

All MISTY workshops may be used towards IAYT CEs for C-IAYTs.
 Although we are not an APD provider as of yet, we've ensured all content aligns to IAYT competencies and can be found in this chart:

							IAYT Competencies
SATURDAY / SAMEDI							
8:00 - 10:00							
Shelly Prosko: Pelvic Floor Awareness, Visualization & Relaxation: Factors Influencing PF Function							3.1.2; 2.1
Robin Rothenberg: Oxygenate! Understanding the Bio-Chemistry of Proper Breath Control							3.1.2; 2.1
Kate Graham: Surviving Sexual Trauma: Yoga Therapy for the Nervous System							3.1.2; 2.1; 3.2.1
10:20 - 12:20							
Shelly Prosko: Pelvic Floor Engagement & the Mula Bandha/Kegel Debate							2.1
Robin Rothenberg: Bushwhacking New Pathways: Therapeutic Considerations for the MS Population							3.1.2; 3.1.3; 2.1
Kate Graham: The Body as a Resource							1.2.1; 3.1.2; 2.3.1
12:20 - 1:40							
LUNCH * FULL Symposium = 2 lunches / ONE Day Pass = 1 lunch							
2:10 - 4:10							
Amy Wheeler: Clinical Assessment of the Yoga Therapy Client: Theory, Tools and Practices							1.1.1; 3.1.2; 3.3.3; 5.1.4
Dr. Crystal Frazee: Breath as a Gateway to the Self							2.1; 3.1.2
Dr. Shailla Vaidya: Getting a Good Night Sleep with yoga!							2.1; 1.3.1
4:30 - 6:30							
Amy Wheeler: What Yoga Therapy Offers to Healthcare: PACKRA Client Centred Communication							3.2.1; 3.3.2
Dr. Crystal Frazee: Yoga Therapy for Postpartum Recovery							3.1.2; 2.1
Dr. Shailla Vaidya: Yoga and Your Hormones							3.1.2; 2.1
SUNDAY / DIMANCHE							
8:00 - 10:00							
Nydia Tijerina Darby: Foot Strength & Mobility: Reconnect, Renew & Relax!							3.1.2; 2.1
Kelli M. Bethel: Therapeutic Yoga in Cancer Care							3.1.2; 3.1.2; 2.2.3; 2.1.3
Timothy Gordon: Current State of the Evidence for Yoga as a Psychosocial-Mental Health Treatment							3.1.2; 2.2
10:20 - 12:20							
Tracey Eccleston: Understanding & Applying IPT (Integrated Positional Therapy) to Yoga							3.1.2; 2.1.2
Kelli M. Bethel: Yoga Therapy for Stroke							3.1.2; 2.1
Timothy Gordon: Yoga Theory and Evidence in Practice							3.1.2
12:20 - 1:40							
LUNCH * FULL Symposium = 2 lunches / ONE Day Pass = 1 lunch							
1:40 - 3:40							
Jules Mitchell: Safety in Yoga							2.1
Neil Pearson: Yoga When Pain Persists: Comparing the Power of Awareness Practices With Self-Regulation Practices (interactive lecture)							2.1; 3.1.2
Jennifer Kreatsoulas: Simple Yoga for Deep Healing: Practices for supporting Eating Disorder Recovery & Strengthening Body Image							2.1; 2.3; 3.1.2
4:00 - 6:00							
Jules Mitchell: Movement, Modifications & Manual Adjustments							3.1.2; 3.1.3
Neil Pearson: Yoga & Movement as Education When Pain Persists (practical)							2.1; 3.1.2
Jennifer Kreatsoulas: Body Mindful Yoga: Creating Body Affirming Yoga Experiences for Students & Clients							3.1.2; 3.4