

AYTC 2018

15-16 September
SYDNEY

PROGRAM

SATURDAY 15 SEPTEMBER 2018

| TIME | PRESENTATION | SPEAKER |
|-------------------|---|----------------|
| 9.00am - 9.15am | WELCOME | |
| 9.15am - 9.45am | The Heart of Healing Meditation | Leigh Blaskhi |
| 9.45am - 11.15am | Empowering People Through Interoception: Restoring Full Sensory Capacity | Donna Farhi |
| 11.15am - 11.35am | MORNING TEA | |
| 11.35am - 12.35pm | Yoga for the Lymphatic System | Annette Loudon |
| 12.35pm - 1.55pm | LUNCH BREAK | |
| 1.55pm - 2.35pm | How can yoga therapists work more effectively with the health and education sectors | Fishbowl Panel |
| 2.35pm - 2.55pm | Yoga Australia President | Leanne Davis |
| 2.55pm - 3.20pm | AFTERNOON TEA | |
| 3.20pm - 4.00pm | Case Study | Rani Foreman |
| 4.00pm - 5.00pm | Yoga Therapy: Perspectives on Rehabilitation | Trish David |
| 5.00pm | CLOSE | |

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PROGRAM

SUNDAY 16 SEPTEMBER 2018

| TIME | PRESENTATION | SPEAKER |
|-------------------|--|----------------|
| 9.00am - 9.15am | WELCOME | |
| 9.15am - 10.45am | The Psychology of Health Recovery: Shanti Shanti Kaur Considerations for Yoga Therapists. | Khalsa PhD |
| 10.45am - 11.10am | MORNING TEA | |
| 11.10am - 12.10pm | Yoga Therapy for the Elderly: How the Older Body is Different | Liz Williams |
| 12.10pm - 12.20pm | Brain Gym - Neuroplasticity | Audra Saunders |
| 12.20pm - 1.00pm | Case Study | Audra Saunders |
| 1.00pm - 2.20pm | LUNCH BREAK | |
| 2.20pm - 3.20pm | Pranayama in a Children's Hospital | Stacey Nelson |
| 3.20pm - 3.40pm | AFTERNOON TEA | |
| 3.40pm - 3.50pm | Lucky Door Prize | |
| 3.50pm - 4.50pm | Yoga Treatment for Refugee, Torture and Trauma Survivors | Danielle Begg |
| 4.50pm - 5.00pm | Closing Address | |
| 5.00pm | CLOSE | |

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