



# ZEN Conference

The Mindfulness Conference of the Middle-East  
 January 25 through February 2, 2019



## Friday, January 25, 2019

Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Purposeful Teaching: Alignment-Based Hatha Yoga	Course	Parveen Nair	3 hours	Part 1 of 5
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	Restorative Yoga & Pranayama	Master Class	Parveen Nair	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Awakening to Spirituality	Course	Parveen Nair	1.5 hours	Part 1 of 5
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	6:30 PM	The Heart & Soul of Yoga, Exploring the Yoga Sutras of Patanjali	Course	Karim Strougo	3 Hours	Part 1 of 3
6:30 PM	7:00 PM	Herbal Tea	Break		30 Minutes	
7:00 PM	8:30 PM	Fluid Yoga™: Reflections on the Atman Flow (True Self)	Master Class	Karim Strougo	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



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## Saturday, January 26, 2019

Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Purposeful Teaching: Alignment-Based Hatha Yoga	Course	Parveen Nair	3 hours	Part 2 of 5
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	Restorative Yoga & Pranayama	Master Class	Parveen Nair	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Awakening to Spirituality	Course	Parveen Nair	1.5 hours	Part 2 of 5
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	6:30 PM	The Heart & Soul of Yoga, Exploring the Yoga Sutras of Patanjali	Course	Karim Strougo	3 Hours	Part 2 of 3
6:30 PM	7:00 PM	Herbal Tea	Break		30 Minutes	
7:00 PM	8:30 PM	Fluid Yoga™: Freeing the Self Flow (Swadisthana Chakra)	Master Class	Karim Strougo	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



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## Sunday, January 27, 2019

Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Purposeful Teaching: Alignment-Based Hatha Yoga	Course	Parveen Nair	3 hours	Part 3 of 5
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	Restorative Yoga & Pranayama	Master Class	Parveen Nair	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Awakening to Spirituality	Course	Parveen Nair	1.5 hours	Part 3 of 5
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	6:30 PM	The Heart & Soul of Yoga, Exploring the Yoga Sutras of Patanjali	Course	Karim Strougo	3 Hours	Part 3 of 3
6:30 PM	7:00 PM	Herbal Tea	Break		30 Minutes	
7:00 PM	8:30 PM	Fluid Yoga™: Dancing with Life Flow	Master Class	Karim Strougo	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



# Z E N C o n f e r e n c e

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## Monday, January 28, 2019

Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Purposeful Teaching: Alignment-Based Hatha Yoga	Course	Parveen Nair	3 hours	<b>Part 4 of 5</b>
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	Restorative Yoga & Pranayama	Master Class	Parveen Nair	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Awakening to Spirituality	Course	Parveen Nair	1.5 hours	<b>Part 4 of 5</b>
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	7:00 PM	Neo Yin Yoga Teacher Training	Course	Deep Kumar	3.5 hours	<b>Part 1 of 6</b>
7:00 PM	8:30 PM	Neo Yin Yoga Mater Class	Master Class	Deep Kumar	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



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## Tuesday, January 29, 2019

Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Purposeful Teaching: Alignment-Based Hatha Yoga	Course	Parveen Nair	3 hours	Part 5 of 5
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	Restorative Yoga & Pranayama	Master Class	Parveen Nair	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Awakening to Spirituality	Course	Parveen Nair	1.5 hours	Part 5 of 5
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	7:00 PM	Neo Yin Yoga Teacher Training	Course	Deep Kumar	3.5 hours	Part 2 of 6
7:00 PM	8:30 PM	Neo Yin Yoga Mater Class	Master Class	Deep Kumar	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



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Wednesday, January 30, 2019						
Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	YogaTone™ Workshop	Workshop	Karim Strougo	3 hours	
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	YogaTone™ Master Class	Master Class	Karim Strougo	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Classic Pilates, the PEAK Method	Master Class	Aya Soliman	1.5 hours	
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	7:00 PM	Neo Yin Yoga Teacher Training	Course	Deep Kumar	3.5 hours	<b>Part 3 of 6</b>
7:00 PM	8:30 PM	Neo Yin Yoga Mater Class	Master Class	Deep Kumar	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



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Thursday, January 31, 2019						
Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	YogaDance™ Workshop	Workshop	Karim Strougo	3 hours	
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	12:30 PM	YogaDance™ Master Class	Master Class	Karim Strougo	1.5 hours	
12:30 PM	1:00 PM	Herbal Tea	Break		30 Minutes	
1:00 PM	2:30 PM	Contemporary Pilates	Master Class	Aya Soliman	1.5 hours	
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	7:00 PM	Neo Yin Yoga Teacher Training	Course	Deep Kumar	3.5 hours	<b>Part 4 of 6</b>
7:00 PM	8:30 PM	Neo Yin Yoga Mater Class	Master Class	Deep Kumar	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	



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## Friday, February 1, 2019

Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Pranayama: Expanding the Life-Force	Workshop	Seba Khanna	3 hours	
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	2:00 PM	AcroYoga: Move, Connect and Play	Workshop	Nicolas Gallois & Julia Alexan	3 hours	
2:00 PM	2:30 PM	Herbal Tea	Break		30 Minutes	
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	
3:30 PM	7:00 PM	Neo Yin Yoga Teacher Training	Course	Deep Kumar	3.5 hours	Part 5 of 6
7:00 PM	8:30 PM	Neo Yin Yoga Mater Class	Master Class	Deep Kumar	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	





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Saturday, February 2, 2019						
Start	End	Title	Type	Instructor	Duration	Comments
6:30 AM	7:00 AM	Herbal Tea	Break		30 Minutes	
7:00 AM	10:00 AM	Crystal Beings	Course	Ahmed Osman	6 hours	
10:00 AM	11:00 AM	Breakfast	Break		1 hour	
11:00 AM	2:00 PM	Crystal Beings ( <b>Continued</b> )	Course	Ahmed Osman	6 hours	
2:00 PM	2:30 PM	Herbal Tea	Break		30 Minutes	
2:30 PM	3:30 PM	Lunch Break	Break		1 hour	<b>Part 6 of 6</b>
3:30 PM	7:00 PM	Neo Yin Yoga Teacher Training	Course	Deep Kumar	3.5 hours	
7:00 PM	8:30 PM	Neo Yin Yoga Mater Class	Master Class	Deep Kumar	1.5 hours	
8:30 PM	9:30 PM	Dinner	Break		1 hour	