



# Spring Yoga



**7 Week Session: May 2 - June 16, 2018**

Join any time at prorated cost; single class drop-in fees also available.

*Unless noted, classes will be taught by Dariel Woltz*

Wednesday	10 - 11:45 am	Beginning Yoga 2 - Cont. 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
Saturday	9 - 10:30 am	Beginning Yoga 2 (with Jen Raines)	\$98
	11 am - 12:30 pm	Beginning Yoga 1 (with Jen Raines)	\$85

**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

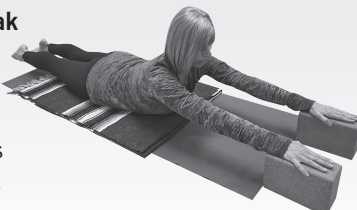
**SUNRISE MINDFUL FLOW CLASS with Jen Raines**  
Tuesday, May 15 • 6:00 - 7:30am

Early morning practice can inspire and invoke a deep feeling of connectedness and inspiration unlike any other time of day. Honor the sacred rising of the sun with a mindful flow class set to music. We will start with a centering meditation and pranayama, then move through a series of asana, mindfully flowing from one to the next. We will conclude with deep relaxation. Cost: \$15



**YOGA FOR BACK CARE with Dariel Woltz**  
Sunday, June 3 • 10:30am - 4:30pm with a tea break

Bring yourself and that person you know who has back issues and learn some of the fundamental principles and practices to help care for, as well as prevent, an aching back. If you're a yoga teacher, you'll learn things to avoid as well as encourage in your student's practice. 5.5 CEU's with Yoga Alliance. Cost: \$85



## 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