

THE YOGA & MOVEMENT CENTER



1379 Locust Street
Walnut Creek
925-938-YOGA (9642)
www.yoga-movement.com

WORKSHOPS & RETREATS

AUGUST

REVIVE AND REINVIGORATE
WITH SHAKE YOUR SOUL
with Megan Joseph
Sun., Aug 8 1:00–4:00 pm

INTRODUCTION TO
YOGA SUTRAS
with Judith Hanson Lasater, PhD
Sat., Aug. 14 1:00–4:00 pm

RESTORATIVES:
PRACTICE & TEACHING
with Diane Valentine
Sat., Aug. 14 4:30–6:30 pm

ACROYOGA
INVERSIONS AND ACROBATICS
with Chris Arcucci
Sun., August 22 3:00–5:00 pm

OCTOBER

A WEEKEND YOGA RETREAT
with Diane Valentine
Fri., Oct. 8–Sun., Oct. 10

YOGA FOR PHYSICAL &
EMOTIONAL BALANCE
with Dr. Timothy McCall
Sun., Oct. 24 1:00–4:00 pm

CLASS SCHEDULE July–September 2010

DAY	TIME	CLASS & LEVEL	INSTRUCTOR
SUNDAY	9:00–10:30 AM	Iyengar Yoga (2–4)	Diane Valentine
	10:45–12:00 PM	Yoga for Beginners (1–2)	Diane Valentine
MONDAY	NEW 9:30–11:00 AM	Yoga for the Core (all)	Diane Valentine
	4:30–5:45 PM	Restorative Yoga (all)	Diane Valentine
	6:00–7:15 PM	Back Care Yoga (1–3)	Diane Valentine
	7:30–8:45 PM	Iyengar Yoga (1–3)	Greg Riley
TUESDAY	9:30–11:00 AM	Iyengar Yoga (1–3)	Diane Valentine
	6:00–7:00 PM	Yoga/Pilates (all) ¹	Kelly Callahan
	7:15–8:15 PM	Pre-Natal Yoga	Kelly Callahan
WEDNESDAY	9:30–11:00 AM	Iyengar Yoga (1–3)	Diane Valentine
	11:30–1:00 PM	Yoga for 50+ (1–3) ¹	Mary Smith
	6:00–7:15 PM	Iyengar Yoga (1–3)	Diane Valentine
	7:30–8:45 PM	Community Yoga Class (all) ¹	Annie Macy
THURSDAY	9:30–10:45 AM	Living Lightly Yoga (all)	Annie Macy
	1:45–3:15 PM	Yoga for Disabilities (all) ¹	Marcia Conroy
	6:00–7:00 PM	Yoga/Pilates (all) ¹	Kelly Callahan
	NEW 7:30–8:45 PM	Iyengar Yoga (1–3)	Greg Riley
FRIDAY	12:15–1:15 PM	Feldenkrais ATM (all) ¹	Iren Romoda
	1:30–2:10 PM	YogaKids for 2-5 year olds ¹	Adrienne Yang
	NEW 6:00–7:00 PM	Beginner's Yoga (1–2)	Sarah Watkins
SATURDAY	NEW 9:30–10:30 AM	Meditation (all) ¹	Wendy Beckerman
	11:00–12:15 PM	Fundamentals of Yoga (1–3)	Greg Riley

CLASS FEE

\$16 DROP-IN; \$135 FOR 10 CLASSES

¹ Check with instructor regarding class fee

Schedule subject to change visit www.yoga-movement.com for updates.

diablo
MAGAZINE
BEST
EAST
BAY
OF THE
2010

How to Join

Choose a time that fits your schedule and try to be consistent in your attendance. All classes meet weekly and can be joined at any time. Try different teachers to find the style that suits your needs.

When Coming to Class

Wear loose-fitting clothing and bare feet. Try not to eat 1-2 hours prior to class. Inform the instructor of any physical problems or injuries.

Class Fees (most classes):

Drop-in \$16; Series \$135 for 10 (4 month time limit)
Free parking validation available with series purchase.

Yoga Levels

Level 1: Beginning Beginners
Level 2: Intermediate Beginners
Level 3: Experienced Beginners & Intermediate Students
Level 4: Advanced Students & Teachers

Director

Diane Valentine 925-938-YOGA
diane@yoga-movement.com

Instructors

Wendy Beckerman 510-710-7102
wbeckerman@aol.com
Kelly Callahan 510-286-6347
kellycallahan@mac.com
Marcia Conroy 925-462-5285
marciacnroy@att.net
Megan Joseph 925-726-1326
megan@emp-act.org
Ann Macy 510-508-2844
ann@annmacy.com
Greg Riley 925-705-1228
upwardspiral yoga@yahoo.com
Iren Romoda 925-689-6339
irenll@sbcglobal.net
Mary Smith 925-943-4986
smithmcam@yahoo.com
Sarah Watkins 510-384-2857
sarahwatkins@me.com
Adrienne Yang 925-639-6881
adrienne@ayogakid.com

CLASS DESCRIPTIONS

BEGINNER'S YOGA Designed for beginning students to learn correct alignment and breathing in basic yoga postures. This style of yoga is influenced by the teachings of B.K.S. Iyengar.

BACK CARE YOGA This Iyengar based class is specifically developed to care for the back through a series of asanas designed to create a supportive posture, core strengthening and flexibility, as well as develop awareness in how we can care for our back. The Back Care class is suitable for those with injuries as well as maintenance for a healthy back.

YOGA FOR BEGINNERS is an introduction to Iyengar Style Hatha Yoga and is designed for beginning students. More advanced students wanting to return to their own beginner minds to deepen their practice are welcome.

COMMUNITY YOGA CLASS Come re-connect with yourself, get grounded and begin to carry this energy into the world with a yoga practice suitable for beginners and experienced students. There is no fee, only donation. A perfect class for today's economic times.

FELDENKRAIS® AWARENESS THROUGH MOVEMENT (ATM) lessons use the innate capacity of the human nervous system to learn new patterns of moving, thinking and feeling through a series of easy and invigorating movements resulting in greater ease of movement, improvement in posture and reduction of pain.

FUNDAMENTALS OF YOGA The intention of this Saturday morning class is to build the strong foundation of a lifelong yoga practice based upon the sequential principles of raising consciousness found in the Yoga Sutras of Patanjali.

IYENGAR YOGA is designed to promote proper alignment, flexibility, stamina, and strength, while developing a broader, more positive sense of self-awareness. The poses are tailored to suit different ages, body types, and level of fitness, giving careful attention to beginners.

LIVING LIGHTLY YOGA is the gradual opening, toning & breath work leading to traditional yoga poses.

MEDITATION Mindfulness practices foster increased concentration, relaxation, creativity, self-awareness, and attunement, inspiring you to cope more effectively with daily stressors. Sessions include guided meditations, gentle mindful movement (no special clothes needed), and brief discussions of mindfulness concepts. This class is open to those new to meditation, as well as those with more experience who would like the support of a group to maintain a regular practice. It is based on the work of Jon Kabat-Zinn who developed Mindfulness-Based Stress Reduction to successfully help people deal with chronic pain and stress-related symptoms. This class is by donation.

PRE-NATAL YOGA focuses on nurturing you through your pregnancy, connecting with your baby and preparing

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. The use of props in these gracefully sequenced asanas provides a completely supportive environment for total relaxation and deep rest.

SHAKE YOUR SOUL is a unique creative movement and fitness class for anyone with any level of movement experience—unleash the dancer within!

YOGA FOR THE CORE In terms of asana practice, core abdominal strength improves nearly every pose, offering a sense of balance and ease. In this class we'll explore a series of asanas specially developed to achieve optimal health for the support of our organs and the development of core strength. Healthy abdominal muscles are strong, not hard, and assist us in breathing, helping to align the pelvis and support the back.

YOGA FOR 50+ is a class for the seasoned body in the Iyengar style. It moves a little slower to allow a moment of rest between more vigorous poses. Care is taken to adapt poses to individual needs and to increase students' respect for their bodies. A good class for beginners who need extra help, seniors, and those wanting a moderate practice.

YOGA/PILATES provides strength, flexibility, and core abdominal work with attention to breathing and feeling good.

YOGAKIDS Yoga poses are mixed and matched into lessons with games, stories, music and more to teach to the active preschooler. YogaKids classes include breathing, mindfulness and relaxation techniques. Participants will also explore poses and techniques to increase strength, flexibility, focus, concentration and balance. Parent/caregiver participation required.

THERAPEUTIC YOGA FOR PEOPLE WITH DISABILITIES is specifically designed for people with limited or decreased movement capabilities seeking exercise for various reasons. This very gentle yoga is a series of stretching movements that can help to reduce stress within the body, strengthen endurance, and reduce fatigue. It also expands the range of motion and flexibility and improves balance. In addition it reduces muscle spasms, improves bowel and bladder control, enhances energy channels, and explores one's full potential.