

## ZEN Conference 2012

April 20 through 25, 2012

Friday, April 20, 2012						
Start	End	Title	Type	Instructor	Duration	Comments
8:00 AM	9:30 AM	YogaFit Level 1 Certification Course	Course	Tracy Jennings-Hill	20 hours including lunch break and master classes	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Master-Class (Mixed Level)	Master Class	Tracy Jennings-Hill		
11:00 AM	1:30 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracy Jennings-Hill		
1:30 PM	2:15 PM	Lunch Break				
2:15 PM	6:00 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracy Jennings-Hill		
6:30 PM	9:30 PM	Dealing with Shoulder Injuries for Fitness Professionals	Workshop	Karim Strougo	3 hours	

Saturday, April 21, 2012						
Start	End	Title	Type	Instructor	Duration	Comments
8:00 AM	9:30 AM	YogaFit Level 1 Certification Course (Continued)	Course	Tracy Jennings-Hill	20 hours including lunch break and master classes	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Master-Class (Advanced Beginner)	Master Class	Tracy Jennings-Hill		
11:00 AM	1:30 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracy Jennings-Hill		
1:30 PM	2:15 PM	Lunch Break				
2:15 PM	6:00 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracy Jennings-Hill		
6:30 PM	9:30 PM	Dealing with Knee Injuries for Fitness Professionals	Workshop	Karim Strougo	3 hours	

Sunday, April 22, 2012						
Start	End	Title	Type	Instructor	Duration	Comments
8:00 AM	9:30 AM	YogaFit Level 3 Certification Course	Course	Tracy Jennings-Hill	20 hours including lunch break and master classes	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Master-Class (Mixed Level)	Master Class	Tracy Jennings-Hill		
11:00 AM	1:30 PM	YogaFit Level 3 Certification Course (Continued)	Course	Tracy Jennings-Hill		
1:30 PM	2:15 PM	Lunch Break				
2:15 PM	6:00 PM	YogaFit Level 3 Certification Course (Continued)	Course	Tracy Jennings-Hill		
6:30 PM	8:00 PM	Yoga Dance	Master Class	Karim Strougo	1.5 hours	

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Monday, April 23, 2012						
Start	End	Title	Type	Instructor	Duration	Comments
8:00 AM	9:30 AM	YogaFit Level 3 Certification Course (Continued)	Course	Tracy Jennings-Hill	20 hours including lunch break and master classes	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Master-Class (Advanced Beginner)	Master Class	Tracy Jennings-Hill		
11:00 AM	1:30 PM	YogaFit Level 3 Certification Course (Continued)	Course	Tracy Jennings-Hill		
1:30 PM	2:15 PM	Lunch Break				
2:15 PM	6:00 PM	YogaFit Level 3 Certification Course (Continued)	Course	Tracy Jennings-Hill		
6:30 PM	8:30 PM	Gateway to the Soul	Workshop	Neveen El-Gamal / Kerry Guy	2 hours	

  

Tuesday, April 24, 2012						
Start	End	Title	Type	Instructor	Duration	Comments
8:00 AM	9:30 AM	YogaFit Seniors	Workshop	Tracy Jennings-Hill	10 hours including lunch break and master class	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Seniors Master Class	Master Class	Tracy Jennings-Hill		
11:00 AM	1:30 PM	YogaFit Seniors (Continued)	Workshop	Tracy Jennings-Hill		
1:30 PM	2:15 PM	Lunch Break				
2:15 PM	6:00 PM	YogaFit Seniors (Continued)	Workshop	Tracy Jennings-Hill		
6:30 PM	8:00 PM	Para-Stepping: Beyond the step	Workshop	Karim Strougo	3 hours including master class	* Must be taken together for full CEU's
8:00 PM	9:30 PM	Para-Stepping	Master Class	Karim Strougo		

  

Wednesday, April 25, 2012						
Start	End	Title	Type	Instructor	Duration	Comments
9:00 AM	12:00 PM	Dealing with Low-Back Injuries for Fitness Professionals	Workshop	Karim Strougo	7 hours including lunch break	
12:00 PM	1:00 PM	Lunch Break				
1:00 PM	4:00 PM	Dealing with Low-Back Injuries for Fitness Professionals (Continued)	Workshop	Karim Strougo		
4:30 PM	6:30 PM	Creating the Ultimate Toning Experience for Group Fitness Instructors	Workshop	Karim Strougo	3.5 hours including master class	* Must be taken together for full CEU's
6:30 PM	8:00 PM	Body Blast	Master Class	Karim Strougo		