



Friday, October 1 - 2010									
Start	End	Title	Type	Instructor	Duration	CEU's *			Comments
						AFAA	SAFE	ACE	
8:00 AM	9:30 AM	YogaFit Level 1 Certification Course	Course	Tracey Jennings-Hill	20 hours including lunch break and master classes	15	15	1.5	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Master-Class (Mixed Level)	Master Class	Tracey Jennings-Hill					
11:00 AM	1:30 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracey Jennings-Hill					
1:30 PM	2:15 PM	Lunch Break							
2:15 PM	6:00 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracey Jennings-Hill					
6:15 PM	8:15 PM	Diagonal Streaming®™: The Elusive Pilates Element	Workshop	Karim Strougo	2	2.5*	2.5*		* Must be taken together for full CEU's
8:30 PM	9:30 PM	Pilates: the SAFE Way@!	Master Class	Karim Strougo	1				

Saturday, October 2 - 2010									
Start	End	Title	Type	Instructor	Duration	CEU's *			Comments
						AFAA	SAFE	ACE	
8:00 AM	9:30 AM	YogaFit Level 1 Certification Course (Continued)	Course	Tracey Jennings-Hill	20 hours including lunch break and master classes	15	15	1.5	* Must be taken together for full CEU's
9:30 AM	11:00 AM	YogaFit Master-Class (Advanced Beginner)	Master Class	Tracey Jennings-Hill					
11:00 AM	1:30 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracey Jennings-Hill					
1:30 PM	2:15 PM	Lunch Break							
2:15 PM	6:00 PM	YogaFit Level 1 Certification Course (Continued)	Course	Tracey Jennings-Hill					
6:15 PM	8:45 PM	Biomechanics of Pilates and Yoga	Workshop	Karim Strougo	2.5	3.5*	3.5*		* Must be taken together for full CEU's
9:00 PM	10:30 PM	Yoga & Pilates Fusion	Master Class	Karim Strougo	1.5				



Sunday, October 3 - 2010									
Start	End	Title	Type	Instructor	Duration	CEU's *			Comments
						AFAA	SAFE	ACE	
8:00 AM	9:30 AM	YogaFit PreNatal Workshop	Workshop	Tracey Jennings-Hill	10 hours including lunch break and master class	8	8	0.8	* Must be taken together for full CEU's
9:30 AM	11:00 AM	Basic Yoga for Expecting Mothers	Master Class	Tracey Jennings-Hill					
11:00 AM	1:30 PM	YogaFit PreNatal Workshop (Continued)	Workshop	Tracey Jennings-Hill					
1:30 PM	2:15 PM	Lunch Break							
2:15 PM	6:00 PM	YogaFit PreNatal Workshop (Continued)	Workshop	Tracey Jennings-Hill					
6:15 PM	7:00 PM	Aura Cleansing and Recharging	Master Class	Mohamed Essa	45 mins.	7* *Only as Part of Course	7* *Only as Part of Course		
7:00 PM	9:15 PM	Pranic Healing	Course	Mohamed Essa					
9:15 PM	10:15 PM	Dancers' Sculpt & Stretch	Master Class	Karim Strougo	1	1*	1*		* Must be taken with a SAFE Workshop for full CEU's

Monday, October 4 - 2010									
Start	End	Title	Type	Instructor	Duration	CEU's *			Comments
						AFAA	SAFE	ACE	
8:00 AM	12:30 PM	Pranic Healing (Continued)	Course	Mohamed Essa	13	7	7		* Must take the Full Course for full CEU's
12:30 PM	1:30 PM	Lunch Break							
1:30 PM	5:30 PM	Introduction to Ayurvedic Practices	Workshop	Adham Hafez	4	4	4		
5:45 PM	7:15 PM	Ball Fusion Stretch	Master Class	Anna-Louise Sebborn	1.5	N/A	N/A	N/A	
7:30 PM	9:00 PM	Yoga Dance	Master Class	Karim Strougo	1.5				
9:00 PM	9:30 PM	Stomach Breathing (Meditation)	Master Class	Mohamed Essa	30 mins.	7* *Only as Part of Course	7* *Only as Part of Course		
9:30 PM	10:00 PM	Twin Heart Meditation (For Pranic Healing Course-Partici	Master Class	Mohamed Essa	30 mins.				* Only for "Pranic Healing" Course Participants



Tuesday, October 5 - 2010									
Start	End	Title	Type	Instructor	Duration	CEU's *			Comments
						AFAA	SAFE	ACE	
8:00 AM	12:30 PM	Pranic Healing (Continued)	Course	Mohamed Essa	13	7	7		* Must take the Full Course for full CEU.
12:30 PM	1:00 PM	Lunch Break							
1:00 PM	5:00 PM	Inner Rhythms	Workshop	Adham Hafez	4	3	3		
5:15 PM	9:15 AM	Therpeutic Yoga for Low-Back Problems	Workshop	Karim Strougo	5	4.5	4.5		* Must be taken together for full CEU's
9:30 PM	10:30 PM	Ashtanga Yoga for a Healthier Back	Master Class	Karim Strougo					