

MAY 25

AGENDA

9 AM REGISTRATION

Coffee | Tea | Chat

9:30 AM OPENING REMARKS

June McCue

10 AM BOUNDARIES & ASSERTIVENESS

Farah Nazarali

11:30 AM BREAK

Coffee | Tea | Chat

11:40 AM CARING FOR THE SELF, CARING FOR THE OTHER

Panelists: Sjanie McInnis, Julie Peters,
and Insiya Rasiwala-Finn
Moderator: Laura Track

12:40 PM LUNCH

Grab n' Go

1:40 PM SPIRITUAL BYPASSING

Panelists: Danielle Braun-Kauffman,
Leslie Wilkins, Liana Yip, and Matthew
Remski
Moderator: Maija McLean

2:50 PM REACHING OUT WITH YOGA

Renee Turner & Sarah Holmes de Castro

3:15 PM TRAUMA-INFORMED YOGA

Sarah Holmes de Castro

3:45 PM BREAK

Coffee | Tea | Chat

4 PM KEYNOTE ADDRESS

Matthew Remski

5:15 PM CLOSING REMARKS

Yoga Outreach