-Cognitive Imagery & Embodied Anatomical Function</i>	DAY 2
Kara Leah Grant <i>Liberation Through the Digestion and Devouring of Samskara</i>	DAY 5
Karina Kalilah <i>Song of Surrender: A Sound Meditation Journey</i>	DAY 4
Kristen Davis <i>Releasing the Habit of Separation: Yoga and the Alexander Technique</i>	DAY 5
Leo Peppas <i>Embodied Relationship: How We Process and Understand our Experience</i>	DAY 4
Mariana Caplan <i>Yoga & Psyche: Trauma Healing & Thriving thru Integrating Somatic Experiencing and Yoga</i>	DAY 2
Mark Walsh <i>Getting Yoga Off the Mat - A Practical Western Depth Approach to Asana</i>	DAY 4

PRESENTATIONS / CLASSES (Alphabetical order by First Name)

Mayan Patel <i>Making Yoga Meaningful: Your Career and Purpose</i>	DAY 3
Mei Lai Swan <i>Heart and Body Wisdom: A Somatic Approach to Trauma-Informed Yoga</i>	DAY 3
Mei Lai Swan <i>Embodied Sound – Bridging Breath, Body and Consciousness</i>	DAY 5
Michal Yarkoni <i>Keep in Touch</i>	DAY 4
Nahid de Belgeonne <i>The Human Method</i>	DAY 5
Niralli D'Costa <i>Embodied Source: An Exploration of Consciousness in Form</i>	DAY 4
Niralli D'Costa <i>Panel Discussion: The Interplay of Somatics, Embodiment & Yoga</i>	DAY 1
Niralli D'Costa <i>Panel Discussion: Healing Trauma with Somatics, Embodiment & Yoga</i>	DAY 3
Patty Townsend <i>Embodying our Humanity: Earth, Water and Fire</i>	DAY 4
Patty Townsend <i>Panel Discussion: The Interplay of Somatics, Embodiment & Yoga</i>	DAY 1
Dr. Peter Levine <i>Panel Discussion: Healing Trauma with Somatics, Embodiment & Yoga</i>	DAY 3
Dr. Rae Johnson <i>Panel Discussion: What is Embodiment</i>	DAY 1
Dr. Richard Miller <i>Experiencing Your Innate Interconnected Wholeness and Well-Being Part 1</i>	DAY 2
Dr. Richard Miller <i>Experiencing Your Innate Interconnected Wholeness and Well-Being Part 2</i>	DAY 3
Dr. Rick Hanson <i>Seven Practices for Embodying The Highest Happiness</i>	DAY 2
Dr. Sara King <i>Panel Discussion: Healing Trauma with Somatics, Embodiment & Yoga</i>	DAY 3
Sally Kempton <i>The Tantric Body and its Practices for Healing from Within</i>	DAY 3
Satu Tuomela <i>Embodied Yin - Water</i>	DAY 3
Satu Tuomela <i>Embodied Yin: Wood</i>	DAY 5
Dr. Scott Lyons <i>Panel Discussion: What is Embodiment?</i>	DAY 1

PRESENTATIONS / CLASSES (Alphabetical order by First Name)

Dr. Scott Lyons <i>Panel Discussion: The Interplay of Somatics, Embodiment & Yoga</i>	DAY 1
Dr. Scott Lyons <i>Panel Discussion: Healing Trauma with Somatics, Embodiment & Yoga</i>	DAY 3
Sianna Sherman <i>Rasa Yoga: Alchemy and Artistry of Yoga</i>	DAY 2
Simon Borg Olivier <i>Safe, Accessible and Effective Spinal Movements for Health, Happiness and Longevity</i>	DAY 1
Tara Judelle <i>Release the Central Nervous System</i>	DAY 1
Tara Judelle <i>Tapping Into the Felt Sense of the Super Matrix of Chi, the Fascial Network</i>	DAY 4
Tias Little <i>Ecology of the Subtle Body</i>	DAY 1
Tracee Stanley <i>Tuning in to Your Quiet Power</i>	DAY 1