

2015 YogaFit® Orlando Warriors Mind Body Fitness Conference

Hotel and Training Information

Shades of Green on Walt Disney World Resort

1950 West Magnolia Palm Dr.
Lake Buena Vista, FL32830
Check-in: 3:00 pm
Check-out: 12:00 pm

Boutique Shopping Hours

Mon. 11/9-Tues. 11/10:

6:45 am – 8:00 am
12:30-1:30 pm
4:30-6:30 pm

Wed. 11/11- Thur. 11/12:

6:45 am – 6:30 pm
(Boutique will close at 3 pm on Thursday)

Training Schedule—Monday – Thursday 8 am-6 pm Check-In—6:45-7:55 am Mon and Wed

Training	Day/Date	Room	Trainer
YogaFit for Warriors	Mon-Tues (11/9-11/10)	Magnolia East	Mary Comfort
Restorative Therapeutics	Mon-Tues (11/9-11/10)	Magnolia North	Kristy Manuel
Warriors Kids	Mon-Tues (11/9-11/10)	Magnolia South	Shaye Molendyke
Level 1	Mon-Tues (11/9-11/10)	Magnolia West	LaMor Silas
YogaFit for Balancing Mood	Wed-Thurs (11/11-11/12)	Magnolia East	Mary Comfort
Healing Emotional & Physical Trauma	Wed-Thurs (11/11-11/12)	Magnolia North	Kristy Manuel
YogaFit for Addiction & Recovery	Wed-Thurs (11/11-11/12)	Magnolia South	Shaye Molendyke

What to bring:

- **This letter** (for your own reference)
- **Your receipt** (only if you owe a balance)
- **Yoga mat**
- **Required/recommended class materials** (required books will be utilized and we recommend purchasing them prior to the conference and reading through them.)
- **Journal or notebook**
- **Water**
- **Towel**
- **COMFORTABLE, layered clothing.** Meeting rooms can sometimes get chilly, though we do our best to keep them above 72 degrees, so please bring a sweatshirt.
- **Snacks** (i.e. trail mix, power bars, fruit etc.)

Training	Required Materials	Recommended Materials
Level 1	Beth Shaw's YogaFit book 2nd Edition	YogaFit's Basics and Back Health DVD
Restorative Therapeutics	2 YogaFit® eggs or 2 blocks, 2 blankets, Beth Shaw's YogaFit ® 2nd edition	Emotional Healing with Essential Oils by Daniel McDonald
Healing Emotional and Physical Trauma Training	Overcoming Trauma through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper ; 2 blocks or YogaFit eggs , blanket, Beth Shaw's YogaFit ® 2nd edition	
YogaFit® for Warriors	In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter Levine, Beth Shaw's YogaFit ® 2nd edition	2 blocks or 2 eggs
YogaFit® for Balancing Mood	Yoga for Depression* by Amy Weintraub, Beth Shaw's YogaFit ® 2nd edition	
YogaFit for Addiction and Recovery	Freedom from Addiction: The Chopra Center Method for Overcoming Destructive Habits by Chopra, Deepak and Simon, M.D., David (Jan 1, 2010) ; Recovery 2.0 by Tommy Rosen; Yoga and the Twelve-Step Path by Hawk, Kyczy (Apr 16, 2012); Clean by David Sheff; Beth Shaw's YogaFit ®, 2nd Edition	
Warrior Kids	The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk MD Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing by Peter A. Levine Ph.D. and Maggie Kline	

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Additional Workshops—Click the link(s) to register

	Monday 11/9/15	Tuesday 11/10/15	Wednesday 11/11/15	Thursday 11/12/15
7 am -7:50 am* Master Classes— free & open to the public!	Yoga with LaMor Silas	Yoga with Mary Comfort	Yoga with Shaye Molendyke	Yoga with Kristy Manuel
6:00 – 8:00 pm	Stroke/Brain Trauma Workshop		Yoga Nidra	

*no need to pre-register for early morning classes

[Stroke/Brain Trauma Workshop with Laura Linton](#)

Monday, November 9—6-8 pm

Cost: \$40 (includes manual)

This workshop is designed around the subtle body/breath to lead yoga therapists in the direction of our own intuition. A view into the Brain its complex structure, what happens when there is Trauma and how the body and breath is part of the overall healing process. I hope to help you go beyond the mechanics using intuition and trust to allow your clients' movement to organically return to the mind, then it will come into the body soon after. Deep Stretches, holding and focus on breath while coming to Dynamic Tension will build muscle strength, plasticity and muscle tone to the areas of the body that have been affected

I believe that in the Warrior Training we learned “what the mind sees the body will do”. I have come to believe that “Trauma steals the breath and Yoga gives it back”.

Enjoy this training and know that we as yoga therapists can help our clients make the conscious choice to move toward health and quality of life.

Listen, believe, feel, move, breathe and trust your inner guide to work as a teacher for those with Brain Trauma.

[Yoga Nidra with LaMor Silas](#)

Wednesday, November 11—6-8 pm

Cost: \$29

What is Yoga Nidra? Also called Yogic Sleep is a centuries old practice that promotes a state of complete relaxation in which the body profoundly relaxes and the thinking mind begins to quiet. And while it is said that 1 hour of Yoga Nidra provides the equivalent of a 4-hour restful sleep, we in fact remain keenly aware of our senses, our breath, and the relaxation process as it unfolds – becoming our own observer to our body's response. The practice of Yoga Nidra has been found to reduce tension, anxiety, headaches, and restlessness and increase mental clarity, focus, and calm. It releases stress in the bodies and prepares our minds to develop and nurture positive affirmations and healing.

In this workshop, we will explore the history, benefits, and relevant settings for offering Yoga Nidra for trauma-based work. We will discuss how to prepare for and conduct a Yoga Nidra session as well as handling the reintegration of our students afterwards. And, we will talk about various approaches of Yoga Nidra, including the iRest® protocol of Yoga Nidra which was developed by Dr. Richard Miller and has been endorsed by the US Army Surgeon General and Defense Centers of Excellence as a complementary and alternative medicine (CAM).

Lastly, we will conclude the workshop by experiencing a full one hour Yoga Nidra based on the iRest® protocol utilizing the teachings of Richard Miller and the Integrative Restoration Institute (IRI®).

This workshop is being led by LaMor Silas who is an E-RYT 200 yoga instructor, meditation facilitator, Master Trainer with YogaFit®, and an iRest® Level 1 Teacher-in-Training.

You may want to bring a mat, blanket to roll under your knees, hand towel to use as a neck roll, and light wrap/sweater.

All evening sessions are open to the public!

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Directions

From Orlando International Airport

Central Florida Parkway (417) south toward Kissimmee (toll road) to Exit 6. Continue straight off of the exit onto Route 536. Follow signs to Magic Kingdom. At the Magic Kingdom Toll Plaza, go to the far right toll gate, which is open for resort guest. Once through the gate, follow the GREEN line straight. Turn left at the first traffic signal (Seven Seas Drive). At the end, turn right onto Floridian Way and Shades of Green will be on your left. Shades of Green Resort is adjacent to the Walt Disney World Polynesian Resort

From Interstate 4 Eastbound

Take Interstate 4 East to Walt Disney World Exit 62. Follow signs to Magic Kingdom. At the Magic Kingdom Toll Plaza, go to the far right toll gate, which is open for resort guest. Once through the gate, follow the GREEN line straight. Turn left at the first traffic signal (Seven Seas Drive). At the end, turn right onto Floridian Way and Shades of Green will be on your left. Shades of Green Resort is adjacent to the Walt Disney World Polynesian Resort

From Interstate 4 Westbound:

Take Interstate 4 West to Walt Disney World Exit 67, follow sign to Epcot/Downtown Disney. Once on World Drive follow signs to Magic Kingdom. At the Magic Kingdom Toll Plaza, go to the far right toll gate, which is open for resort guest. Once through the gate, follow the GREEN line straight. Turn left at the first traffic signal (Seven Seas Drive). At the end, turn right onto Floridian Way and Shades of Green will be on your left. Shades of Green Resort is adjacent to the Walt Disney World Polynesian Resort

From the Florida Turnpike South

1) Take the Florida Turnpike to Exit 267A (Apopka/Tampa) then take the 429S to Tampa. The 429S is a Toll Road. Off of 429S take exit 8 which will say Disney Hartzog Road this will bring you on to the Disney Property. At the end of the road (which is Western Way) turn left and follow the signs to the Magic Kingdom.

OR) From Florida Turnpike South you can also take the 429S to Exit 6 which will be for Kissimmee/192. At the end of Exit 6 turn left on to 192 East. Stay on 192 East for approximately 2-3 miles. You will see an exit sign for Walt Disney World/Magic Kingdom. Take that exit which will put you onto World Drive. Once on World Drive follow signs to Magic Kingdom. At the Magic Kingdom Toll Plaza, go to the far right toll gate that is open for resort guest. Once through the gate, follow the GREEN line straight. Turn left at the first traffic signal (Seven Seas Drive). At the end, turn right onto Floridian Way and Shades of Green will be on your left. Shades of Green Resort is adjacent to the Walt Disney World Polynesian Resort

OR) Take the Florida Turnpike South to exit 259 to Interstate 4 West towards Tampa. Take Interstate 4 West to Walt Disney World Exit 67, follow sign to Epcot/Downtown Disney. Once on World Drive follow signs to Magic Kingdom. At the Magic Kingdom Toll Plaza, go to the far right toll gate that is open for resort guest. Once through the gate, follow the GREEN line straight. Turn left at the first traffic signal (Seven Seas Drive). At the end, turn right onto Floridian Way and Shades of Green will be on your left. Shades of Green Resort is adjacent to the Walt Disney World Polynesian Resort

Please click [here](#) for directions from any location to Shades of Green

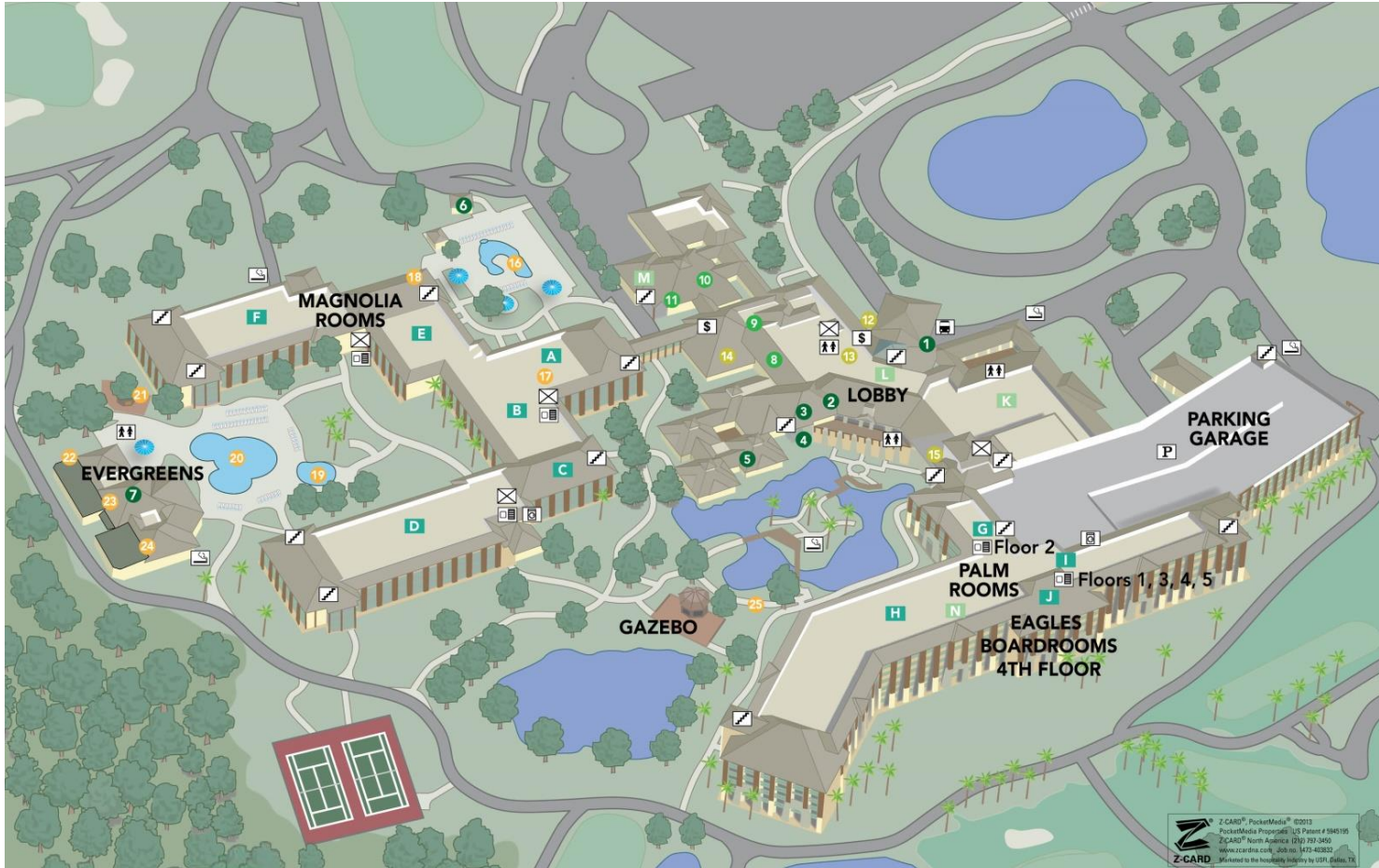
Additional Information

- Shades of Green Store on property is available to purchase items from, EXCEPT for alcohol and tobacco unless you have a DoD ID card.
- Disneyworld info: Too much info to list! <https://disneyworld.disney.go.com/>. There is a [new area](#) (formerly downtown Disney) that is available to anyone without a park ticket - lots of dining and shopping of course.
- Lunch and dining options are listed [here](#) (anyone can eat anywhere regardless of DoD ID card holder). There are several places to eat on property that are reasonable (for Disney), and each day we will offer the option of ordering from a pre-established menu. Orders will be ready for pick up during your lunch time. All pre-orders have to be in by 10:30 and either will be charged to the room or paid via cash.
 - [Parking Policy](#): \$5 overnight/Complimentary during the day.

Once on World Drive follow signs to Magic Kingdom. At the Magic Kingdom Toll Plaza, go to the far right toll gate that is open for resort guest. Once through the gate, follow the GREEN line straight.

Guests coming in must have a government issued (Driver's license) ID card. Your name will be checked against a list at the gate. The parking will be towards the right in the golf course parking lot.

See you soon! The YogaFit® Staff



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 Z-CARD® North America (916) 797-3400
 www.zcardna.com Job No. 1472-40383
 Presented to the hospitality industry by USPI, Dallas, TX

DINING	SHOPPING & RETAIL	RECREATION	MAGNOLIA ROOMS	PALM ROOMS	FACILITIES
1 Express Cafe 1st floor	8 Alamo Rental Car 2nd floor	16 Magnolia Pool	A 190-194, 392-397 301-308, 101-108	Palm - Floors 1-4 have the same layout	S ATM
2 Java Cafe 2nd floor	9 Exchange 2nd floor	17 Magnolia Yoga Studio 2nd floor	B 187-189, 388-391 346-355, 145-154	G 1101-1106, 5101-5104	Bus Area
3 Mangino's Bistro Restaurant 1st floor	10 Attraction Ticket Sales 2nd floor	18 Magnolia Spa 1st floor	C 181-186, 382-387	H 1107-1146, 5105-5138	Elevators
4 Mangino's Bistro To-Go 1st floor	11 Made in the Shade 2nd floor	19 Mill Pond Pool Splash Park	D 155-180, 356-381	I 1147-1163, 5139-5147	Ice & Vending Machines
5 The Garden Gallery 1st floor	SERVICES	20 Mill Pond Pool	E 109-113, 114-119 139-144, 309-313 314-319, 340-345	J 2148	Laundry
6 On The Greens Grill Magnolia Pool	12 Bell Stand 2nd floor	21 Playground	F 121-138, 320-339 Magnolia - 2nd floor layout is the same as 3rd floor	OTHER	2nd floor Magnolia 3rd floor Palm
7 Evergreens Mill Pond Pool	13 Front Desk & Guest Services 2nd floor	22 Sylvan Center	K Magnolia Ballroom 2nd floor	L Lobby 2nd floor	Parking Garage
	14 Sales Office 2nd floor	23 Arcade	M Raytheon's Family Technology Center 2nd floor	N Boardrooms 5th floor	Restrooms
	15 Fitness Center 1st floor	24 Aquatics Department			Smoking
		25 Remember the Fun			Stairs