

# THE YOGA & MOVEMENT CENTER



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

## WORKSHOPS & RETREATS

### SEPTEMBER

TEACHING OF BACKBENDS  
with Diane Valentine  
Sat., Sept. 11 3:30–6:00 pm

TEACHING OF FORWARD BENDS  
with Diane Valentine  
Sun., Sept. 12 12:30–3:00 pm

THINKING OUT OF THE BOX:  
USING YOGA TO HEAL OUR BODIES & MINDS  
with Betsy Shandalov  
Sun., Sept. 12 4:30–6:00 pm

THE PRACTICE OF  
NOURISHMENT & REST  
with Michael Sapiro  
Sun., Sept. 19 5:45–7:45 pm

PRENATAL YOGA  
with Kelly Callahan Black  
Sun., Sept. 26 1:30–4:00 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

### NOVEMBER

HOW THEY DO IT IN INDIA:  
AN AMERICAN'S SPIN ON YOGA IN INDIA  
with Jim Coughlin  
Sun., Nov. 7 1:30–4:00 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
	NEW 4:30–5:30 PM	Community Class (starts 9/19)	ASTT Teacher
MONDAY	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) <sup>1</sup>	Kelly Callahan
	7:15–8:15 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) <sup>1</sup>	Mary Smith
	6:00–7:15 PM	Iyengar Yoga (1–3)	Diane Valentine
	NEW 7:30–8:45 PM	Living Lightly/Restoratives	Annie Macy
THURSDAY	9:30–10:45 AM	Living Lightly Yoga (all)	Annie Macy
	1:45–3:15 PM	Yoga for Disabilities(all) <sup>1</sup>	Marcia Conroy
	NEW 4:00–5:15 PM	Prenatal Yoga (starts 9/12)	Kelly Callahan
	6:00–7:00 PM	Yoga/Pilates (all) <sup>1</sup>	Kelly Callahan
	NEW 7:30–8:45 PM	Iyengar Yoga (1–3)	Greg Riley
FRIDAY	NEW 9:30–10:45 AM	Yoga Nidra & Meditation (all) (starts 9/17)	Michael Sapiro
	12:15–1:15 PM	Feldenkrais ATM (all) <sup>1</sup>	Iren Romoda
	1:30–2:10 PM	YogaKids for 2-5 year olds <sup>1</sup>	Adrienne Yang
	6:00–7:00 PM	Beginner's Yoga (1–2)	Sarah Watkins
SATURDAY	NEW 9:30–10:30 AM	Meditation (all) <sup>1</sup>	Wendy Beckerman
	11:00–12:15 PM	Fundamentals of Yoga (1–3)	Greg Riley

### CLASS FEE

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

<sup>1</sup> Check with instructor regarding class fee

Schedule subject to change visit [www.yoga-movement.com](http://www.yoga-movement.com) for updates.

## 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)  
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 925-286-6347  
kellycallahan@mac.com  
Marcia Conroy 925-462-5285  
marciacnroy@att.net  
Annie Macy 800-500-6229  
annie@livinglightly.com  
Greg Riley 925-705-1228  
upwardspiral yoga@yahoo.com  
Iren Romoda 925-689-6339  
irenll@sbcglobal.net  
Michael Sapiro 503-962-9025  
msapir@yahoo.com  
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. 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.

**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/RESTORATIVES** is suitable for all ages and beginners. Delightful for more advanced students. Begin and end each class with Restorative Yoga. Linking breath, awareness and movement calms and grounds your body and mind. Students with neck, shoulder, low back concerns do well in this 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.

**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 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 NIDRA & MEDITATION** is a deeply relaxing and consciousness-cultivating practice using various concentration techniques. Its aim is to completely relax the body and mind so our inner witness becomes dominant in our awareness. Once in that state we are able to see ourselves and the world around us with a heart full of wisdom and joy and a mind free of judgement. This class includes the practices of pranayama and meditation and some movement. You are encouraged to wear pajamas to 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 includes 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.