



Fall Yoga



7 Week Session: September 30 - November 18, 2017*
 Join any time at prorated cost; single class drop-in fees also available.

Unless noted, classes will be taught by Dariel Woltz

**No classes Saturday, November 11*

Saturday	9 - 10:30 am	Beginning Yoga 2 (with Kristen Barber)	\$98
	11 am - 12:30 pm	Beginning Yoga 1 (with Jen Raines)	\$85
Tuesday	5:45 - 6:45 pm	Practicing Meditation	\$70
	7:15 - 8:45 pm	Beginning Yoga 1 (with Kristen Barber)	\$85
Wednesday	10 - 11:45 am	Beginning Yoga 2 - Continuing Yoga 1	\$110
	5:30 - 7:05 pm	Continuing Yoga 1	\$105
	7:25 - 9:05 pm	Continuing Yoga 2	\$105
Thursday	10 - 11:45 am	Continuing Yoga 2-3/Flow Yoga	\$110
	5:30 - 7 pm	Gentle Yoga & Relaxation	\$98
	7:30 - 9 pm	Beginning Yoga 2 (with Jen Raines)	\$98

PRIVATE SESSIONS with Dariel in Yoga, Movement Therapy or Breath Retraining, \$75.

Payment options/prorated fees available. 15% off for families, students, seniors, or enrollment in multiple classes. Offerings rotate on a seasonal basis & are subject to possible changes; please contact us for current information.

SPECIAL EVENTS

WOMYNSPIRIT SAMHAIN / HALLOWEEN RITUAL: Sunday, October 29, 10am - 12:30pm

Women of all ages are invited to share in this ritual as we honor those who have passed before us. (Please pre-register. Details will be on our website in October.) Donations accepted.

WEEKEND WORKSHOP: LIVING IN THE FIELD OF THE SOUL*: The Art & Science of Iyengar Yoga with Brooke Myers from the Iyengar Yoga Institute of NYC
 November 11 - 12 • 10am - 4:30pm each day with a lunch break

BKS Iyengar showed us that asana, pranayama, and the other six limbs of yoga could be approached in a technical (scientific) way or in a poetic, artistic manner. We will explore and compare these two approaches in this 2-Day workshop inspired by Iyengar's discoveries. **from Tree of Yoga, BKS Iyengar p. 157*
 Cost: \$195 full weekend / \$110 single day.



Information/Registration:

studiopanterra@me.com
 www.studiopanterra.com
 Jen Raines 716-708-2521
 Dariel Woltz 716-397-5973

Dariel DeGennaro Woltz is the Director of The Studio At Panterra. 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 the studio is a Registered Yoga Alliance School. Dariel is also a certified movement therapist, Yoga for Back Care, and Yoga for Scoliosis teacher. 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, Advanced, and Pranayama Teacher trainings with Francois Raoult and has also completed the Basic and Advanced Relax and Renew trainings with Judith Lasater. Dariel has been dedicated to serving groups and individuals for over 35 years.



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