



Restoratives: Practice & Teaching

with Diane Valentine

Saturday, August 14

4:30-6:30pm

Fee: \$40



Restorative Yoga is based on a series of restful postures designed to cleanse and nourish the organs, renew the spirit, and peacefully restore our energy.

Come learn how to integrate restorative poses into your own practice as well as to teach others.



Diablo magazine's Best Yoga Teacher in 2010, **Diane** 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 restorative practices. Diane has a deep understanding of the body, mind, and emotional connections.

This workshop is presented in conjunction with the Advanced Studies/Teacher Training Program. Space is limited. Pre-registration is required.

The Yoga & Movement Center
1379 Locust Street
Walnut Creek, CA 94596
925-938-9642
www.yoga-movement.com

REGISTRATION FORM

Please register _____ person(s) for *Restorative: Practice & Teaching*

Name(s): _____

Address: _____

Phone: _____ Email: _____

Check Enclosed \$ _____ Credit Card Visa or Mastercard

Card # _____ Exp Date: _____

Name on Card: _____ Signature: _____

Make checks payable to: The Yoga & Movement Center, 1379 Locust St., Walnut Creek, CA 94596
Cancellation Policy: Minimum 7 days notice prior to workshop date, a refund less \$10 handling fee will be given. No refund for cancellations received less than 7 days prior to workshop.