



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

Winter Yoga

7 Week Session: February 2 - March 21, 2019

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 - 7:00 pm	Yoga for Back Care	\$98
	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.		
	7:30 - 9:10 pm	Continuing Yoga 1-2	\$105
Thursday	10 - 11:45 am	Continuing Yoga 2-3/Flow Yoga	\$110
	5:30 - 7 pm	Gentle Yoga and Relaxation	\$98
	7:30 - 9 pm	Beginning Yoga 2 (with Jen Raines)	\$98
Saturday	<i>(6 Saturdays; no classes February 23)</i>		
	9 - 10:30 am	Beginning Yoga 2 (with Jen Raines)	\$85
	11 am - 12:30 pm	Beginning Yoga 1 (with Jen Raines)	\$75

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

**MOBILITY IN STABILITY:
 Harnessing the Pairs of Opposites for Emotional Poise
 with Brooke Myers from the Iyengar Yoga Institute of NYC**

June 1 - 2
10 am - 4:30 pm each day with a lunch break
 Cost: \$195 full weekend / \$110 single day

