



*The Studio at Panterra*  
*...for yoga and well-being.*  
*Westfield, New York*

# *A Workshop in Backward Bending*

**Saturday, March 20**

**11:30 am – 4:30 pm**

*(note time change)*

**\$55**

*(tea and snacks provided)*

“Bending over backwards” may be a challenge for our sensibilities as well as for our body. How can we make these poses feel better and become more accessible? This workshop will help yoga teachers and dedicated students understand the dynamics of practicing these invigorating, beneficial, postures and also provide methods for exploring and improving the actions involved. 4 CEU’s with Yoga Alliance are possible for completing this workshop.

**Dariel DeGennaro Woltz** is the Director of



*The Studio At Panterra, in Westfield, NY. The intention of her work is to support you in experiencing the healing power of breath, yoga, and deep rest in an*

*environment where exploration can readily unfold. Dariel is an 500 hour Experienced Yoga Alliance Teacher and a certified movement therapist. She became a Kripalu Yoga Teacher in 1979 and has been a continuing student of the Iyengar tradition since 1982. Dariel has completed the basic and advanced Relax and Renew trainings with Judith Lasater, author of the book “Relax and Renew”, and has also assisted Judith in her training programs. She has also completed Open Sky Yoga’s Essential and Advanced Teacher trainings with Francois Raoult, who she has assisted internationally. Dariel has been dedicated to serving groups and individuals for over 25 years.*

**For Information/Registration**

**Call Dariel Woltz:**

716.326.3993

or 716.397.5973

Email: [studiopanterra@mac.com](mailto:studiopanterra@mac.com)

[www.studiopanterra.com](http://www.studiopanterra.com)

**The Studio at Panterra  
is located at  
8579 Hardscrabble Rd.  
3 miles west of  
Westfield, NY 14787  
and just one mile  
from Route 20**