



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

Fall Yoga

8 Week Session: October 2 - December 1, 2018*

*No classes the week of Thanksgiving

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

Unless noted, classes will be taught by Dariel Woltz

Tuesday	5:30 - 7 pm	Yoga For Back Care	\$110
For those with chronic or sporadic back discomfort, this class will help you understand where your discomfort comes from and address ways to prevent and mediate that discomfort if it occurs.			
Wednesday	10 - 11:45 am	Beginning Yoga 2-Cont. Yoga 1	\$125
	5:30 - 7:10 pm	Continuing Yoga 1	\$115
	7:30 - 9:10 pm	Continuing Yoga 2	\$115
Thursday	10 - 11:45 am	Continuing Yoga 2-3/Flow Yoga	\$125
	5:30 - 7 pm	Gentle Yoga and Relaxation	\$110
	7:30 - 9 pm	Beginning Yoga 2 (with Jen Raines)	\$110
Saturday	<i>(7 Saturdays; no classes November 3)</i>		
	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

WOMYNSPIRIT SAMHAIN / HALLOWEEN RITUAL: Sunday, Oct. 28, 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.

YOGA FOR BACK CARE PART 2 with Dariel Woltz

Sunday, November 11 • 10:30am - 4:30pm with a tea break

No need to have taken Part 1 of this workshop to benefit from Part 2! There are many reasons we can experience back issues and most of us will know what it's like to have an aching back at some time in our lives. If you or someone you care about has chronic or sporadic back discomfort come and bring them along. In this workshop we'll refresh our experience of the ways to support daily postural integrity and add to the varied practices that can be used to prevent back discomfort as well as mediate it if it occurs.

5.5 CEU's with Yoga Alliance. Cost: \$85