

Yoga Agenda

Here's an example of what BOLD can look like for your yoga business. Choose from our variety of wellness classes and breakout sessions to make BOLD your own.

See the full conference agenda [here](#).

TUESDAY, AUGUST 13

4:00 PM – 5:00 PM

Yin and Storytelling

Rachel Roberts | Owner, The Yoga Bar and Bija Retreats

Practice mindful and slow yoga poses as Rachel shares stories from mythology, Native American lore, and more. Heal your joints, lengthen muscles, and restore the body. Yin yoga is for students of all levels.

5:30 PM – 6:00 PM

Flowing Into Greatness

Rosie Acosta | Yoga Teacher Trainer and Writer

This class focuses on helping you boost your productivity by re-energizing your mind and body to achieve your highest potential. Enjoy a few brisk active poses, one inversion, pranayama, and a short meditation. All levels welcome.

WEDNESDAY, AUGUST 14

7:00 AM – 7:45 AM

Brave Breathwork

Mija Speakman | Owner, Mijas Malas

This 60-minute class is designed to bring forth mindfulness and deepen our connection to ourselves. We'll start with a sun salutation to warm the body, then settle into a dynamic breath practice that encourages you to step into your full self. The pranayama practice will last around 30 minutes. You'll leave feeling energized, clear, and grounded.

The Yoga Shred™ An Empowering, Cardio-Enhanced Yoga Flow!

Sadie Nardini | Founder, Core Strength Vinyasa Yoga and The Yoga Shred

The Yoga Shred® is a blend of new, more joint mindful high intensity interval training (HIIT) moves built from yoga poses. Strengthen your asanas and cross-train with far superior cardio, calorie burn, and muscle definition than yoga alone can give you.

8:30 AM – 9:30 AM

Keynote Speaker

More information on our keynote speakers coming soon—stay tuned!

10:00 AM – 11:00 AM

State of the Industry: MINDBODY Data Insights

Data is critical for understanding the health of your business, and it often tells a bigger story about the health of the industry. Join us for exclusive insights and trends we see throughout the wellness industry, including consumers trends and city-specific data in America.

11:30 AM – 12:15 PM

Beats, Balance, Flow

Kari J. & DJ RyToast | Proprietors, Beats, Balance, Flow

Kari J. and DJ RyToast are two fierce females that specialize in bringing high-energy vibes and dope music to conscious spaces. Expect postures that'll get your blood pumping, your soul moving, and your booty shaking. Whether you're on a journey to deepen your personal practice, or just curious about yoga, they're saving a mat for you!

Psoas Release for Anxiety Relief

Janie Larmour | Owner, The Centre of Yoga

Release your psoas muscle group with the combined ancient Chinese medicine and modern exercise science techniques of Zen Ki Yoga®. Come to this session to lengthen, strengthen, and build a connection with your deep core muscles—and learn how to control and eliminate anxiety and stress.

1:00 PM – 2:00 PM

Rock Your Social Media In 2019: How to Create A More Clear, Magnetic Online Presence & Attract Your Perfect Audience!

Sadie Nardini | Founder, Yoga Shred™ and Core Strength Vinyasa Yoga™

Join Sadie—one of the world's top online course creators and virtual studio leaders—for her best social media practices for 2019. Learn how to get more creative and save more time. Plus, you even get a free E-course!

2:15 PM – 3:15 PM

Closing the Deal: Tips and Considerations When Buying or Selling a Business

Aaron Werner | Partner, Horwood Marcus & Berk

Interested in buying health or wellness businesses? Or, are you considering selling the business that you've built? This presentation will lay out various factors both buyers and sellers should consider when either acquiring or divesting a business.

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3:30 PM – 4:30 PM

How Teacher Training Can Solve Your Staffing Issues

Heather Erdmann | Owner, Pilates Science Consulting

When studios and gyms can't hire fast enough to meet the demands of their business, they lose money. Learn how growing your team of teachers, instructors, and trainers can be profitable for your business, and four ways to get started with teacher training.

8:00 PM – 11:00 PM

BOLD Bash

Unwind and celebrate BOLD 2019 with live music, food, drinks, and dancing at the House of Blues, Anaheim.

THURSDAY, AUGUST 15

7:00 AM – 7:45 AM

AwakenAWE

Diana Paschal | Owner, Diana Paschal Yoga

Warm up your body in a vinyasa flow, then move into rhythmic dance and easy restorative postures to ease the body. You'll stay present to what's in your heart in a guided journaling to inspire gratitude and clarity on our path. In closing, the class will share chanting, meditation, and connection.

8:30 AM – 9:30 AM

Revolution of the Soul

Seane Corn | International Yoga Instructor & Activist

Inspired by Seane's new book, "Revolution of the Soul," this class will explore the spiritual tools for individual transformation that can lead to collective liberation, including discussion, asana practice, meditation and reflection.

9:45 AM – 10:45 AM

Visionary Leadership

Luke Carlson | CEO, Discover Strength

Explore how great leaders inspire a shared vision, articulate that vision, and then bring that vision down to the ground to create results. This presentation takes a leader through the six key elements of the vision component of the business, and the necessary steps to becoming a visionary company.

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11:00 AM – 12:00 PM

How to Make it Through the Slow Seasons

Hope Pedraza | Owner and Founder, inBalance

All businesses go through slow seasons. Surviving them doesn't mean just stashing your acorns—it's about getting resourceful using what you have on hand and in your community. Learn how to attract more clients and more business to keep you going during the slow times.

12:30 PM – 1:15 PM

Detox Flow

Seane Corn | International Yoga Instructor & Activist

This unique and challenging class explores how making conscious and responsible choices can purify our bodies and minds for optimal health. We'll cleanse the vital organs through a special vinyasa sequence using compression, decompression and twists. This class includes sun-salutes A and B, a detox standing pose sequence, breathing exercises and meditation.

2:00 PM – 3:00 PM

MINDBODY Product News

Hear the latest product and feature news from MINDBODY, and get a sneak peek at what's coming.

3:00 PM – 4:15 PM

Keynote Speaker: Rachel Hollis

4:15 PM – 4:45 PM

Expo Hall and MINDBODY Experience Lounge Open

Get to know our partners and discover how they can add even more power to your business. Then, visit with MINDBODY team members to explore the latest product and feature updates. One-on-one tech support consultations are also available.

4:45 PM – 5:30 PM

Leadership Panel Discussion

Hear from some of the industry leaders who've seen success in boutique fitness and wellness as they share their experiences and answer your questions.

Love what you see?

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