Sunrise Yoga
each morning of the conference
7:00 to 8:00 a.m.

Wake up and energize the body for the day! Join instructor Jacqueline Adamo for a gentle morning yoga practice which will leave you feeling your best. Breathing exercises, beginner level Hatha style postures, and stretching will be offered. Props, modifications and alternative postures are provided to meet individual needs.

- An email with RSVP instructions will be sent in July, and in-person sign-up sheets will be at the conference. Please RSVP for each day you wish to attend. Due to the individualized and supportive style of instruction, class size is limited to 15 participants.
- Yoga mats will be provided. Please prepare and dress in comfortable, loose fitting clothing. For individuals unable to access the floor easily, Chair Yoga posture variations will be offered throughout the practice.

Relaxation Space and Open Art Studio

During lunch period, come and enjoy a quiet space of relaxation and creativity. Make a one-of-a-kind greeting card with materials provided or just relax in a quiet corner. Jacqueline Adamo will be available to assist with the art project, or to give individuals and their facilitators suggestions for restorative postures and other relaxation techniques. The room is available for anyone who needs a sensory break during the day.

Jacqueline Adamo is a professional exhibiting artist, 200 hour yoga instructor specializing in restorative, Grounded Kids and Chair Yoga, and an inclusive educator in Syracuse, NY.