



# CAMPUS YOGA

IXTAPA ZIHUATANEJO 2013

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**OCESA**

# Concept



CAMPUS YOGA  
IXTAPA ZIHUATANEJO 2013

Campus Yoga is an event where different disciplines and holistic practices such as **Yoga, Tai Chi, Meditation, Alternative Medicine, Food and Music** will meet in Ixtapa Zihuatanejo, where attendees can live, learn, practice, and share all of these activities with people in tune with these same interests.

Renowed mexican and international teachers will share their experience and knowledge during Campus Yoga.



# Contents



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The event's program will be distributed among the several participating hotels, with different activities in each of them.

Conferences and classes taught by renowned yoga teachers, will be complemented by a series of activities related to the event.

We have three international yoga masters, an coming from USA, India and Mexico. International musician from USA, and several national yoga teachers to offer different activities.



# Schedule

## Friday October 25th, 2013



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	<b>AZUL IXTAPA</b> Beach Resort & Convention Center	<b>EMPORIO HOTEL</b>	<b>SUNSCAPE HOTEL</b>
<b>16:00 a 17:00 hrs.</b>	Registration	Registration	Registration
<b>17:00 a 19:00 hrs.</b>	<b>YOGA at the garden with Alejandro Maldonado</b>	<b>YOGA at the garden with Sadie Nardini</b>	<b>YOGA FOR HEALTH at the garden with JENNY CORNERO</b>
<b>19:00 a 20:30 hrs.</b>	<b>MANTRA MEDITATION at the garden with Isaac Fernández</b>	<b>MEDITATION at the garden with Swami Akash</b>	<b>KUNDALINI MEDITATION at the garden with Guru Sadhana Singh</b>
<b>20:30 a 21:30 hrs.</b>	Vegetarian Dinner	Vegetarian Dinner	Vegetarian Dinner
<b>21:30 a 22:30 hrs.</b>			<b>KIRTAN at the beach with Jai Uttal and the Kirtanias</b>

# Schedule

## Saturday October 26th, 2013



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	<b>AZUL IXTAPA</b> Beach Resort & Convention Center	<b>EMPORIO HOTEL</b>	<b>SUNSCAPE HOTEL</b>
06:00 a 08:00 hrs.	Fruit and Juice Therapy	Fruit and Juice Therapy	Fruit and Juice Therapy
06:00 a 07:30 hrs.			<b>KUNDALINI YOGA at the garden with Guru Sadhana Singh</b>
08:00 a 09:30 hrs.	<b>YOGA FOR HEALTH at the garden with JENNY CORNERO</b>	<b>YOGA at the garden with Alejandro Maldonado</b>	<b>YOGA at the garden with Sadie Nardini</b>
09:45 a 11:00 hrs.	<b>TAI CHI at the garden with Julieta Portilla</b>	<b>ACROYOGA at the garden with Alex Quiyono</b>	<b>WATER YOGA at the main pool with Sergio Arana</b>
08:30 a 11:30 hrs.	Vegetarian Breakfast	Vegetarian Breakfast	Vegetarian Breakfast
11:15 a 12:15 hrs.	<b>WATER YOGA at the infinity pool with Sergio Arana</b>	<b>AYURVEDA at the garden hall with Michelle Torres</b>	<b>Vegetarian Food class at the beach bar with Jamie Davies</b>
12:30 a 13:30 hrs.	<b>AROMATHERAPY at the disco with Vanessa Fernandez</b>	<b>Vegetarian Food class at the garden hall with Jamie Davies</b>	<b>AYURVEDA at the beach bar with Michelle Torres</b>
14:00 a 16:00 hrs.	Vegetarian Lunch	Vegetarian Lunch	Vegetarian Lunch
16:00 a 17:30 hrs.	<b>MEDITATION at the disco with Swami Akash</b>		<b>MANTRA MEDITATION at the garden with Isaac Fernández</b>
17:30 a 19:00 hrs.	<b>ACROYOGA at the sand with Alex Quiyono</b>		<b>TAI CHI at the garden with Julieta Portilla</b>
19:00 a 21:00 hrs.	Vegetarian Dinner	Vegetarian Dinner	Vegetarian Dinner
21:00 a 22:30 hrs.			<b>CONCERT at the garden with Jai Uttal and the Kirtaniyas</b>
22:30 a 23:30 hrs.			<b>ASHES AND SNOW movie at the garden</b>

# Schedule

## Sunday October 27th, 2013



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	<b>AZUL IXTAPA</b> Beach Resort & Convention Center	<b>EMPORIO HOTEL</b>	<b>SUNSCAPE HOTEL</b>
06:00 a 08:00 hrs.	Fruit and juice therapy	Fruit and juice therapy	Fruit and juice therapy
08:00 a 09:45 hrs.	<b>YOGA at the garden with Sadie Nardini</b>	<b>YOGA FOR HEALTH at the garden with JENNY CORNERO</b>	<b>MEDITATION at the garden with Swami Akash</b>
08:30 a 11:30 hrs.	Vegetarian Breakfast	Vegetarian Breakfast	Vegetarian Breakfast
10:00 a 11:30 hrs.	<b>KUNDALINI YOGA at the garden with Guru Sadhana Singh</b>	<b>TAI CHI at the garden with Julieta Portilla</b>	<b>ACROYOGA at the garden with Alex Quiyono</b>
11:30 a 12:30 hrs.	<b>AYURVEDA at the disco with Michelle Torres</b>	<b>JAPA MALA AND MANTRA conference at the garden hall with Isaac Fernandez</b>	<b>AROMATHERAPY at the beach bar with Vanessa Fernandez</b>
12:30 a 13:30 hrs.	<b>Vegetarian Food class at the disco with Jamie Davies</b>	<b>AROMATHERAPY at the garden hall with Vanessa Fernandez</b>	<b>JAPA MALA AND MANTRA conference at the beach bar with Isaac Fernandez</b>
13:45 a 14:30 hrs.		<b>CLOSING CEREMONY at the garden</b>	
14:30 a 16:30 hrs.	Vegetarian Brunch	Vegetarian Brunch	Vegetarian Brunch
<b>OTHER ACTIVITIES</b>	<b>Holistic Bazaar 11:00 To 13:00</b>	<b>Holistic Bazaar 11:00 To 13:00</b>	<b>Massage Session at the Beach 12:00 To 16:00</b>

# Prices



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<b>Single Class</b>	\$ 150.00 mexican pesos
<b>One day</b>	\$ 600.00 mexican pesos
<b>Full event</b>	\$1,500.00 mexican pesos



# Teachers at Campus Yoga



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## International Yoga Teachers:

- **Sadie Nardini** - Vinyasa Yoga
- **Jenny Cornero** - Yoga for Health

## International Spiritual Teacher

*(Conference and Meditation)*

- **Akash** Art of Living

## International Musician

- **Jai Uttal and The Kirtaniyas**

## National Yoga Teacher

- **Alejandro Maldonado**
- **Guru Sadhana Singh** - Kundalini Yoga

# Complementary Activities

- **Water Yoga** with Sergio Arana
- **Acroyoga** with Alex Quiyono
- **Ayurveda class** with Michele Torres
- **Aromatherapy class** with Vanessa Fernandez
- **Mantras for Meditation** with Isaac Fernandez
- **Tai Chi** with Juliet Portilla
- **Vegetarian Cooking class** with Jamie Davies
- **Massage session on the beach**
- **Holistic Bazar**
- **"Ashes and Snow"** private screening



# Sadie Nardini

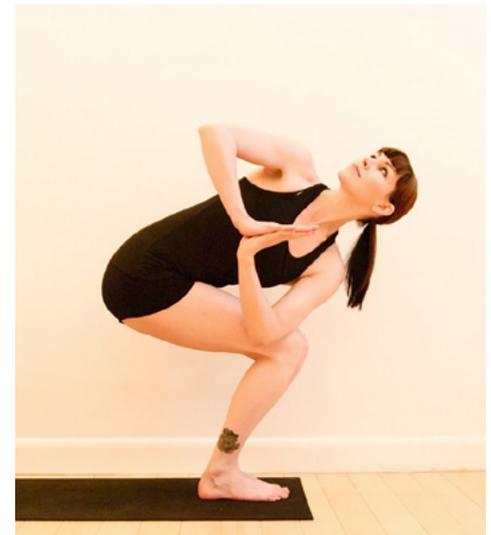
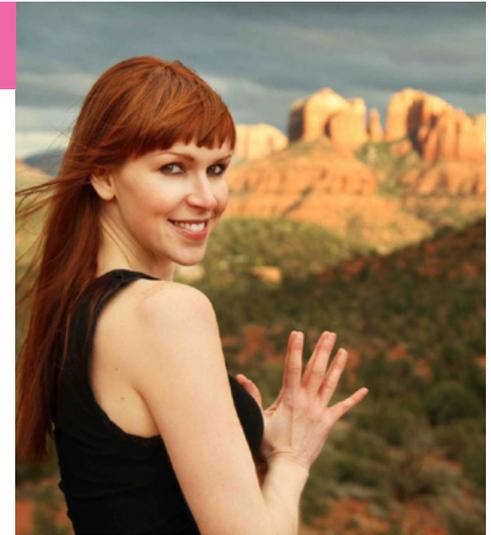
Sadie Nardini is an expert Yoga teacher, creator of Ultimate Wellness style and host of "An hour a day of yoga and lifestyle" on Veria TV, health national Usa channel 24/7. Author of **Core Strength** (Random House, Fall 2013) and creator of the bestselling yoga DVDs: **Total Transformation**.

Sadie, founder of Core Strength Vinyasa Yoga and spokesperson of self dynamic empowerment, helps people to transform real-world challenges. She infuses his teaching with the hip, mixing the foot in the land of Eastern and Western techniques, pop culture and personal testimonies.

Yoga Journal describes her as a "star instructor" for her ability to make the concepts of transformation of the body / mind accessible to the public.

Today, Sadie is a yoga instructors and is being recognized worldwide. Her yoga DVDs: **Total Transformation** are # 1 best sellers on Amazon. **21 days of Yoga and Management Course for a Om** diarie are the # 1 selling online courses. Sadie is on the faculty of renowned mind / body at the Centers for Omega and Kripalu, and tours with the Yoga Journal conferences. It is also a site expert at Dr. Oz's website.

Sadie is regularly interviewed by national media including Elle, Glamour, Self, the New York Times, CNN, Yoga Journal. Is regular blogger and columnist for Yoga Journal, Whole Living by Martha Stewart, the Huffington Post and Elephant Journal. She is the author of two books: **The Road Trip Guide to the Soul (Wiley, 2008)** and **Core Strength Transformation**.



# Alejandro Maldonado

Alejandro Maldonado began in the discipline of Yoga in New York City, but was in Miami where he attended his first training to become a yoga teacher at the Sinergy Yoga Center. Later he studied the Ashtanga Teachers Training Course with Wayne Krasnner at the Miami Yoga Shala, after this he returned to New York where he met Sharon Gannon and David Life founders of Jivamukti Yoga NYC with whom he attended several conferences. In the same city he was Eddie Stern's Student, recognized in teaching Ashtanga yoga Mysore style).

He traveled to India, where this discipline was born and became a disciple of Sri K. Patabbi Sharat Jois and his nephew Sharat following a complete Ashtanga practice, at the same time, he tried other styles like Iyengar and Kundalini, but always felt more attracted by the dynamic and fluid style in the Ashtanga practice. In the city of Kathmandu (Nepal) he experienced the Buddhist meditation with Tibetan monks. Alejandro attended with more dedication to improve his Iyengar style (which focuses on the improvement of the positions) in Madrid, at the Yoga Center in that city. His most recent studies are in the city of London where he also teaches polo players.

Although Alejandro sometimes taught Ashtanga in its most traditional form, including Mysore style, nowadays his teaching is less committed to a specific style but with more commitment to yourself. Because of that his classes are filled with endless variations that make the practice more accessible, along with the Ashtanga rhythm.

Alejandro has taught at several cities such as Madrid, London, Paris, Miami and especially in Mexico.

His class, dynamic and challenging, helps to develop concentration, balance, flexibility and strength. Is a class for those who want to tone the body, relieve stress and have a better relationship with the own heart.



# Akash / The Art of Living

Akash is a Senior Instructor of the Art of Living International Foundation. He travels all around the world teaching, people of all social, cultural and religious groups, how to effectively handle their mind and emotions, eliminate stress, live in harmony with diversity, and to acquire peace and happiness in their lives.

Known for his great smile, Akash is greatly appreciated because of the ability he has to connect with people and bring peace to their stressed minds. Avid walker, loves nature, photography and music, and today he is one of the most solicited teachers. He lives in the International Center of Art of Living of Bangalore, India, under the tutoring and guide of his loving teacher Sri Sri Ravi Shankar.



# Gurú Sadhana Singh



A specialist in Kundalini Yoga, Certified Level II teacher by Kundalini Research Institute, with 20 years of experience, he started by practicing Ashtanga Vinyasa and Iyengar Yoga.

When Sadhana Singh met teachers Arjan Kaur, Arjan Singh and Satpurk Singh, direct students of Yogui Bhajan, at that moment he decided that Kundalini Yoga was his path of life and joined the Sikh Center Mexico. Affiliated to Ikyita Mexico, he teaches at Sat Nam Yoga in Zihuatanejo, and various hotels in Ixtapa Zihuatanejo, Gro.

Guru Sadhana Singh has participated in various workshops with Snatam Kaur, Guru Ganesh, Mira-bai Ceiba, Gurmukh and Marcos Jassan.

Recently, Guru Sadhana Singh participated with the actress Ana Serradilla in the promotional videos of "The Sun Triangle", "I am Guerrero", and "My perfect Voyage in Guerrero".

# Jenny Cornero

International yoga instructor for 18 years, registered with Yoga Alliance, Jenny began her career in communications and journalism in Argentina.

Director at Films Kutir and also co-producer of "Yoga for Health" (Spanish version) and "Yoga for Health", 16 yoga videos distributed in USA, Latin America and Europe since 2006.

Exploring Yoga in San Francisco, CA., she discovers the discipline that could influence your life. She graduated from the Sivananda Yoga Vedanta Ashram in the Bahamas, where he lived for a time as a karma yogi teaching yoga and working in the community, looking for new spaces, awaken and transforming their consciousness that, over time, according to her belief, "is where yoga leads civilization".

This led to a new path with a new mission, spread yoga worldwide. Since then she has traveled extensively throughout America and Europe spreading yoga, also India, where she became more associated with the true essence of Eastern philosophy. In his teachings, as well as in practice, Jenny opens new doors to those who believe they can improve their quality of life, and those who understand that regular yoga practice is a key link to health awareness and self.

*"A free of disturbance mind is Yoga."*  
- **The Yoga Sutras of Patanjali**



# Jai Uttal and the y Los Kirtaniyas

The **Grammy Jai Uttal (2002)** is a pioneer in the music community in the world with his eclectic sound, evoking an encounter between East and West.

The album **Queen of Hearts** (Nutone Records) is a unique blend of reggae, ska and samba rhythms, used as a backdrop for the call and response, dance-oriented Kirtan.

Uttal has flowed along with a musical career for more than two decades, multicultural world music, avant-garde jazz, electronic rock and Indian kirtan-or sacred traditional Indian songs, will be found in his six recorded albums during the last decade with the Sounds True Label, becoming staples of the yoga practicing community.

With his album **"Queen of Hearts"** Jai restores vitality and vivacity heard in some of his earlier recordings.

In 2011, Jai launches **"Kirtan Child's"** (Sounds True), the first album of its kind, created for families, where you are invited to sing, laugh, dance and celebrate life together through a call and response song. He along with a children's choir, includes in this album songs in Sanskrit and English as well as playful stories.

Jai says "World music is music everywhere. Music that creates bridges. Music that unites hearts and cultures. Music that brings peace".



# Alejandro Quiyono

Alejandro Quiyono has a degree in Economics and Masters in Finance from the ITAM.

Working as a coach and becoming two times Basketball National Champion, he understood the teaching and methodology of physical training in sports, as well as the approach to the child's soul through sport .

He began his journey in yoga as taught by Yogi Bahjan. His waking consciousness is entirely the work of the great master TITO. He Studied the teachings of Mantak Chia and Tao of love. Works with mesotherapy, herbal therapy, and guides temazcales along with teacher Ignacio Maldonado.

He is devoted to Jason and Jenny's Acroyoga as well as Prana Flow Yoga by Shiva Rea and has been an adult instructor since 2003. Since 2007, Sport City offers him the opportunity to teach and educate yoga instructors.



# Michele Torres

An Ayurveda and Nutrition specialist by the Australasian Institute of Ayurvedic Studies Brisbane, QLD. (Australia).

Yoga Certified Teacher. Recognized by Yoga Alliance (200 hrs). Currently studying for Health Coach at the Institute of Integrative Nutrition (IIN), New York.

She collaborates with Ayurveda related articles in the monthly magazine "Yoganews" of the Mexican Institute of Yoga.

Has also been invited to participate in the TV channel "Utilísima" belonging to FOX International with the series "Emotional Health" and has been a special guest at the Indian Cultural Center Gurudev Tagore to give an introductory talk on Ayurveda at the Indian Embassy in Mexico City.



## Sergio Arana

He combines his great and solid experience in the field of Public Relations and University studies & Business Communication, with his passion for discipline and spirituality of yoga in its various expressions.

Sergio has been given to physical activity with a broad sense of responsibility, a competent visionary mindset.

His coaching experience is enriched by being part of Federacion Mexicana de Yoga Universal. He has a Diploma as Hatha Yoga Coach supported by CONADE and SEP, as well as being specialist in Iyengar, Vinyasa Yoga, Power Yoga, Ashtanga and Hatha Yoga from Dr. de la Ferriere.

He is a certificate Ashtanga Vinyasa Yoga Full by FMYU, he also creates the AdhMoksha and is part of the organizing committee in Yoga Marathon, Mexico City.



## Isaac Fernandez / Meditation



Student of Tibetan Buddhism since 12 years ago and meditation (umze) guide with 9 years of experience at Casa Tibet Mexico.

His core training has been at Casa Tibet Mexico, under the direction of Marco Antonio Karam. Has gone on retreats and received teachings from many renowned teachers of Tibetan Buddhism as SS Dalai Lama, Geshe Sopa Rinpoche Tsokny, Yangsi Rinpoche, Pachok Rinpoche, Sechen Rabjan Rinpoche, and others. As well as Western teachers such as Alan Wallace, Ole Lama and Matthieu Ricard Nydhal among others.

Founding member of La Cueva del Yogui (The Yogi Cave) and the Bazar Buena Vibra (Good Vibes Bazaar).

He has also been a key meditation speaker at expos, conferences and companies like CFE, Ex-posesotérica, Ecofest, among others.

## Julieta Portilla

Basic and advanced forms of Tai Ji Quan, free hand and weapons, such as: sword, fan and sable. Studied at the Chinese Cultural Foundation with Kung Fu Masters Francisco Gonzalez and Dong Dong. She studied at the Jiao in Mexico Shaolin Temple under Master Yang Jun and Grand Master Peng You Lian, Remis School in Shaolin Kung Fu, Grandmaster Shi De Yang 31th Generation Shaolin Monk in the Latin American Association of Chen style Tai Chi Chuan with Grandmaster Chen Zhenglei. Currently taking specialized classes for Tai Chi Chuan instructors with Master Dong Dong Jiao in Chinese Cultural Foundation of Kung Fu AC, Mexico, Federal District, Mexico. She has been an instructor of Tai Chi Chuan and Qigong in at CESIPAM Pemex where she is currently working. 5 years as an instructor of Tai Chi Chuan and Qigong at Club Casablanca Atizapán and does also private Tutoring.



## Vanesa Fernandez



She studied Chemical Engineering at the National Autonomous University of Mexico. Working in chemical and food industry for a short time, experienced at first hand the use of chemicals with disregard of a short or long-term risk. While at college, she began studying aromatherapy and natural cosmetics to create a healthy alternative for personal use. Through this experience and her passion for the aromas and chemistry of natural substances she creates DEVITARE a holistic company, 100% natural, eco-friendly which manufactures personal care items. For more than 8 years, she has successfully developed products associated with aromatherapy and natural cosmetology.

# Jamie Davies / Vegetarian Food



Loves to cook and became a vegetarian over 9 years ago, with studies in phytotherapy (herbal) and nutrition done in Israel.

Over the past six years he has lived in different parts of the world in order to learn more and interact with different spiritual and healing practices. Throughout this time he has learned that feeding properly contributes to all fields of sustainable growth, traveling enriched his raw vegetarian cuisine methods.

He worked in several restaurants in his home country, England. He has continued to explore and cultivate his spiritual journey. His father has been his biggest influence since he also practices energy healing, vegetarianism and alternative treatments. Jamie, practices yoga and Buddhist meditation and even worked as a chef at a Buddhist monastery in Spain. In Nepal he lived with Tibetan refugees for 2 years.

He has recently focused his studies in nutrition and raw vegan food, with formal teaching and private classes, focusing on balanced meals following the principles of Ayurveda.

# Ashes And Snow



"Ashes and Snow" is a film written and directed by the Canadian Gregory Colbert, a sixty minute feature film, where none of the videos were altered by digital collage processes or digitally superimposed. The videos are poetic narratives rather than a documentary.

The film "Ashes and Snow: The Film" edited by Pietro Scalia, "Oscar" winner and the storytellers are Laurence Fishburne in the English version, Enrique Rocha in adaptation to Spanish, Ken Watanabe in the Japanese interpretation and Jeanne Moreau in the French version. The translations in Portuguese, Russian, Chinese, Arabic, German and Italian are preparing. The musical collaborators include Michael Brook, David Darling, Heiner Goebbels, Lisa Gerrard, Lukas Foss, Nusrat Fateh Ali Khan, and Djivan Gasparayan.

"Ashes and Snow" is a fictional re-count of a man who for a year of travel wrote 365 letters to his wife, some excerpts from these letters comprise the narration of these videos.

Since 1992, Colbert has undertaken more than 60 expeditions to India, Burma, Sri Lanka, Egypt, Ethiopia, Kenya, Tonga, Namibia, and Antarctica to film and photograph interactions between humans and animals. Colbert filmed and photographed animals like elephants, whales, manatees, cranes, eagles, hawks, rhinos, cheetahs, leopards, African wild dogs, orangutans and crocodiles. And people who have been photographed and filmed include Burmese monks, trance dancers and members of various indigenous tribes around the world.

For the film, Gregory Colbert used two movie cameras for this poetic narrative, which aims to lift the natural and artificial barriers between humans and other species, breaking the distance between them.



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