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# 2016 Yoga Journal Live! San Francisco features first lady of yoga

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Yoga Journal Live! San Francisco January 15 through 18

*Yoga Journal Live!*

**Yoga Journal Live! San Francisco** returns on January 15-18 to the Hyatt Regency Embarcadero with an ageless repertoire of classes and master teachers.

Seasoned yoga teacher, also coined as the First Lady of Yoga, **Lilias Folan**, will be one of the many knowledgeable presenters. Regarded as one of America's most beloved instructors, Folan, who just turned eighty, has been an inspiration to students and teachers from Canada and United States to Europe. She continues tirelessly teaching at YogahOMe in Cincinnati and at workshops and conferences worldwide. Folan began her yoga journey in 1960 and professes that the greatest gift of yoga continues to give her the tools and enthusiasm to go

inward and learn the many layers of self.

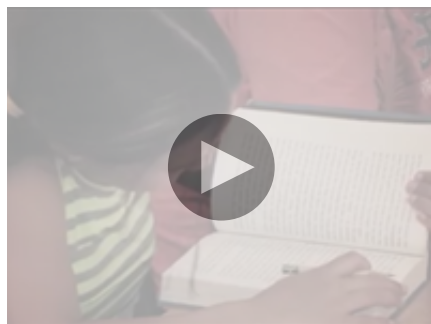
She will be teaching the following weekend courses:

- **The Joy is in the Journey** on Saturday, January 16 at 11:00 to 1:00 pm. Enjoy taking one breath at time and entering your asana and meditation practice with ease and awareness.
- **Fun with Fascia** on Saturday, January 16 at 3:30 to 5:30 pm. You will be given therapeutic techniques for the release of joint and body tension, while quieting the mind and connecting with oneself. According to Folan, you will leave the class with a smile.
- **Greeting the Day in a Sacred Way** on Sunday, January 17 from 8:00 am to 10:00 am consists of gathering in a sacred circle, chanting, singing, and moving to bring light into your life. Folan brings Native American traditions, including Tai Chi and India's ancient brahma murta, into this sacred space.

Other seasoned master teachers include: Shiva Rea, Gurmukh Kaur Khalsa, Dharma Mitta, Rodney Yee, and [San Francisco](#) local Darren Main from **Yoga on the Labyrinth** at Grace Cathedral. Workshops are geared for all ages and backgrounds, and the young at heart.

The **Yoga Journal**, sponsor of this event, just celebrated its 40th anniversary. Founded in 1975 by members of the California Yoga Teachers Association, the magazine spans 28 countries and produces five national events annually for the past 20 years.

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San Francisco Travel Examiner

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