



**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

**7 Week Session: \*October 5 - November 21, 2019**

\*Dariel's classes begin the week of October 15

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

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

<b>Saturday</b>	<b>9 - 10:30 am</b>	<b>Beginning Yoga 2</b> (with Jen Raines)	<b>\$98</b>
	<b>11 am - 12:30 pm</b>	<b>Beginning Yoga 1</b> (with Jen Raines)	<b>\$85</b>
<b>Tuesday</b>	<i>(*6 Tuesdays; no class Oct. 8)</i>		
	<b>5:30 - 7 pm</b>	<b>Yoga for Back Care</b>	<b>\$85</b>
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.			
<b>Wednesday</b>	<i>(*6 Wednesdays; no classes Oct. 9)</i>		
	<b>10 - 11:45 am</b>	<b>Beginning Yoga 2-Cont. Yoga 1</b>	<b>\$98</b>
	<b>5:30 - 7:10 pm</b>	<b>Continuing Yoga 1-2</b>	<b>\$90</b>
<b>Thursday</b>	<i>(*6 Thursdays; no classes Oct. 10)</i>		
	<b>10 - 11:45 am</b>	<b>*Continuing Yoga 2-3/Flow Yoga</b>	<b>\$98</b>
	<b>5:30 - 7 pm</b>	<b>*Gentle Yoga and Relaxation</b>	<b>\$85</b>
	<b>7:30 - 9 pm</b>	<b>Beginning Yoga 2</b> (with Jen Raines)	<b>\$98</b>

**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.*

