



For Information/Registration Call Dariel Woltz:

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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 a 500 hour Experienced Yoga Alliance Teacher and a certified movement therapist, and the studio is a Registered Yoga Alliance School. She became a Kripalu Yoga Teacher in 1979 and has been a continuing student of the Iyengar tradition since 1982. She has completed Open Sky Yoga's Essential and Advanced Teacher trainings with Francois Raoult, who she has assisted internationally. Dariel has also completed the Basic and Advanced Relax and Renew trainings with Judith Lasater. She is certified in Danskinetics™ and Motional Processing® and has been dedicated to serving groups and individuals for more than 30 years.

PRIVATE SESSIONS with Dariel by appointment in Yoga, Movement Therapy or Breath Retraining.

Our offerings, which are sponsored by Westfield Memorial Hospital, rotate on a seasonal basis and are subject to possible changes; please call for current information. Registration 1 week prior to a class or event is preferred, but call any time! Payment options, "per class", and prorated fees are available. 20% discount for WMH employees; 15% off for families, students, seniors, or enrollment in multiple classes within the session.

THE STUDIO AT PANTERRA ALSO OFFERS:

- **Yoga Teacher Training** (200 hour) & **Continuing Education for Yoga Teachers**
- **Workshops in your location**

Spring Yoga

8 Week Session: April 26- June 17, 2010

Beginning Yoga 1 7:30 - 9:00pm Tuesday Evenings \$98

For those with no yoga experience. Learn to breathe with awareness, stretch and strengthen the body gently, and relax completely.

Beginning Yoga 1-2 10:00 - 11:30am Tuesday Mornings \$98

5:30 - 7:00pm Wednesday Evenings \$98

For those who wish to continue their learning from Beginning Yoga 1. This class could also work as a starting point.

Continuing Yoga 5:30 - 7:00pm Tuesday Evenings \$98

Level 2 & up 10:00 - 11:30am Thursday Mornings \$98

For those with experience, this class will help to inspire and deepen your yoga practice.

Gentle Yoga 5:30 - 7:00pm 7 Thursday Evenings \$85

& Relaxation

Gentle and restorative yoga, breath awareness, & relaxation; all designed to nurture you. This class is also suitable for back care.

Continuing Yoga 10:00 - 11:30am Wednesday Mornings \$98

Level 1-2 7:30 - 9:00pm Wednesday Evenings \$98

Build your experience of the many yoga practices. We also prep for & begin inversions.

SPECIAL EVENTS

WESTFIELD DAY OF DRUMMING with master drummer Jim Donovan

Saturday, June 5 • 3 - 5:30 pm: "Rhythm Renewal" workshop

5:30 - 7 pm: Vegetarian potluck • **7 - 9:30 pm:** "The Yoga of Drum and Chant"

Anyone will enjoy and benefit from this experience. Drums are provided.

Space is limited. No experience necessary. Ages 16 and over. Register with Dariel or at www.JimDonovanDrums.com.

Single Workshop: \$35 advance / \$45 at the door • Full Day: \$65 / \$80

BACKWARD BENDING PART 2 / Saturday, May 1 • 11:30 - 4:30 pm

We will cover yet more ways to make back bending accessible for you and your students. Attendance is open to those who weren't able to participate in Part 1, as well as to those who want more! **\$55** includes Tea/snacks (plus \$5 for copies if you did not attend Part 1)

A DAY OF YOGA FOR BEGINNERS / Saturday, May 22 • 11 am - 4 pm

Give yourself a special gift this spring time; the chance to try the experience of yoga in beautiful, peaceful surroundings. The classes offered will be geared especially for newcomers. **\$50** includes a homemade vegetarian lunch.

