

LEISURE / TRAVEL / BUDGET TRAVEL

Finding balance on and off the mat at San Francisco Yoga Journal Live 2015

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*Yoga Journal*

Grab your mat, water bottle, and workout gear for the 12th annual **San Francisco Yoga Journal Live Event** on January 15 through 19 at the Embarcadero's **Hyatt Regency Hotel** across from the Ferry Building. This year's theme, **Find your Balance by the Bay**, addresses discovering an equilibrium, reducing stress, and strengthening health in mind and body within a universal scope.

In addition to classes for beginners and beyond, a host of dynamic speakers, and myriad of merchandise and supplies will be available. Participants will also experience a variety of learning styles from Hatha and Vinyasa to Ashtanga yoga, along with workshops on pranayama (breathing), and healthful eating.

Free special events and workshops will be offered Friday, Saturday, and Sunday on such topics as morning chanting, children's yoga, using sound and hoops in the practice, and the legal and financial implications of California EDD on teachers and studios.

New this year, and especially relevant, is the **Life in Balance Lecture Series: How Yoga is Shaping Modern Society** on **Friday, January 16** from **7:30 pm to 9:30 pm**. The impact of yoga on and off the mat has been astounding both locally and globally in our fast-paced technological society. It has affected education, as well as social and political arenas. The following three noted speakers will be conducting the two-hour lecture on how the effects of yoga are shaping organizations and its influence on the future.

- **Beryl Bender Birch**, a 40-year-old yoga veteran and founder and director of The Hard & Soft Yoga Institute and Give Back Yoga Foundation, focuses on the merger of spirituality and social activism. Birch states, "Yoga isn't just asana, or a workout, or gymnastics, or aerobic, or even a good stretch. It's a brilliant and sophisticated methodology that is helping people all over the country find out more about who they really are."
- **Gopi Kallayil**, Chief Evangelist and Brand Marketer at Google, and staunch yogi, will discuss the marriage of technology and mindfulness. According to **Kallayil**, "Yoga has an even more important role outside the ashram and studio environment and off the mat. Yoga has a big role to play in the political, social, technology and economic fields. In all these

fields human beings show up and use their inner technologies -- their body, brain, breath, mind and consciousness. The quality of their work and decisions is determined by how these technologies are performing, how they are in balance and alignment. Yoga is a fantastic tool to keep these inner technologies finely tuned."

- **Congressman Tim Ryan** of Ohio is an advocate and author of mindfulness and reduction of stress and healthful eating topics. He has supported social and emotional learning programs in several of his district schools.

Ticket prices are \$20 in advance or \$30 at the door. Proceeds benefit several charities including Give Back Yoga Foundation and Sivananda Yoga Ashram.

Note that readers mentioning Examiner.com will receive 15% discount for the Full event, Weekend, or day passes only. The Life in Balance lecture tickets will not be discounted.

For hotel reservations, call the **Hyatt Regency San Francisco** at 5 Embarcadero Center, San Francisco, 1-415-788-1234.

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