

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

LEAD PRESENTER

Name: Kathy Bingham, M.A., RYT
Title: Professor
Organization: Antelope Valley College
Address: 3041 West Avenue K
City, State, Zip: Lancaster, CA 93536
Phone: (310) 390-7152
Email: kathybingham27@gmail.com

Comprehensive List of Conference Presentations for LEAD Presenter:

August 21, 2009

Presenter Welcome Back Day for college faculty, administrators and staff
"Your Health and Wellness"

July 20-23

Presenter—National Wellness Conference—Stevens Point, Wisconsin
Taught morning yoga class each morning of conference--open level

July 20, 2009

Presenter—National Wellness Conference—Stevens Point, Wisconsin
"Goddess Dancing: Connecting to the Feminine Divine"
An experiential breakout session using yoga and dance.

July 18, 2009

Presenter—National Wellness Conference—Stevens Point, Wisconsin
Women's Wellness Wisdom Workshop: Women in Pursuit of Happiness from the Inside Out.
Two movement sessions based on dance and yoga

July 14, 2008

Presenter—National Wellness Conference—Stevens Point, Wisconsin
“Your Hunger: Our Planet”
A breakout session exploring how our food choices affect the planet

July 14, 2008

Presenter—National Wellness Conference—Stevens Point, Wisconsin
“The Goddess Within”
An experiential breakout session using yoga and dance.

July 12, 2008

Presenter, Women's Wellness Wisdom Workshop
National Wellness Conference—Stevens Point Wisconsin
“Lessons from Mother Earth”
Movement Improvisation based upon the five elements

May 16, 2008

Keynote Speaker—Honors Convocation 2008
Antelope Valley College
“Health—Your greatest resource”

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May 14, 2008

Emcee and speaker

Women’s Tea Event

Annual health education event for underserved populations of the Antelope Valley

Antelope Valley Partners for Health

Palmdale, CA

April 12, 2008

Emcee and Director

Spring Wellness Seminar: The Path to Wellness—Mind—Body—Spirit.

An all day health education event

Antelope Valley College

April 28, 2008

“Creating a Wellness Culture”

Scholar in Residence Presentation Spring 2008

Antelope Valley College.

A lecture exploring how our culture support or does not support our health and what we can do about it.

March 14, 2008

Update on Women’s Health

Antelope Valley College Flexible Calendar Lecture series (open to faculty, staff, students and community members.

October 15, 2007

Just Breathe

This is a lecture/demonstration on breathing exercises for health, healing and stress management.

Antelope Valley College Flexible Calendar Lecture series.

March 16-17, 2007

Narrator, The Vagina Monologues

Antelope Valley College

April 6, 2006

Key note speaker Women’s Tea Event

Annual health education event for underserved populations of the Antelope Valley

Topic: Stress Management

Palmdale, California

January 2006

Featured speaker on Women’s Health

Prevention practices related to breast cancer and osteoporosis.

American Association of University Women

Antelope Valley Chapter

Presenter—National Wellness Conference—Stevens Point, Wisconsin

February 2006

Featured speaker on Women’s Health

American Association of University Women

West Los Angeles Chapter.

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September and October 2006

Health Education Lecture Series: Health: Our Greatest Resource

Weekly lecture on Health topics included smoking cessation, maintaining a healthy body weight, alternative therapies, stress management, and others.

Antelope Valley College Flexible Calendar Lecture series.

November 2006

Ecotourism

Antelope Valley College Flexible Calendar Lecture Series

December 6, 2006

Restorative Yoga

Antelope Valley College Flexible Calendar Lecture series.

April 2005

Spring Wellness Seminar/ Antelope Valley College

The Power of Prevention

April 2005

Kiwanis Club of the Antelope Valley

Monthly meeting/speaker

Yoga for wellness

March 2005

Annual Women's Conference

Lancaster, California

History of Women's Health

March 2005

Annual Women's Conference

Lancaster, California

Revealing the Goddess: an archetypical look at the feminine divine.

January 2005

I'm Hungry Now What? Cooking lecture and demonstration on quick healthy meatless meals.

Presentation Title:

Absolute Beginner Yoga

Track: Mind-Body Wellness

Program Level: beginner

Target Audience: Other

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

n/a

Abstract:

We will begin with a brief lecture exploring the benefits of a regular yoga practice and describing some of the most common forms of yoga practiced in the U.S. We will then experience a gentle yoga practice designed for the beginner. This class is appropriate for all ages and body types. No previous yoga experience is necessary.

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Measurable Objectives:

Participants will be able to:

Apply the principals of hatha yoga to achieve greater inward focus, concentration, and purpose.

Build and demonstrate a conscious awareness of breath as a tool for opening the mind and the body.

Correct imbalances of alignment in posture.

Program Outline:

Lecture: Benefits of regular yoga practice and brief explanation of Hatha yoga subtypes taught in the U.S

Gentle Warmup
Standing Asana
Seated Asana
Gentle inversions
Savasana (relaxation)

Program Bibliography:

Bibliography
Iyengar B. K. S. 1976. Light on Yoga. New York: Schocken Books.

Program Relevance to Conference Theme:

Many people practice yoga to enhance their physical well being and as a means of spiritual development. This class is being offered to make yoga accessible to those who have been curious about it, but who do not wish to enter an ongoing class without guidance. A home yoga practice requires only a time investment.