



Yoga & Feldenkrais

with Diane Valentine

Weekly Class Schedule

Day	Time	Class	Level
Sundays	9:30–11:00 am	Iyengar Yoga	1–4
Mondays	6:00–7:15 pm	Back Care Yoga	1–3
Tuesdays	9:30–11:00 am	Iyengar Yoga	1–3
Thursdays	9:30–11:00 am	Iyengar Yoga	1–3

Weekly Classes: \$18 drop-in; \$85 for 5 sessions; \$150 for 10 sessions.
 \$15 students, seniors (over 60), and military with ID \$150 Monthly
 Unlimited (without auto renew); \$115 Monthly Unlimited (with auto renew).
 Private Yoga or Feldenkrais sessions \$125 per hour.

2018 Retreats

Dates and locations to be announced.



2018 Teacher Trainings

200-Hour Advanced Studies/Teacher Training Program
 March 2018-February 2019

Diane Valentine, E-RYT

Diablo magazine's Best Yoga Teacher in 2010, Diane Valentine has been teaching for over 24 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.

