

yoga gives back

Annual Global Gala

15th Anniversary

Saturday, November 12th, 2022

— VIRTUAL —

Celebrating #OneMillionYogis Giving Back

2022 Namaste Award Honoring
Christy Turlington Burns
Founder & President Every Mother Counts

SAVE THE DATE

REPLAY STREAMS: #1, 2, 3

Session Length	Program	Presenter(s)
STREAM #1		
1 hour	Opening & Live from India	Kayoko Mitsumatsu, Prof Jayadev, Manami Das, SHE Scholarship Students
20 minutes	Guided Meditation	Kino MacGregor
90 minutes	“108 Sun Salutations” Global Relay #1	Nea Ferrier (U.A.E.), Tara Mitra (Italy), Nihan Hantal (Turkey), Maya Gross (Israel), Simona Schimanovich (The Netherlands), Elena Brower (New Mexico)
10 minutes	“One World One Breath”	David Swenson (London)
STREAM #2		
50 minutes	Conversation with “Ambassadors of the Year: Living Yoga”	Harmony Slater, Jeanne Heileman, Kia Miller, Michelle El Khoury
20 minutes	Meditation	Mary Taylor & Richard Freeman (Boulder)

15 minutes	Invocation Chanting & 108 SS	Dena Kingsberg (Australia)
90 minutes	“108 Sun Salutations” Global Relay #2	Harmony Slater (Canada), Kia Miller (Topanga, CA), Lauren Peterson (Malibu, CA), Ashley Rideaux & Jocelyn Solomon (California), Maneesh Kalra (Japan)
20 minutes	Yoga Nidra	Birgitte Kristen (California)

STREAM #3		
85 minutes	Panel “Beyond Prenatal Yoga: Yoga in the Real World of Childbirth and Parenting”	Britta Bushnell, PhD, Deb Flashenberg, Michelle El Khoury, PhD, Pranidhi Varshney & Sarah Ezrin
55 minutes	Film “No Woman, No Cry”	by Christy Turlington
10 minutes	Introduction to Christy Turlington	Tamara Jeffries, Yoga Journal Senior Editor
35 minutes	“Namaste Award 2022” Presentation & Dialogue	Christy Turlington & Kayoko Mitsumatsu
15 minutes	Closing with YGB Board of Directors	Board Members