

THE YOGA & MOVEMENT CENTER



DIANE VALENTINE is the owner of The Yoga & Movement Center, which is celebrating its 14th year in Walnut Creek. As a teacher of the Iyengar style of hatha yoga, Diane has taught the therapeutic aspects of yoga for the last 20 years and holds yearly teacher trainings for certification and registration with The Yoga Alliance.

Westerbeke Ranch **WEEKEND YOGA RETREAT** *with Diane Valentine*

Westerbeke Ranch, conveniently situated in Sonoma County's Valley of the Moon, is only 60 miles from San Francisco and provides a charming place and serene setting to practice Yoga and renew your spirit.

Amid native oaks and lush garden paths, we'll practice yoga and have ample time to explore, relax and soak. Gourmet meals are specially prepared and served in the beautiful Mexican tiled dining room aside a large stone hearth. Facilities include comfortable redwood cabins, sun decks, Jacuzzi, a large swimming pool, and hiking trails.

We will begin our retreat at 4 pm Friday and conclude after lunch on Sunday. Four classes will be offered, with a restorative practice in the afternoons.



Also a certified Feldenkrais Practitioner, Diane teaches classes, workshops and retreats, as well as private yoga and individual hands-on Functional Integration lessons. In her practice she brings to her students the combined therapeutic gifts of Yoga and Feldenkrais.

Friday thru Sunday, October 8-10, 2010

Early Registration: \$450 paid in full by September 7

Regular Registration: \$495 (\$200 deposit; \$295 balance due October 2)

Cash/Check discount: \$485 (\$200 deposit; \$285 balance due October 2)

Non-participating Guest: \$335

REGISTRATION FORM

PLEASE REGISTER _____ PERSON(S) FOR FALL WESTERBEKE WEEKEND YOGA RETREAT AMOUNT ENCLOSED: _____
TO PAY BY: VISA MASTERCARD (CIRCLE ONE) CARD NUMBER: _____ EXPIRATION DATE _____
SIGNATURE: _____ ROOMMATE PREFERENCE: _____
NAME(S): _____
ADDRESS _____
PHONE _____ CELL _____ EMAIL _____

Cancellations received on or before Sept. 25, 2010 will receive a full refund less \$50 processing fee.

No refunds after Sept. 15, unless a replacement can be found.

Make checks payable to: The Yoga & Movement Center; 1379 Locust Street, Walnut Creek, CA 94596

For more workshops and class info visit the website at www.yoga-movement.com • 925-938 -YOGA (9642)