



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**

Spring Yoga

7 Week Session: April 27 - June 15, 2019

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

Unless noted, classes will be taught by Dariel Woltz

Saturday	<i>(6 Saturdays; no classes May 18 and June 1)</i>		
	9 - 10:30 am	Beginning Yoga 2 <i>(with Jen Raines)</i>	\$85
	11 am - 12:30 pm	Beginning Yoga 1 <i>(with Jen Raines)</i>	\$75
Tuesday	5:30 - 7 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.		
Wednesday	10 - 11:45 am	Beginning Yoga 2-Cont. Yoga 1	\$110
	6 - 7:40 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 <i>(with Jen Raines)</i>	\$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

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
 The definition of Hatha Yoga is to unite the apparently opposite sun and moon energies of the body. BKS Iyengar's approach to asana and pranayama was exactly that; every action has a counter action which creates a new state of being and understanding. In this workshop the seeming paradoxes of practice will be explored and utilized for transformation. Cost: \$195 full weekend / \$110 single day.



SAVE THE DATE: Saturday, June 8 • Our 20th Anniversary Celebration!!

We'll have amazing performances of voice, sitar, and more, as well as a party, so please plan to come and join us in the festivities! More Information will be forthcoming soon, but mark your calendar now!