



Restorative Yoga with Diane Valentine

Mondays;
4:30-5:45pm
Fee: \$17 drop-in; \$145 for 10 classes

Restorative Yoga helps relieve the effects of chronic stress and is based on a series of restful postures designed to cleanse and nourish the organs, renew the spirit and peacefully restore our energy. The use of props in these gracefully sequenced asanas provides a completely supportive environment for total relaxation and deep rest. This class is designed for people of all ages and levels of fitness and is ideal for those recovering from injuries or illness and those in need of deep rest and rejuvenation.



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, and retreats combining the therapeutic gifts of yoga and feldenkrais.

Diane understands and teaches the importance of the practice of yoga, but she does it in a light and friendly way. She inspires you to start yoga for fun and stick with it for transformation. A perfect combination.

- Judith Hanson Lasater

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