

THE YOGA & MOVEMENT CENTER



2012 Workshops, Trainings and Retreats

JANUARY

15th Anniversary Celebration

with The Yoga & Movement Center teachers
All Day; Sunday, January 2

Introduction to Yoga 4-Week Series

with Kathleen Genereux
4:30–6:00pm; Saturdays, January 7, 14, 21, 28

Going Upside Down: Safe Approaches to Inversions

with Dennis Eagan
1:00–4:00pm; Sunday, January 8

FEBRUARY

Introduction to Yoga 4-Week Series

with Kathleen Genereux
4:30–6:00pm; Saturdays, February 4, 11, 18, 25

Yoga with a Partner

with Karen Rinaldi and Gerald Wu
2:00–4:00pm; Sunday, February 12

What We Say Matters: Language as a Form of Spiritual Practice

with Judith Hanson Lasater, Ph.D.
12:30–4:30pm; February 25–February 26

MARCH

Advanced Studies/Teacher Training Program V

with Dennis Eagan and Diane Valentine
March 2012–February 2013

Introduction to Yoga 4-Week Series

with Kathleen Genereux
4:30–6:00pm; Saturdays, March 24, 31, April 7, 14

Yoga Retreat in Mexico

with Diane Valentine and Sandy Carmellini
March 22–29

The Art of Using Props: Bolsters, Blankets and Blocks—Oh My!

with Maxine Davis
3:00–4:30pm; Tuesday, March 27

APRIL

Exploring the Core

with Jim Coughlin
1:00–4:00pm; Sunday, April 1

Introduction to the Yoga of Walking Walking your Spiritual Path with Practical Feet

with Suki Munsell
12:30–3:30pm; Sunday, April 15

The Art of Aging Gracefully: Weekend Yoga Retreat in Sonoma

with Diane Valentine and Lolly Font
April 20–22

Yoga as Therapy

with Timothy McCall, M.D.
1:00–4:00pm; Sunday, April 29

JULY

The Lower Back and the Sacroiliac Joint: Anatomy, Asana, and Therapeutics

with Judith Hanson Lasater, Ph.D.
1:00–5:00pm; Saturday, July 28

Schedule subject to change. Please visit www.yoga-movement.com for details and to register.

SEPTEMBER

**Weekend Yoga Retreat:
Hiking, Yoga & Feldenkrais**
with Diane Valentine
September 28–30

NOVEMBER

Teaching Yoga to Students with Disabilities
with JoAnn Lyons
1:00–3:00pm; Sunday, November 18