



Eat, Sleep, Yoga

with Diane Valentine & Michael and Sararak Sapiro

Saturday, May 14; 4:30–7:30pm
Registration Fee: \$60 by May 7

Diane will begin the workshop with an hour of *Yummy Yoga*. Diane will introduce the feel-good movements of Feldenkrais and blend them into a delightful and dynamic yoga practice including standing poses, balancing, twists and forward bends to cleanse our organs and to prepare our bodies for a delightful rest and delicious feast.

Yoga Nidra is a total relaxation experience for the whole body, mind and spirit. Lying down on the mat Michael will lead us in a 30 minute guided concentration and relaxation exercise, following sensations, the breath, thoughts, feelings and finally the expression of joy in being present. There will be a short dharma discussion on our experience of rest after the Yoga Nidra.

Sararak will prepare a home-cooked Traditional Thai meal, with just the right herbs and spices to fit the Spring season.

In order to prepare for the meal all participants must pre-register by May 7.

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

About the Instructors



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, retreats, as well as private therapeutic yoga and individual hands-on Functional Integration lessons. In her practice she brings to her students the combined therapeutic gifts of Yoga and Feldenkrais.

Sararak Sapiro was raised in a small village in Northeastern Thailand, learning about the traditional and therapeutic uses of Thai herbs from her father, the community's local herbal doctor. Her passion for cooking is tasted and recognized by anyone who is fortunate enough to eat her art! She is also a certified Traditional Hatha Yoga instructor.



Michael Sapiro is blessed with eating Sararak's food daily and learning about the healing aspect of each meal. He is the director of Maitri House Yoga, is certified as a teacher trainer of Traditional Hatha Yoga and had been given permission to teach Buddhist Dharma by the abbot of Wat Manee Banpot Worawihan in Tak, Thailand. He has led many retreats on living all aspects of Yoga. He is certified as an Ayurvedic Life-style Counselor with Dr. Frawley of the American Institute of Vedic Studies.

REGISTRATION FORM

Please register _____ person(s) for *Eat, Sleep, Yoga*

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.

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