

THE YOGA & MOVEMENT CENTER



2010 Workshops, Trainings and Retreats

JANUARY

A New Year's Retreat

with Sugi Yoga founder Ofer Erez
12:30–4:30pm; Saturday, January 2

Yoga & Feldenkrais For Strong and Supple Abs

with Diane Valentine
2:00–4:30pm; Sunday, January 10

Sounder Sleep

with Tancha McKnight
6-week series
1:15–2:45pm; Wednesdays, January 20–February 24

FEBRUARY

The Art of the Forward Bend

with Judithy Hanson Lasater
1:00–4:00pm; Saturday, February 20

MARCH

Surya Namaskar/Sun Salutation

with Ofer Erez
2:00–5:00pm; Sunday, March 7

Advanced Studies/Teacher Training

Year-long program with Diane Valentine and Dennis Eagan
Begins March 20–21

Skeletal & Muscular Systems

with Sara Gamble
12:30–3:00pm; Sunday, March 21

Standing Postures and Balance

with Dennis Eagan
3:30–6:00pm; Sunday, March 21

APRIL

The Pelvic and Hip Joint

with Dennis Eagan
12:30–3:00pm; Saturday; April 17

Connecting with the Breath

with Dennis Eagan
12:30–3:00pm; Sunday; April 18

AcroYoga FUNdamentals

with Chris Arcucci
3:00–5:00pm; Saturday; April 24

MAY

Meditation for Stress Reduction

with Wendy Beckerman
1:30–3:30pm; Saturday; May 1

Thoracic Spine and Shoulder Girdle

with Dennis Eagan
1:00–3:00pm; Saturday; May 15

Inversions & Arm Balances

with Dennis Eagan
3:30pm–5:30pm; Saturday; May 15

Sanskrit: The Sacred Language of Yoga

with Connie Habash
12:30–3:30pm; Sunday; May 16

Ayurvedic Workshop

with Dennis Eagan
4:00–6:00pm; Sunday, May 16

A Yoga Weekend Retreat in Sonoma

with Diane Valentine
Friday, May 21–Sunday, May 23

JUNE

The Art of Seated Forward Bends

with Diane Valentine

1:00–3:00pm; Saturday, June 12

AcroYoga Summer Series

with Chris Arcucci

3:00–5:00pm; Sunday, June 20

For Women Only: The Female Pelvic Floor

with Leslie Howard

12:30–4:30pm; Sunday, June 27

JULY

Opening the Heart

with Dennis Eagan

1:00–3:30pm; Saturday, July 10

Taming the Tiger: An Introduction to Pranayama

with Dennis Eagan

4:00–6:30pm; Saturday, July 10

Twists

with Dennis Eagan

12:30–3:00pm; Sunday, July 11

AcroYoga Summer Series

with Chris Arcucci

3:00–5:00pm; Sunday, July 18

AUGUST

Revive & Reinvigorate with Shake Your Soul

with Megan Joseph

1:00–4:00pm; Sunday, August 8

Introduction to Yoga Sutras

with Judith Hanson Lasater, Ph.D

1:00–4:00pm; Saturday, August 14

AcroYoga Summer Series

with Chris Arcucci

3:00–5:00pm; Sunday, August 22

SEPTEMBER

Transforming Our Lives & Our World

Through Yoga

with Rama Vernon

1:00–4:00pm; Sunday, September 26

CANCELED

OCTOBER

A Yoga Weekend Retreat in Sonoma

with Diane Valentine

Friday, Oct. 8–Sunday, Oct. 10

Yoga for Physical and Emotional Balance

with Dr. Timothy McCall

1:00–4:00pm; Sunday, October 24

