



Yoga & Feldenkrais

with Diane Valentine

Class Schedule

DAY	TIME	CLASS	LEVEL
Sundays	9:00–10:30 AM	Iyengar Yoga	2–4
	10:45–12:00 PM	Yoga for Beginners	1–2
Mondays	9:30–11:00 AM	Yoga for the Core	all
	4:30–5:45 PM	Restorative Yoga	all
	6:00–7:15 PM	Back Care Yoga	1–3
Tuesdays	9:30–11:00 AM	Iyengar Yoga	1–3
Wednesdays	9:30–11:00 AM	Iyengar Yoga	1–3
	6:00–7:15 PM	Iyengar Yoga	1–3



Diablo magazine's Best Yoga Teacher in 2010, **Diane Valentine** has been teaching for the past 20 years. She is the Director of The Yoga & Movement Center where she works with the therapeutic aspects of yoga and holds teacher trainings for certification and registration with Yoga Alliance. Also a certified Feldenkrais Practitioner, Diane teaches classes, workshops, retreats, as well as private therapeutic yoga and individual hands-on Functional Integration lessons. In her practice she brings to her students the combined therapeutic gifts of Yoga and Feldenkrais.

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