



YogaHub

2012

PROGRAM GUIDE

Yoga, Meditation, and the Philosopher's Stone

CONFERENCE PREPARATION

Quick Tips to Get Started

MARK YOUR CALENDAR

5-Day Schedule

COMMUNITY ACTION PLAN

Make the Most of
Your Experience

VIRTUAL WORLD YOGA CONFERENCE

YogaHub

Revolving Around You

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Tips: Did You Know...



We provide local numbers for dial-by-phone access from nearly 100 cities across the United States.



Plus, an additional 60+ international phone numbers for cities around the world, including Canada, Australia and the United Kingdom.

➔ yhub.us/local



You can also connect to the conference via Skype. Simply add a contact by the name of "JoinConference" and enter your classroom pin # when prompted.

➔ yhub.us/skype

Welcome to All,

Here we are, gathering to celebrate our third year of this paradigm shifting Virtual Platform.

This continues to be a gathering of like minds, bodies, and spirits. All with the same intent to learn and experience new modalities or reconnect with some from our past.



Christina Souza Ma
yogahub founder

We created this virtual platform as a space for experts and participants to gather and share their wisdom and experiences. We are all so fortunate to have each other in this collaborative community that is continually expand into the World Wide Web of life. It is such a gift to be present for each other especially during these vibrant, shifting times we live in today.

We hope that you feast on this buffet of delights. Morsels that you don't have to worry about weight gain or creating imbalances in your body. Morsels that will benefit you in every way of balance in health and wellness.

I was told by a dear mentor and friend that our focus should not be about prevention, it should be on overall wellness. If we continue to keep ourselves balanced in wellness there is no room or space for imbalance.

We here at YogaHub are honored by you, our growing community, and by your presence as we gather in a collaborative effort to raise levels of awareness and consciousness towards wellbeing that emanates to others around us. "One drop creates a thousand waves" is a quote that I heard many years ago, and this has been our consistent mantra in developing this virtual space.

Whether you are the expert or participant, this conference was created for you as your virtual playground. A playground where adventures continue and new adventures begin, so let's make sure we fill the space with all the excitement and fun that new endeavors always have in store.

Blessings of Joy and Laughter,

Christina

Namaste,
Christina Souza Ma

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Over \$2,500 In Prizes

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Yoga, Meditation, and the Philosopher's Stone

A conference is like a big family reunion. It's exciting, heartwarming, full of energy, and a bit chaotic. New introductions are made and old relationships are reignited. At times, conferences — and family reunions — can be overwhelming.

When you come to a new conference, especially a new virtual conference, sometimes it's hard to relax and enjoy the events because there's so much going on. That's why planning is such an important, though often overlooked, part of a conference excursion.

So we've put together this conference program guide to help you navigate this virtual space, and to make sure you can get the most out of your experience.

Conferences offer the opportunity to test-drive different subjects, teachers, and styles. They are like a grand banquet, a smorgasbord from which you can sample and taste. Fill your plate up and enjoy the meal!

QUICK TIPS

Preparing For The Virtual Conference

Here are some suggestions for maximizing your time and getting the most out of your conference experience.

Start both an electronic and hard copy conference folder or binder in which to keep this program guide, your workshop printouts and speaker handouts. By keeping everything organized, it will make it easier for you to retrieve and look back at important information later.

Make contact ahead of time with people you want to connect with during the conference. You can do this by creating a profile in our virtual community at MyYogaHub.com if you haven't done so already. This allows you to connect with other friends, participants and faculty in the forum discussions during the conference.

Consider your intention and focus for the conference. What are you looking to take away? Write your intention in big letters on the inside of your conference folder or a journal. Keep it in mind during the event so you stay on track.

Block off time in your calendar to actually participate in the live conference. You want to make sure you honor your learning space — don't try and cram too much into each day. If you have a full schedule that week, consider setting some time aside later in the weeks to follow to listen to any missed sessions. You will have access until Feb. 25, 2012.

Check out the sessions online and see which ones you want to attend. ➔ yhub.us/sessions

Logging Into The Classrooms

Once you register, **you officially have a “seat” in all classrooms at the conference.** Your username and password, along with a phone or internet access, is all you need to join the class. There's no need to hop on a plane, make hotel reservations, or eat unhealthy airport food.

You already set up your username and password when you registered for the conference. It's helpful to keep this information in a handy spot, such as your dedicated folder or binder.

To login, simply go to VirtualYogaConference.com. On the upper right corner, just beneath the banner, is the spot to login. Click on the **login**, put in your username and password. If you've forgotten your password, click the link that says “forgot password?”, which will give you instructions to retrieve that information.

Just like you do for an on-site conference, you get to review the topics and speakers to decide what sessions you want to attend. Unlike a traditional conference, however, you can be in two places at once! Each workshop is recorded so you will be able to listen to those you missed.

Give yourself the space you need to learn by blocking out “classroom” time in your calendar.

For an online version of this document with active links, please visit yhub.us/guide

First Day of Class

Each session is 60 minutes in length with its own dedicated virtual classroom where you'll find everything you need to attend, including dial-in numbers, handouts, etc. To get there, simply login and click on the session title from the Virtual Lobby. You will have the choice to either attend by phone or listen online, but it's best to get settled at least five minutes before the session begins.

Have water and a blanket or sticky mat ready, and wear comfortable clothes as many of the sessions involve movement. Pick a spot where you won't be interrupted and can focus on the class, as multitasking will definitely decrease your learning. If getting up and down from the floor is difficult, use a couch or a bed for the relaxing, lying down exercises.

Keep a journal close by to capture ideas and insights, even though many of the sessions are accompanied by printable handouts.

You will have an opportunity to ask questions during the live session, or the classroom will have a link that connects you directly to our online forum where you can share further questions and comments.

There are also plenty of audio and video clips available for movement and meditation between classes, or when you are just in need of a break.

You can access the site 24/7, so design your day in a way that suits you best. Mix and match classroom work with movement breaks, connect and make new friends through the community, or allow it to be your own solo retreat.



Special Thanks To Our Sponsors & Media Partners





Virtual Floor Plan



Event Schedule

View the complete 5-day conference at a glance.

➔ yhub.us/schedule



Speakers & Faculty

Browse our full list of teachers here.

➔ yhub.us/speakers



Sessions & Workshops

Four categories means something for everyone.

➔ yhub.us/sessions



YogaHub.TV

Focus creative energy through movement.

➔ yhub.us/tv



Online Shopping

Continuing education by our speakers/faculty.

➔ yhub.us/products



YogaHub Community

Express yourself and share with others.

➔ yhub.us/myh



Discussion Forum

Trust your instincts and ask a question!

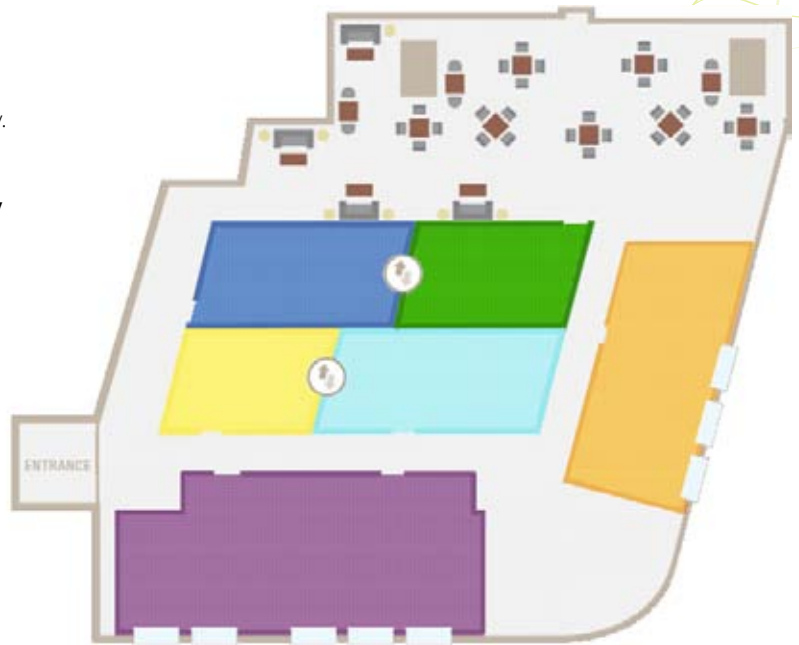
➔ yhub.us/forum



YH Support Center

Help, tutorials & your questions answered.

➔ yhub.us/help



If you need support at any time before, during, or after the conference, feel free to contact our support desk.

NEED HELP

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SCHEDULE

DAY 1 - FEBRUARY 7

TIME - PST	SESSION
5:30 - 6:30 AM	Christina Souza Ma <i>Conference Kick-Off</i>
6:45 - 7:45 AM	Nischala Joy Devi <i>The Healing Path of Yoga</i>
8:00 - 9:00 AM	Neil Pearson <i>How Much Pain is Okay in Yoga Practice - Part 1</i>
9:15 - 10:15 AM	Neil Pearson <i>How Much Pain is Okay in Yoga Practice - Part 2</i>
10:30 - 11:30 AM	Dr. Glenn Wollman <i>The Science and Art of Healing</i>
30 Min	BREAK
12:00 - 1:00 PM	Megan McDonough <i>A Minute for Me</i>
1:15 - 2:15 PM	Felicia Marie Tomasko <i>Ayurvedic Wellness Practices for Mindfulness</i>
2:30 - 3:30 PM	Dr. Daniel Amen <i>Wired for Success: Creating Brain Healthy Lives</i>
30 Min	BREAK
4:00 - 5:00 PM	Kylie Saunder <i>3 Step Blueprint to a Successful & Thriving Wellness Business</i>
5:15 - 6:15 PM	David Berceli <i>Being Meditation</i>
6:30 - 7:30 PM	Soleil Hepner <i>Unstuck & Out of Pain: PRYT Approach to Mind Body Connection</i>
15 Min	End of Day Closing Integration

DAY 2 - FEBRUARY 8

TIME - PST	SESSION
5:30 - 6:30 AM	<i>Movement / Meditation</i>
6:45 - 7:45 AM	Ashutosh Mukherjee <i>Pranayam: A breath to rejuvenate, Meditate and Live</i>
8:00 - 9:00 AM	Robin Rothenberg <i>Soothing the Spirit: Yoga for the Anxious Mind</i>
9:15 - 10:15 AM	David Cumes <i>South African Healing Wisdom & What It Has to Offer the West</i>
10:30 - 11:30 AM	Robin Rothenberg <i>Yoga for MS</i>
30 Min	BREAK
12:00 - 1:00 PM	Kathy Shafer <i>Freud Gets off the Couch and Onto the Mat - Part 1</i>
1:15 - 2:15 PM	Kathy Shafer <i>Freud Gets off the Couch and Onto the Mat - Part 2</i>
2:30 - 3:30 PM	Mona Laru <i>Eating Organically on a Budget</i>
30 Min	BREAK
4:00 - 5:00 PM	Kylie Saunder <i>Grassroots Marketing to Increase Revenue and Attract More Clients</i>
5:15 - 6:15 PM	TBA
6:30 - 7:30 PM	Julie Dittmar & Matt Kahn <i>Effortless Freedom</i>
15 Min	End of Day Closing Integration

TIPS

Please be sure to check the online schedule for the most up-to-date session times. All schedule times are posted in PST (Pacific Standard Time). See local time zones.



yhub.us/schedule
yhub.us/timezone



Dr. Glenn Wollman

The Science and Art of Healing

Dr. Wollman will review the body's own healing systems, followed by some research and new forms of treatment the medical profession is now using. Learn some of the newest research and methods for combatting diseases and illnesses such as cancer using your body's existing healing mechanisms. -> Day 1



Robin Rothenberg

Soothing the Spirit: Yoga for the Anxious Mind

Learn how our mind triggers our body's physiologic panic button and loops back on itself – and how yoga can stop the cycle in its tracks. Simple breathing and meditation practices combined with movement can literally re-program your mind and body to help you to chill out and re-compose yourself on the spot. -> Day 2



Technology Solutions
to **Unite & Ignite**
Local Yoga Communities

**Build Your Local
Yoga Community**

FREE Ideas from
Soleil@YogaBlaze.com

DAY 3 - FEBRUARY 9

TIME - PST	SESSION
5:30 - 6:30 AM	<i>Movement / Meditation</i>
6:45 - 7:45 AM	Amy Weintraub <i>Grief in the Tissues: Trauma Recovery from a Yoga Perspective</i>
8:00 - 9:00 AM	Chaya~Sharon Heller <i>Ayurvedic Perceptions of Yogic Lifestyle</i>
9:15 - 10:15 AM	Bhavani Lorraine Nelson <i>Simple "How-To" and "Who's Who" Introduction to Sanskrit Mantra</i>
10:30 - 11:30 AM	Dr. Glenn Wollman <i>R.I.P.</i>
30 Min	BREAK
12:00 - 1:00 PM	TBA
1:15 - 2:15 PM	Lygya Maya <i>Love the Emotions You Hate</i>
2:30 - 3:30 PM	Kat Robinson <i>Creative Sequencing</i>
30 Min	BREAK
4:00 - 5:00 PM	Robert Bosnak <i>Dreamwork and Your Body - Part 1</i>
5:15 - 6:15 PM	Robert Bosnak <i>Dreamwork and Your Body - Part 2</i>
6:30 - 7:30 PM	Julie Dittmar & Matt Kahn <i>The Art of Letting Go</i>
15 Min	End of Day Closing Integration



Amy Weintraub

Grief in the Tissues: Trauma Recovery from a Yoga Perspective

For people who suffer from anxiety, obsessive compulsive disorder, or the negative spiral of thoughts that often accompanies depression, it's important to learn self-soothing techniques, open the mind to greater self-awareness and the heart to love and acceptance of what is. -> Day 3



Chaya Sharon Heller

Ayurvedic Perceptions of Yogic Lifestyle

Learn practical applications of Ayurveda for Yoga Teachers and Practitioners, plus how to support your yoga practice by understanding the elements, their functions and how they form the doshas and their relationship to the mind. -> Day 3



Robert Bosnak

Dreamwork and Your Body

While dreaming we find ourselves in a world we know to be real. Only upon awakening do we call it a dream. Embodied imagination is a method to relive the dream as a real event by slowing down our memory of the dream. By way of demonstration with a dream of a participant we will show the healing effects of dream embodiment. -> Day 3

6-Part Virtual Workshop Presented by YogaHub

Using Intuition in this **Dynamic and Passionate Time of Change**



"Experience the vitality possible when you use your intuition to inform you in times of transition."

Discover and experience the resources that you possess to make this shift exciting, real, and representative of your passion!

- Connect with Your Intuitive Voice
- Trust the Experience of the Moment
- Embrace Your Inner Intuition Today

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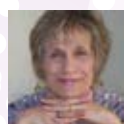


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DAY 4 - FEBRUARY 10

TIME - PST	SESSION
5:30 - 6:30 AM	<i>Movement / Meditation</i>
6:45 - 7:45 AM	Kevin Gianni <i>Uncovering Natural Health Secrets: What Works and What Doesn't</i>
8:00 - 9:00 AM	Sandy Bothmer <i>Shake Rattle and Move</i>
9:15 - 10:15 AM	Dee Williams <i>Health + Wealth = Happiness</i>
10:30 - 11:30 AM	Steve S. Sadeir <i>Shaktipat Meditation</i>
30 Min	BREAK
12:00 - 1:00 PM	Segovia Smith <i>Turning Your Website Into a Platform for Success</i>
1:15 - 2:15 PM	Cherie Sohnen-Moe <i>The Top Ten Steps to Innovative Marketing</i>
2:30 - 3:30 PM	TBA
30 Min	BREAK
4:00 - 5:00 PM	Karen O'Donnell Clarke <i>Fun with Chair Sun Salutation</i>
5:15 - 6:15 PM	Ishwari Jay <i>Boundless Energy with Conscious Lifestyle</i>
6:30 - 7:30 PM	Todd Williams <i>Zero Balancing for Vibrant Health</i>
15 Min	End of Day Closing Integration



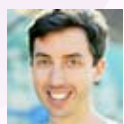
Sandy Bothmer
Shake Rattle and Move

It seems that there is a tendency to think of our kids as only needing to relax, which is certainly often the case, especially in today's stressful world. But the flip side of relaxation is true as well. Sometimes kids need energization to get the juices going. Come experience these exercises so you can share them with others. -> Day 4



Ishwari Jay
Boundless Energy with Conscious Lifestyle

Learn time tested yogic breathing exercises, powerful meditation techniques and recipes to enrich your life. Come play as we explore the 9 essential steps to conscious living and boundless energy with an action plan and daily schedule for a complete lifestyle makeover to help with weight loss, healing allergies, and more. -> Day 4



Todd Williams
Zero Balancing for Vibrant Health

Zero Balancing is a hands-on system of therapy which balances the relationship between the skeletal system and the deepest flow of energy in your body. By aligning and clarifying the energy fields as they relate to your core, it addresses specific needs, resulting in being more attuned to your true nature. -> Day 4



COMPLETE FACULTY LIST

Ashutosh Mukherjeepost
Amy Weintraub
Anatara Buckley
Beverly Driver
Bhavani Lorraine Nelson
Chaya~Sharon Heller
Cherie Sohnen-Moe
Colette Ryder
Christina Souza Ma
David Berceci
David Cumes
Dee Williams
Dr. Daniel Amen
Elan O'Brien
Felicia Marie Tomasko
Glenn Wollman
Ishwari Jay
Jane Foody
Julie Dittmar & Matt Kahn

Karen O'Donnell Clarke
Kat Robinson
Kathy Shafer
Kevin Gianni
Kylie Saunder
Lygya Maya
Megan McDonough
Mona Laru
Neil Pearson
Nischala Joy Devi
Robert Bosnak
Robin Rothenberg
Rosemary Todd Clough
Sandy Bothmer
Segovia Smith
Sharan Ro
Soleil Hepner
Steve S. Sadeir
Todd Williams

See page 11 for Day 5 – February 11

A Minute For Me
Learning to Savor Sixty Seconds
by Megan McDonough

NEW Expanded Edition

\$14.95 – 200 pages

"I highly recommend it."
– Stephen Cope

Many of us have grand designs and schemes for our spiritual practice: thirty minutes of meditation a day, an hour and a half of yoga practice three times a week, enlightenment by the time we're fifty. The truth is, we live in a busy world. We often just end up feeling oppressed by our big plans. What about the radical idea of small, regular moments – a minute! – of awareness, of settling, of quiet, of "coming home." Turns out that the cumulative power of these small moments can change our lives. Megan McDonough's book is a friendly, accessible, beautifully written and wise guide for this kind of practice.

Stephen Cope, Director, Kripalu Institute for Extraordinary Living and author of *Yoga and the Quest for the True Self*

Satya House Publications



Kylie Saunder

3 Step Blueprint to a Successful & Thriving Wellness Business

As Wellness professionals we thrive on helping our clients achieve balance. Yet when it comes to creating a sustainable, successful business, we often fall out of alignment and into fear, confusion and frustration. This session provides you with a 3-step blueprint to build a thriving business that supports your values. -> Day 1



Neil Pearson

How Much Pain is Okay in Yoga Practice?

Many seek out yoga as a way to decrease pain from an injury or attain a better quality of life in the face of a chronic pain condition. Most of us do not have a clear idea of how much pain there should be during a yoga practice, yet it impacts every aspect of our existence. Come deepen your awareness and understanding of pain. -> Day 1



David Berceli

Being Meditation

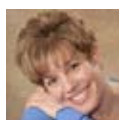
Being meditation is meant to imply that 'trying' to meditate is a paradoxical experience. We can put ourselves in the conscious state of meditation but it isn't until we learn to 'let go' that expanded consciousness emerges. We will discuss how to reinforce this state of inner groundedness and centeredness. -> Day 1



Nischala Joy Devi

The Healing Path of Yoga

Explore how your actions, thoughts and images of who you are and how you feel about yourself can lead to health or disease. In this workshop we will delve into our concepts of modern maladies, observing and adjusting the images of ourselves and clearing out old patterns from the subtle bodies and our mind. -> Day 1



Megan McDonough

A Minute for Me

People with big ideas face a constant challenge - how to transform that vision into a new and better reality. Whether it's change in your personal life or success in your business, vision needs action (and rest) to manifest. Join Megan as she shares three key principles to transform your big idea for life into reality. -> Day 1



Anataara Buckley

Using Intuition in this Dynamic and Passionate Time of Change

Do you ever get the feeling you are not 'doing' enough right now, or that you should be actively engaged in something that contributes to a higher purpose? There is an imminent and deep planetary change afoot. Join with me to uncover, identify, and to master your most precious gifts, your intuition. -> Day 5

Movement & Meditation



Relax, stretch or unwind with these movement and meditation sessions.

➔ yhub.us/movement

Take a Break

Door Prizes



With over \$2,500 in gifts and prizes - make sure you're qualified to win. see pg. 11

Great Prizes

Raffle Tickets



There are 10 ways to increase your chances to win - get started now!

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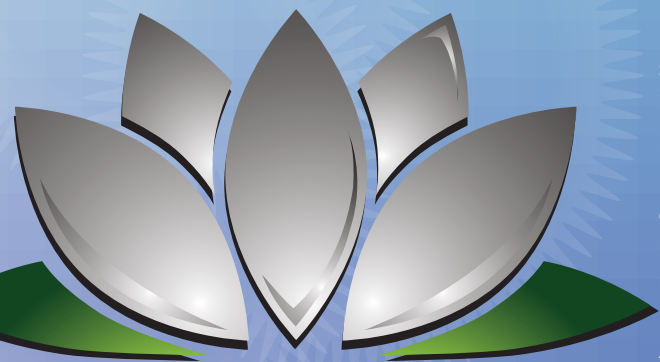
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STUDENT
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Community Action Plan

1

FILL IN YOUR COMMUNITY PROFILE

Your profile is like your virtual calling card – it represents who you are, so make sure it doesn't look like a ghost town. It's also the spot for posting links to your site, sharing photos and videos, meeting new people, and making friends.

eg. Anantara Buckley, MyYogaHub.com/Anantara

Megan McDonough, MyYogaHub.com/YoginiMegan

Step-by-Step Checklist:

- Upload an avatar profile photo.
- Upload other photos you like.
- Add videos to your profile.
- Add a link to your web site.
- Create/write a blog post.
- Make friends with our faculty.
- Comment on blogs, profiles, & photos.

2

GET SOCIAL WITH US

In addition to MyYogaHub.com, why not friend us on Facebook and follow us on Twitter? But don't stop there! Let loose your inner social butterfly and send us a tweet, post a photo or comment on our Facebook wall.

- Friend and follow us on Twitter & Facebook @YogaHub
 - Follow our special Virtual Conference Twitter list, tweet it out and make friends with other speakers and faculty.
- ➔ [Twitter.com/YogaHub/Virtual-Conference](https://twitter.com/YogaHub/Virtual-Conference)

Whether you're new to the phrase 'social networking' or web communication terms such as Facebook Likes, Tweets and status updates are old hat, we'd love for you to get involved in our YogaHub Virtual Community and play a larger part in our grand vision for making this year's conference the best ever!

Becoming an active part of the YogaHub community means you reap the benefits of our exciting vision, making new like-minded friends from around the world. And, as if that's not enough of a benefit on its own, you also get entered into a ton of cool draws to win some incredible prizes from our speakers and sponsors.

The following checklist includes actions you can take at YogaHub, between now and the end of the two weeks following the live conference, to increase and maximize your chances of winning some of these great prizes.

Simply work your way down the list and begin to check the items off one by one.

3

CRUISE AROUND YOGAHUB

Just about every area of our site has some way of contributing and interacting with other participants or the faculty. Each of these interactions will track back to your newsfeed on your MYH profile page and increase your chances to win.

- Visit our online store and leave a review or testimonial.
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- Get involved in a forum discussion (or start a new one.)
➔ YogaHub.com/forum
- Comment on a post from our blog.
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4

SHARE YOUR FEEDBACK

As you may have noticed from the conference web site, we love hearing from you. If you've enjoyed the conference, or just have a few kind words, please share them with us.

- Leave Your Mark and Share Your Story
➔ yhub.us/share-your-story
- Give us your creative input
➔ yhub.us/vc-feedback

Remember, YogaHub is dedicated to "Revolving Around You"! We built this platform to help support individuals, speakers, teachers, authors, and studio owners. So get out there and take part in helping us make this the best health and wellness community online.

Visit ➔ yhub.us/getting-involved to read a more in-depth version of this outline for even greater detail, examples, and video tutorials.

Over \$2,500 in Prizes

As a participant, you have a single entry in our raffle, but why stop there? We have over \$5,000 in prizes to give away, and the more you play the more chances you earn to win.

Here are 3 great ways to gain extra raffle tickets into the drawings and increasing your chances of seeing one of those prizes in your mailbox. We'll pull winners' names daily over the course of the conference and the two weeks following it.

1 Purchase any item at ShopYogaHub.com

A sure-fire way to increase your chances would be to pick up any of our continuing education materials offered by our speakers through the online store. All purchases until **February 25th** will qualify.

2 Ask Questions and Participate

You can either dial into the conference line, press *2 to raise your hand, and ask the speaker your direct question, or from within the classroom page, type your question into the Q/A box and we'll ask the speaker for you.

3 Record Your Testimonial

Leave an "Audio Testimonial" and share one thing you liked most about your experience at the conference. Simply leave a voicemail at the following number:

Voicemail Box: **215-I-DO-YOGA** (215-436-9642)

☎ State your name, the city you live in, and a few kind words.

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Watch out for our post-conference follow-up survey to get even more free stuff.



Remember, we're here to support you. If you need help, just give us a call!
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DAY 5 - FEBRUARY 11

TIME - PST	SESSION
5:30 - 6:30 AM	<i>Movement / Meditation</i>
6:45 - 7:45 AM	Sharan Ro <i>Next Era Living : The World of And</i>
8:00 - 9:00 AM	Chaya~Sharon Heller <i>Ayurveda's Adaptive Yoga</i>
9:15 - 10:15 AM	Sandy Bothmer <i>Moving from Within</i>
10:30 - 11:30 AM	Anatara Buckley <i>Using Intuition in this Dynamic and Passionate Time of Change</i>
30 Min	BREAK
12:00 - 1:00 PM	Ishwari Jay <i>Online Strategies in 3 Simple Steps</i>
1:15 - 2:15 PM	Elan O'Brien <i>2012 The Rise of the Winged Serpent</i>
2:30 - 3:30 PM	Beverly Driver <i>Pilates and Movement Therapy - Getting to the Core</i>
30 Min	BREAK
4:00 - 5:00 PM	Jane Foody <i>How to Relax Your Mind & Body Into Tranquility</i>
5:15 - 6:15 PM	Colette Ryder <i>Virtual Drumming and Sound Meditation</i>
6:30 - 7:30 PM	TBA
15 Min	Conference Closing Integration



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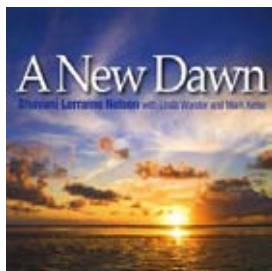
ThinkSport Stainless Steel
Water Bottles



WAGs Yoga / Pilates
Fingerless Gloves



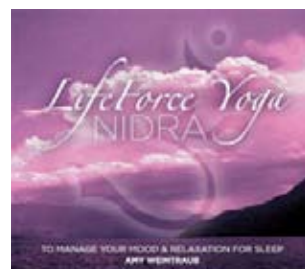
Himalayan Institute:
Eco Neti Pot



Bhavani Lorraine Nelson:
A New Dawn



Manduka: eKO Lite Yoga Mat



Amy Weintraub:
LifeForce Yoga Nidra CD



Guided Relaxation & Savasana
Scripts for Yoga Teachers



Vaska Lavender
Laundry Detergent



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Thirsty Microfiber
Yoga Towels



Chaya-Sharon Heller:
Yoga of Action Workbook



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