



Inner IDEA[®]

C o n f e r e n c e

Schedule at a Glance

THURSDAY, SEPTEMBER 11

Registration Hours: 8:00–11:00am & 2:00–8:00pm

- 9:00am–3:00pm Happiness Coaching: It's in Our DNA
(*Preconference Session*)
- 9:00am–3:00pm Creating and Deepening Your Yoga Practice
(*Preconference Session*)
- 3:15–5:05pm Sessions
- 5:30–7:30pm Opening Ceremony & Keynote Presentation
- 7:30–8:30pm Welcome Reception

FRIDAY, SEPTEMBER 12

Registration Hours: 6:00am–12 Noon & 2:00–5:00pm

- 6:30–7:15am Sessions
- 7:00–8:00am Hosted Mindful Breakfast
- 8:15am–12:15pm Sessions
- 12:30–1:40pm Hosted Lunch *See above*
- 1:50–5:30pm Sessions
- 7:30–8:30pm Evening Experiences *See page 13*

SATURDAY, SEPTEMBER 13

Registration Hours: 6:30–11:30am

- 6:30–7:15am Sessions
- 7:00–8:00am Hosted Mindful Breakfast
- 8:15am–12:15pm Sessions
- 12:30–1:40pm Hosted Lunch *See above*
- 1:50–5:30pm Sessions
- 7:30–8:30pm Evening Experiences *See page 13*

SUNDAY, SEPTEMBER 14

- 7:40–10:40am Sessions
- 10:50–11:15am Closing Ceremony