

# 2015 Dallas Mind Body Fitness Conference

## Hotel Information

**Sheraton Dallas**

400 North Olive Street  
 Dallas, TX 75201  
 214-922-8000  
 Check-in: 3:00pm Check-out: 12:00pm

**Parking Policy:**

Self-Parking: \$21 daily

**Training Check-in: Majestic Foyer**

Wednesday 7/15:	7:30-8:00 am
Thursday 7/16:	6:45-8:00 am
Friday 7/17:	6:45-8:00 am
Saturday 7/18:	6:45-8:00 am
Sunday 7/19:	6:45-8:00 am

There are numerous [restaurants](#) within walking distance of the hotel, along with three [options](#) on the hotel property. The [average temperature](#) for July in Dallas is high 90's.

### Boutique Shopping Hours:

**Wednesday 7/15:**

5:00 – 7:00 pm

**Thursday 7/16- Saturday 7/18:**

6:45-8:45 am; 10:30-1:30 pm;  
 3-4 pm; 5:30-7 pm

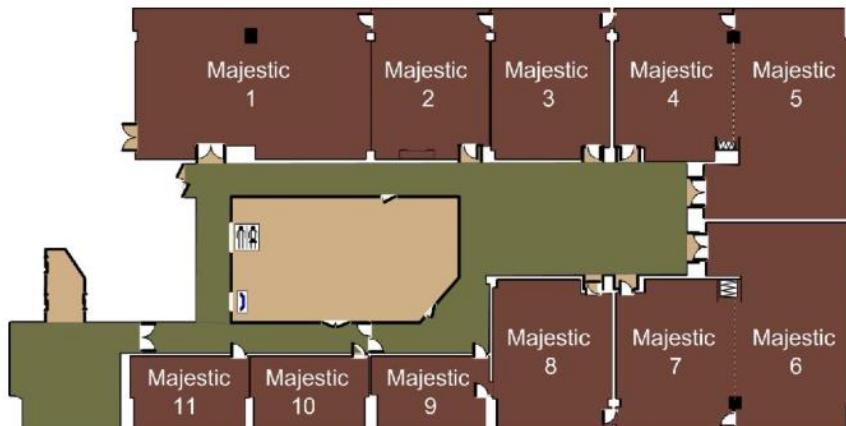
**Sunday 7/19:**

6:30 am – 1:00 pm

### Training Schedule (Wed-Sun 8 am-6 pm, unless otherwise noted)

Training	Day/Date	Room	Trainer
Working with the Chakras	Wed (7/15)	Majestic 2	Katie Schuver
Pranayama	Wed (7/15)	Majestic 3	Kathy DeKramer
Level 1	Thurs-Fri (7/16-7/17)	Majestic 8	Patti Bain
Level 2	Thurs-Fri (7/16-7/17)	Majestic 7	Sandi Cartwright
YogaFit for Warriors	Thurs-Fri (7/16-7/17)	Majestic 3	Shaye Molendyke
Ayurveda I	Thurs-Fri (7/16-7/17)	Majestic 4	Tracy Jennings Hill
YogaFit for Balancing Mood	Thurs-Fri (7/16-7/17)	Majestic 6	Katie Schuver
Level 4	Thurs-Sun (7/16-7/19)	Majestic 5	Kathy DeKramer
Therapy I	Thurs-Sun (7/16-7/19)	Majestic 3	Traci Smith
Restorative	Thurs-Sun (7/16-7/19)	Majestic 9	Skila Ramirez
Props	Thurs (7/16)	Majestic 9	Skila Ramirez
Back	Thurs (7/16)	Majestic 3	Traci Smith
YogaFit for Addiction and Recovery	Sat-Sun (7/18-7/19)	Majestic 2	Shaye Molendyke
Level 3	Sat-Sun (7/18-7/19)	Majestic 8	Patti Bain
Level 5	Sat-Sun (7/18-7/19)	Majestic 6	Sandi Cartwright
Anatomy II	Sat-Sun (7/18-7/19)	Majestic 7	Katie Schuver
Ayurveda II	Sat-Sun (7/18-7/19)	Majestic 4	Tracy Jennings-Hill

**All trainings will be on the 37<sup>th</sup> floor of the hotel in the center tower.**



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### Additional Workshops—Click the link(s) to register

	Wednesday 7/15/15	Thursday 7/16/15	Friday 7/17/15	Saturday 7/18/15	Sunday 7/19/15
7 am -7:50 am* Master Classes-- free		Energizing Flow with Katie Schuver	Yoga + Isolations with Traci Smith	Turning Light into Matter—exploring the crossroads of quantum physics and yoga with Shaye Molendyke	Morning Flow with Patti Bain
6:15 – 7:00 pm			Balancing your Energetic Body with Stones	Awakening your Creative Energy	
6:15-8:15 pm		<a href="#">The Art of Storytelling</a>	<a href="#">Chakra Balancing with doTERRA Essential Oils</a>	<a href="#">Essential Oils for Yoga and Yoga Therapists</a>	
6:15-9:15 pm	<a href="#">AromaTouch Technique Training</a>	<a href="#">AromaTouch Technique Training</a>			

\*no need to pre-register for early morning classes

[AromaTouch Technique Training with Adabelle Carson](#) - \$149 (Wednesday and Thursday 6:15-9:15 pm)

doTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help stimulate and balance sympathetic and para-sympathetic nervous systems of the body. The AromaTouch technique improves well-being by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses doTERRA's Certified Pure Therapeutic Grade essential oils for an unparalleled grounding experience. Click the link above for more information and to register. This training will count as a One Day Workshop toward RYT 200 or 500. **Must attend both nights to receive certificate.** Please pre-register by July 8<sup>th</sup>—a minimum of 5 people are necessary for the workshop to run.

[The Art of Storytelling - Learn to weave themes into your yoga classes and inspire your students with Shaye Molendyke—\(Thursday, 7/16\) \\$49 Click here to register](#)

Come hone your storytelling skills and learn how to transform your classes into works of art. The language we use and the stories we tell can create the fertile ground for healing and transformation. Language taps into the limbic area of the brain and if used expertly, like a skilled surgeon uses a scalpel, can create the potential for healing at the neural and chemical levels of the body -language is truly powerful medicine!

[Balancing Your Energetic Body with Stones with Skila Ramirez \(Friday, 7/17\)—\\$15 Click here to register](#)

An introduction in balancing chakras and doshas with earth elements including rocks, minerals, stones, metal and wood.

[Chakra Balancing with doTERRA Essential Oils with Adabelle Carson \(Friday, 7/17\)](#)

6:15 PM - 7:45 PM | 7:45 PM - 8:15 PM **Business Class (Q&A)**

**RSVP in advance and get your name entered into a drawing for a beautiful gemstone pendulum;**

**Fee \$10**

Using the Chakra model in class or private sessions is a powerful way for clients to understand the imbalance in their bodies — and their lives — and how to proactively begin to re-balance physically, mentally and emotionally. Using or adding essential oils to a Chakra balancing session is a simple and profound way to help these energy systems find homeostasis.

Using ten therapeutic-grade essential oils, we will balance the seven chakras helping our clients:

- Feel more grounded
- Remove blocks that are holding them back
- Let go of the past
- Ease physical and emotional pain
- Feel more mental clarity and creativity freedom

This class is open to everyone, and no prior Chakra knowledge or experience is needed to understand and practice this healing modality. Each participant will receive their choice of a chakra balancing essential oil blend in an easy-to-use roller bottle.

[Awakening Your Creative Energy with Skila Ramirez \(Saturday, 7/18\)—\\$15 Click here to register](#)

Working with movement, sound and visualizations to harness optimal pleasure in all of life's experiences.

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**Essential Oils for Yoga and Yoga Therapists** with Adabelle Carson (Saturday, 7/18)

6:15 - 7:45 PM | 7:45 PM - 8:15 PM **Business Class (Q&A)**

**RSVP** in advance and get your name entered into a drawing for a *Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils 6th Edition*

Fee \$10

Pure, therapeutic-grade essential oils are a powerful way to empower your clients towards health and wellness. Not only do they promote physical, mental and emotional support, but they are natural, safe for everyone, and extremely easy to use. Join us to discover how you can utilize these gifts from the earth in your classes or private sessions by:

- Creating a healing environment, calm nervous system and mental clarity
- Soothing tension and muscle, joint, or cartilage discomfort
- Addressing specific health issues
- Utilizing the AromaTouch Technique — the therapeutic application of essential oils on the spine, feet, and hands

Anyone is welcome to join us for this evening of knowledge, healing and delightful aromatics! Each participant will receive their choice of an easy-to-use roller bottle remedy. Please add in the comments section your remedy choice. Each additional roller bottle is just \$5. Options: Allergy Bomb, Natural Cologne/Perfume, Belly Blend, Sleepy Time, Flu Bomb, Happy Blend, Owie Blend, After Sun Moisturizer, and Natural Sunscreen.

**Zyto Scan Readings**

***Mornings and during lunch Cost: \$10 (pay at the time of the session)***

Which doTERRA essential oils do you need today to achieve optimal health and wellness? The Zyto Compass energy scan reads the disturbances in the bio-field of the body. It then sends the frequency of doTERRA essential oils to discover the best support to assist in bringing the body, mind, and spirit back into balance. Participants will receive samples of their top 3 oils. Click [here](#) to sign up for a time slot.

### What to bring:

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- **This letter** (for your own reference)
- **Your receipt** (only if you owe a balance)
- **Yoga mat**
- **Required/recommended class materials** (see next page—required books will be utilized and we recommend purchasing them prior to the conference and reading through them.)
- **Journal or notebook**
- **Water**
- **Towel**
- **COMFORTABLE, layered clothing.** Meeting rooms can sometimes get chilly, though we do our best to keep them above 72 degrees, so please bring a sweatshirt.
- **Snacks** (i.e. trail mix, power bars, fruit etc.)

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Training	Required Materials	Recommended Materials
Level 1	Beth Shaw's <a href="#">YogaFit</a> book 2nd Edition	YogaFit's <a href="#">Basics and Back Health</a> DVD
Level 2	<a href="#">Yamas and Niyamas</a> by Deborah Adele, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	<a href="#">Growing the Positive Mind</a> by Dr. William K. Larkin, Journal, <a href="#">Level 2</a> DVD
Level 3	<a href="#">Pathways to Joy</a> by Swami Vivekananda and Dave Deluca, <a href="#">Chakra Balancing Kit</a> by Anodea Judith, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	What To Do When Your Life Falls Apart* by Daphne Rose Kingma, <a href="#">Growing the Positive Mind</a> by Dr. William K. Larkin, <a href="#">Chakra Meditation</a> by Swami Saradananda, Journal
Level 4	<a href="#">The Living Gita</a> by Sri Swami Satchidananda: <a href="#">The Yoga Sutras of Patanjali</a> by Sri Swami Satchidananda and <a href="#">The Language of Yoga</a> by Nicolai Bachman, Beth Shaw's <a href="#">YogaFit</a> 2nd edition	Strap, <a href="#">Pathways to Joy</a> by Swami Vivekananda and Dave Deluca, Journal, <a href="#">Level 4</a> DVD
Level 5	<a href="#">Your Body Speaks Your Mind</a> by Deb Shapiro, All participants are required to complete the Brief Strengths Test, <a href="#">authentichappiness.org</a> , print individual results and bring these results to the training; Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	<a href="#">Creative Visualization Book</a> by Shakti Gowan, <a href="#">Natural Prozac</a> by Dr. Joel Robertson, <a href="#">Growing the Positive Mind</a> by Dr. William K. Larkin, journal
Anatomy & Alignment II	<a href="#">Key Poses of Hatha Yoga</a> by Ray Long, MD, <a href="#">Key Muscles of Hatha Yoga</a> by Ray Long, MD, & <a href="#">Anatomy &amp; Asana</a> by Susi Hatley Aldous, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	"Anatomy of Yoga" DVD by Paul Grilley, <a href="#">The Subtle Body</a> by Cyndi Dale
Therapy I	<a href="#">Yoga as Medicine</a> by Timothy McCall, Foam Roller (36" preferred), Block, Strap, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	Therapeutic Yoga for the Shoulders & Hips by Susi Hatley Aldous; <a href="#">Your Body Speaks your Mind</a> by Deb Shapiro; 2 YogaFit <a href="#">egg</a> blocks
Back	Block, Strap, Beth Shaw's <a href="#">YogaFit</a> 2nd edition	YogaFit Ball, <a href="#">Basics and Back Health</a> DVD
Restorative	Bolster, block, 10 ft restorative strap or <a href="#">Seniors strap</a> , eye pillow, yoga mat; <a href="#">Relax &amp; Renew</a> by Judith Lassiter; **From home/hotel: hotel blanket, 2 bath towels, 1 hand towel, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	<a href="#">The Woman's Book of Yoga &amp; Health</a> by Linda Sparrowe and Patricia Walden, extra bolster, 2 blankets, extra block, <a href="#">Chakra Balancing Kit</a> by Anodea Judith
Props	Yoga mat, block OR <a href="#">core ball</a> , 10 ft strap OR <a href="#">Senior's strap</a> , Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	Extra block, bolster, eye pillow
Pranayama	Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	
Ayurveda	Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition, <a href="#">Yoga and Ayurveda, Self - Healing and Self- Realization</a> by David Frawley	<a href="#">Yoga for Your Type, An Ayurvedic Approach to Your Asana Practice</a> by Dr. David Frawley and Sandra Summerfield Kozak M.S.
Ayurveda II	Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition, <a href="#">Ayurveda - The Science of Self Healing (A practical Guide)</a> by Dr Vasant Lad	
YogaFit® for Warriors	<a href="#">In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness</a> by Peter Levine, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	2 blocks or 2 <a href="#">eggs</a>
Working with the Chakras	Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	<a href="#">Chakra Balancing Kit</a> by Anodea Judith
YogaFit® for Balancing Mood	<a href="#">Yoga for Depression*</a> by Amy Weintraub, Beth Shaw's <a href="#">YogaFit</a> ® 2nd edition	
YogaFit for Addiction and Recovery	<a href="#">Freedom from Addiction: The Chopra Center Method for Overcoming Destructive Habits</a> by Chopra, Deepak and Simon, M.D., David (Jan 1, 2010) <a href="#">Recovery 2.0</a> by Tommy Rosen <a href="#">Yoga and the Twelve-Step Path</a> by Hawk, Kyczy (Apr 16, 2012) <a href="#">Clean</a> by David Sheff	

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## Additional Information

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**Transportation from the Airport (DAL—Love Field):** Travel Distance: Approximately 12.87 km/8.0 miles

*BusinessExec Sedan and Limousine* ([Go Yellow](#)):

Fee: \$17 USD (Pricing does not include driver gratuity)

Hours: 24 hours; Return trips from the hotel run every 30 minutes (on the 10th and 40th minute) between 5:40am and 6:10pm.

Contact: (214) 841-1900; Reservation Required

*Taxi*

Fee: \$30 USD

[DART Light Rail System](#)

Fee: \$4 USD; A single ride is \$1.75 and a local day pass is \$4.

Hours: 24 hours

The nearest DART location is across the street from the hotel at Bryan and Pearl streets.

**Transportation from the Airport (DFW):** Travel Distance: Approximately 37.01 km/23.0 miles

*Taxi*

Fee: \$55 USD

Hours: 24 hours

*BusinessExec Sedan and Limousine* ([Go Yellow](#)):

Fee: \$59 USD; For conventions and groups of 50 and up, special discounts can be arranged.

Hours: 24 hours; Go Yellow Checker Shuttle is staged on the drive from 5:40 AM to 5:40 PM, departing every 30 minute.

Please see the doorman for assistance.

Contact: (214) 841-1900

[DART Light Rail System](#)

Fee: \$4 USD; A single ride is \$1.75 and a local day pass is \$4.

Hours: 24 hours

The nearest DART location is across the street from the hotel at Bryan and Pearl streets.

**For driving directions, click [here](#).**

## Our Vendors/Sponsors

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YogaFit® Senior Trainer Skila Ramirez will be selling her handcrafted jewelry creations. You may have purchased a piece from Sankalpa Wellness at another conference. Experience wellness beyond your physical body with handcrafted items created to balance you emotionally, spiritually, and energetically. Specializing in custom creations and artisan items that support a holistic and eco-friendly lifestyle. Sankalpa (n.): An intention, a belief that leads to resolution. Resolve to be well. Breathe ~ Feel ~ Believe ~ Achieve



Have you ever wanted to own a YogaFit® studio! We are pleased to announce an opportunity to open your own YogaFit® studio in your community.

The YogaFit® Studio franchise concept was founded with a very simple goal in mind: make it easy for busy people to enjoy the best of what yoga has to offer - on their terms

and their schedule. This includes access to our state-of-the-art studios and unprecedented accessibility to both live and virtual classes all day, every day. YogaFit® Studios will continue to have a philanthropic focus where a portion of all membership dues will go to help those in need around the world. After all, YogaFit® is about connecting with each other and the larger community by making a difference in people's lives.

Welcome to the future of yoga!

Do you want to feel better? The Purium 10-day Transformation hits the reset button on your digestion and brings back your energy to do the things you love. A 10-day cleanse that can break your food addictions so you can take charge of your nutritional choices again.



**See you soon! The YogaFit Staff**