

THE YOGA & MOVEMENT CENTER



diablo
MAGAZINE
BEST OF THE
EAST BAY
2010

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

WORKSHOPS & RETREATS

JUNE

THE FEMALE PELVIC FLOOR
with Leslie Howard
Sat., June 4 1:30–5:00 pm

HIP OPENERS
with Leslie Howard
Sun., June 5 1:30–5:00 pm

DATE NIGHT YOGA
with David King
Sat., June 18 5:00–6:15 pm

AVERSION TO INVERSIONS
with Jim Coughlin
Sun., June 26 1:00–4:00 pm

SEPTEMBER

ADVANCED STUDIES /
TEACHER TRAINING V
with Diane Valentine & Dennis Eagan
starts September 17-18

WEEKEND YOGA RETREAT
with Diane Valentine
September 30–October 1

OCTOBER

YOGA FOR SCOLIOSIS
with Elise Miller
Sun., October 30 1:00–4:00pm

CLASS SCHEDULE May–June 2011

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
	4:30–5:30 PM	Community Class ^{by Donation no class 6/5}	ASTT Teacher
	6:45–8:00 PM	Yoga for Beginners (1–2)	Sarah Watkins
MONDAY	9:30–11:00 AM	Iyengar Yoga (2–4) ^{2 9:30-11:30 beginning 6/6}	Debbie Gilman
	4:30–5:45 PM	Restorative Yoga (all)	Diane Valentine
	6:00–7:15 PM	Back Care Yoga (1–3)	Diane Valentine
	6:30–7:45 PM	Prenatal Yoga at Destination Maternity	Kelly Callahan
	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
	7:15–8:30 PM	Prenatal 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)	Kellogg & Wood
	6:00–7:15 PM	Iyengar Yoga (1–3)	Diane Valentine
	6:30–7:45 PM	Prenatal Yoga at Destination Maternity	Katie Moreno
THURSDAY	9:30–10:45 AM	Iyengar Yoga (1–3)	Diane Valentine
	11:00–12:00 PM	Healthy Steps: The Lebed Method ³	Pam Hill
	12:15–1:30 PM	Mommy & Me Yoga	Katie Moreno
	1:45–3:15 PM	Therapeutic Yoga for Disabilities (all) ³	Marcia Conroy
	4:30–5:45 PM	Restorative Yoga (all)	Christy Crawford
FRIDAY	6:00–7:00 PM	Yoga/Pilates (all) ^{1 ends 5/26}	Kelly Callahan
	7:30–8:45 PM	Iyengar Yoga (1–3)	Greg Riley
	9:15–10:30 AM	Hatha Flow (all)	Katie Moreno
	10:45–12:00 PM	Prenatal Yoga (all)	Katie Moreno
	12:15–1:15 PM	Feldenkrais ATM (all) ³	Iren Romoda
SATURDAY	6:15–7:30 PM	Iyengar based Hatha Yoga (1–3)	Karen Rinaldi
	9:30–10:30 AM	Meditation (all) ¹	Wendy Beckerman
	11:00–12:15 PM	Fundamentals of Yoga (1–3)	Greg Riley

CLASS FEE

\$17 DROP-IN; \$145 FOR 10 CLASSES

¹ \$13 drop-in or \$115 for 10 classes; ² 2 hour class check fees with teacher; ³ Pay teacher directly;

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

rev 5/18/11

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 \$17

Series \$145 for 10 (4 month time limit)

\$80 for 5 classes (2 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

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CLASS DESCRIPTIONS

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. This class is taught by a student or graduate of the Advanced Studies/Teacher Training Program.

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.

HEALTHY STEPS—MOVING TO BETTER HEATH WITH THE LEBED METHOD is a medically based, therapeutic exercise program located in over 700 hospitals/clinics/health centers throughout the world. A main focus of Lebed is doing exercises that stimulate the lymphatic system and allow toxins to release from the body. Emphasis is on having fun while doing exercises that include balance, strength endurance, stretching—all done sitting or standing—to music. Studies prove benefits to those needing gentle aerobic rehabilitative exercises while recovering from surgery, cancer treatments, cardiac events, chronic disabilities, stress, etc.

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. Intermediate classes (Level 2–4) include inversions as a regular part of class.

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. This class is by donation.

MOMMY AND ME Bond with your baby through yoga. Get back in shape after pregnancy and bond with your baby at the same time. This class is designed to strengthen your body after pregnancy and stretch the tired, strained muscles of a new mom. Each class will end with yoga poses designed for your baby to help nourish their growing bodies and minds.

PRENATAL YOGA is designed as a support to help you during pregnancy. Learn breath meditations and relaxation techniques to ease anxiety as well as physical poses to help you improve muscle tone, increase circulation and strengthen the pelvic floor.

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.

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 FOR MEN This is a class for men taught by a man that has spent the last 3 decades in corporate America. All levels are welcome as we discover ways you can personally experience an inner peace and a sense of accomplishment that only you can appreciate. Bring your aches, your pains, your mat, and most important your ability to laugh as we intertwine our personal journeys together along the path of spirit, balance and achievement.

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

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.