

# THE YOGA ROOM

## CLASSES FOR SEPTEMBER – DECEMBER 2017

	TIME	TEACHER, CLASS	DATES	STUDIO	CONTACT
SUNDAY	9 – 10:30am	Thara Srinivasan, Level 1 – 3	9 / 10 – 12 / 17	B	510 – 524 – 5467
	9:30 – 11:30am	Gay White, Level 2 – 4	9 / 10 – 12 / 17	A	510 – 204 – 9322
	4 – 5:30pm	Shari Ser, Yoga for Healthy Bones	9 / 10 – 12 / 17	B	510 – 549 – 9194
	4:30 – 6pm	Gay White, Level 1 – 3	9 / 10 – 12 / 17	A	510 – 204 – 9322
MONDAY	7 – 8:30 am	Sandy Zirulnik, Level 1 – 3	9 / 11 – 12 / 18	B	510 – 421 – 3050
	9:30 – 11:30am	Mary Lou Weprin, Level 2 – 4	9 / 11 – 12 / 18	A	510 – 236 – 0295
	12 – 1:15pm	Deidre O'Brien, Level 1 – 3	9 / 11 – 12 / 18	A	510 – 849 – 2045
	4 – 5:30pm	Shari Ser, Level 1 – 3	9 / 11 – 12 / 18	A	510 – 549 – 9194
	5:30 – 7pm	Yoko Yoshikawa, Level 2 – 3	9 / 11 – 12 / 18	B	510 – 526 – 8336
	7:15 – 8:45pm	Bridget F. & Sandy Z., Yoga Ropes Basics	9 / 11 – 12 / 18	B	510 – 421 – 3050
TUESDAY	7 – 8:30am	Linda Burnham, Level 1 – 3	9 / 5 – 12 / 19	A	510 – 459 – 9285
	9:15 – 10:45am	Bridget Frederick, Level 1 – 3	9 / 5 – 12 / 19	B	510 – 306 – 0126
	9:30 – 11:30am	Debbie Gilman, Level 2 – 4	9 / 5 – 12 / 19	A	510 – 919 – 4456
	11:45 – 1:15pm	Mary Lou Weprin, Level 1 – 3	9 / 5 – 12 / 19	A	510 – 236 – 0295
	3 – 4:15pm	Bonnie M. & Shari S., Yoga for Health	9 / 5 – 12 / 19	A	510 – 548 – 9566
	4:30 – 5:30pm	Shari Ser, Level 1	9 / 5 – 12 / 19	A	510 – 549 – 9194
	5:45 – 7:15pm	Deborah Saliby, Level 1 – 3	9 / 5 – 12 / 19	B	510 – 541 – 1395
	7:30 – 8:30pm	Tasha Hansen, Level 1 – 3	9 / 5 – 12 / 19	A	510 – 759 – 1007
WEDNESDAY	7 – 8:30am	Ada Lusardi, Level 1 – 4	9 / 6 – 12 / 20	A	510 – 552 – 0155
	9 – 10:30am	Gay White, Level 2 – 4	9 / 6 – 12 / 20	A	510 – 204 – 9322
	9:30 – 11am	Debbie Gilman, Level 1 – 3	9 / 6 – 12 / 20	B	510 – 919 – 4456
	11 – 12:30pm	Deidre O'B. w/Herta W., Yoga for 55+	9 / 6 – 12 / 20	A	510 – 845 – 8724
	4 – 5:00pm	Dalia Nazryan, Children's Yoga	9 / 6 – 12 / 20	B	516 – 320 – 0353
	4 – 5:30pm	Bonnie Maeda, Restorative Yoga	9 / 6 – 12 / 20	A	510 – 548 – 9566
	5:45 – 7:15pm	Thara Srinivasan, Level 1 – 3	9 / 6 – 12 / 20	A	510 – 524 – 5467
	7:30 – 9:00pm	Hillary Russak, Level 1 – 3	9 / 6 – 12 / 20	A	650 – 274 – 6939
THURSDAY	7:30 – 9:00am	Bridget Frederick, Level 1 – 3	9 / 7 – 12 / 14	A	510 – 306 – 0126
	9:30 – 11:30am	Mary Lou Weprin, Level 3 – 5   FULL	9 / 7 – 12 / 14	A	510 – 236 – 0295
	12 – 1:15pm	Bridget Frederick, Level 1 – 3	9 / 7 – 12 / 14	B	510 – 306 – 0126
	12:15 – 1:45pm	Ada Lusardi, Level 1 – 3*	9 / 7 – 12 / 14	A	510 – 552 – 0155
	4 – 5:30pm	Gay White, Level 1 – 3	9 / 7 – 12 / 14	A	510 – 204 – 9322
	5:15 – 6:45pm	Mary Lou Weprin, Level 2 – 4	9 / 7 – 12 / 14	B	510 – 236 – 0295
	5:45 – 7:15pm	Jim Stockton, Yoga for Meditators	9 / 7 – 12 / 14	A	510 – 282 – 0446
	7:15 – 9pm	Ada Lusardi, Level 2 – 4*	9 / 7 – 12 / 14	B	510 – 552 – 0155
	7:30 – 8:45pm	Anna Rich, Introduction to Yoga	9 / 7 – 12 / 14	A	510 – 612 – 5799
FRIDAY	7 – 8:30am	Ada Lusardi, Level 1 – 4	9 / 8 – 12 / 15	A	510 – 552 – 0155
	9:30 – 11am	Clare Finn, Level 1 – 3	9 / 8 – 12 / 15	B	925 – 324 – 7071
	9:30 – 11:30am	Ada Lusardi, Level 2 – 4	9 / 8 – 12 / 15	A	510 – 552 – 0155
	11:45 – 1:15pm	Mary Lou Weprin, Level 1 – 3	9 / 8 – 12 / 15	B	510 – 236 – 0295
	5:45 – 7:30pm	Gay White, Level 2 – 4	9 / 8 – 12 / 15	A	510 – 204 – 9322
SATURDAY	8 – 9:15am	Jim Stockton, Level 2 – 4	9 / 2 – 12 / 16	B	510 – 282 – 0446
	9 – 11am	Gay White, Level 1 – 3	9 / 2 – 12 / 16	A	510 – 204 – 9322
	9:30 – 11am	Mary Lou Weprin, Level 1 – 3	9 / 9 – 12 / 16	B	510 – 236 – 0295
	11:15am – 1:15pm	Mary Lou Weprin, Level 2 – 4	9 / 9 – 12 / 16	B	510 – 236 – 0295
	11:15am – 12:45pm	Gay White, Yoga Movement	9 / 2 – 12 / 16	A	510 – 204 – 9322

\*The first class of each month is Yin Yoga / Myofascial Release

## Advanced Studies

September–October

### **BREATHING AWARENESS\***

with Gay White

Mon, 5:45–7:15pm, 9/11–10/23

Breathing awareness, simple pranayama, and supported, restorative poses to relax the pelvis and open the chest.

### **PERSONAL PRACTICE BASICS\***

with Debbie Gilman

Mon, 7:30–9pm, 9/11–10/23

Developing and sustaining a home yoga practice with nourishing exploration.

### **FOUNDATIONS OF ASANA**

with Mary Lou Weprin

Tues, 5:45–7:15pm, 9/5–10/24

### **INTRO TO APPRENTICING**

with Gay White

Wed, 5:45–7:15pm, 9/6–10/25

October–December

### **YOGA ANATOMY I\***

with Bonnie Maeda

Mon, 5:45–7:15pm, 10/30–12/18

Study of the bones, joints, and major internal organs and their functions.

### **PRACTICE OF STANDING POSES\***

with Dorinda Nyberg

Mon 7:30–9pm, 10/30–12/18

Alignment, sequencing, and using props in standing poses.

### **TEACHING OF STANDING POSES**

with Mary Lou Weprin

Tues, 5:45–7:15pm, 10/31–12/19

### **BASIC TEACHING SKILLS**

with Ada Lusardi

Wed, 5:45–7:15pm, 11/1–12/20



\*Classes marked with an asterisk are open to anyone with one year of yoga experience. For information & registration please contact

**Dorinda Nyberg: 925-838-7028** or

**Dorinda@YogaRoomBerkeley.com.**



# WORKSHOPS

### **UNRAVELING THE UPPER BODY**

with Ada Lusardi

Saturday, September 2, 2–5pm | \$55

In this workshop we will practice self-myofascial release techniques, and complimentary Yoga asana. Together these practices can improve joint range of motion, correct muscle imbalances, reduce muscle soreness, as well as enhance neuromuscular efficiency. Balls and foam rollers will be provided.

### **YOGA & QI GONG**

with Thara Srinivasan & Loc Huynh

Saturday, September 9, 2–4pm | \$25

Join us for an afternoon of yoga and qi gong, ancient practices that cultivate and balance our life-energy: prana or qi. We will learn a qi gong sequence practiced by Buddhist monks for over a thousand years (Eight Movements to Fortify the Spine), as well as practicing pranayama and yoga movement. All levels welcome.

### **REFINING THE BASIC POSES**

with Arthur Kilmurray

Sat, Sept 16 (2–5pm) & Sun, Sept 17 (1–4pm)

\$55 for one day | \$100 for both days

We will focus on the basics of the 12 most important poses, seed postures for all other asanas. Day 1 we'll look at alignment through the structure and breath and day 2 we'll consider the same poses with attention to the energy body.

### **YOGA & PILATES FOR SCOLIOSIS**

with Shannon Knorr & Benjamin Flowers

Sat., Sep. 23 (2–5p) & Sun., Sept. 24 (1–4p)

\$55 for one day | \$100 for both days

In this workshop Benjamin Flowers and Shannon Knorr will teach yoga asanas and Pilates exercises to help balance out scoliosis, and other misalignments of the spine. These combined practices bring greater ease and encourage moving from your center.

### **SPINAL ANATOMY & YOGA PRACTICE**

with Sandy Zirulnik

Saturday, October 14, 2–4:30pm | \$35

We will explore the structure and function of the spine, the evolution of the human spine, and how the back is “built to move”. We will develop awareness of spinal alignment in a practice of yoga and movement. Included will be a study of safe (and unsafe) spinal movements in familiar asanas. Appropriate for all levels.

### **FORWARD EXTENSIONS & TWISTS**

with Michael Lucey

Saturday, October 21, 2–5pm | \$55

This series of workshops will investigate how we can use our asana practice to cultivate the strength, stability, and fortitude that we need when facing difficult periods in our lives or in the world around us.

### **YOGA FOR COMPUTER USERS**

with Margie Cohea

Saturday, October 28, 2–5pm | \$55

This workshop will help decrease the negative effects of working on a computer. We'll study anatomy and alignment, review your workstation set up, discuss individual challenges and facilitate solutions. We'll practice a modified yoga sequence that can be done at work to let go of stress, and find support. Everyone welcome.

### **BREATHING AND RELAXATION**

with Gay White

Saturday, November 11, 2–5pm | \$55

We will concentrate on soothing the nervous system through the use of conscious breathing practices and yoga asanas. The practice will initiate and support the relaxation response beginning with breathing and warm-ups that build inner heat. Then we will take time to slowly open joints and ease into restorative chest and hip openers.

# SPECIAL SERIES

## **ANATOMY AWARENESS IN ASANA**

with Julie Gudmestad | \$271

Nov 18 (11:30a-5:30p) & Nov 19 (10a-4p)

This workshop integrates a sprinkling of anatomy to help illustrate structural and alignment points. With simple movements for all levels we'll gradually build so that everyone is challenged in a safe and supportive atmosphere. This workshop is for students and teachers! Prerequisite: 6 months of yoga

## **TEACHING YOGA TO SENIORS**

with Deidre O'Brien & Herta Weinstein, M.D.

Saturday, December 2, 2-5pm \$55

Herta and Deidre will present aspects of teaching Yoga to seniors, such as aims, atmosphere, cautions, pacing, exercise tolerance, adaptations, and use of props. The book they recommend is *Back Care Basics* by Mary Pullig Schatz, MD. If you want a copy, call Herta at 510-845-8724. This seminar is for teachers and those currently enrolled in the Advanced Studies Program.

## **YOGA FOR OSTEOPOROSIS**

with Shari Ser

Saturday, December 9, 2-5pm | \$55

Osteoporosis is a disease in which bones become fragile, more porous and there is a loss of bone mass. Learn to use yoga to build bone strength and improve bone density as well as fracture precautions.

## **WINTER SOLSTICE LONG PRACTICES**

with Arthur Ada Lusardi

Sat, Dec 16 (3-6p) & Sun, Dec 17 (1-4pm)

\$55 for one day | \$100 for both days

Join Ada in quiet reflection and celebration of the season. Enjoy a practice of lingering openers, relaxation and rejuvenation. We'll conclude with restorative postures and meditation by candlelight. All levels welcome.

## Special Classes & Series

### **PRANAYAMA**

with Gay White

One Thursday per month, 2-3:30pm

Sep. 21, Oct. 26, Nov. 16, Dec. 14

We will learn Pranayama techniques, exploring breathing practices that revitalize and enhance natural breathing.

### **INTRODUCTION TO YOGA**

with Anna Rich

Thursdays, 7:30-8:45pm

Learn the basics of yoga and feel stronger, more relaxed, and more centered. This class is for students with no yoga experience or for those wanting to review fundamentals. Students will receive individual attention.

### **ROPES WALL CLASS**

with Bridget Frederick & Sandy Zirulnik

Mondays, 7:15-8:45 | 7/3-8/28

Add a little hang-time to your Yoga practice using the fantastic Yoga Ropes Wall in Studio B. Gentle, playful, sometimes challenging, always fun, come experience the many facets of the Ropes Wall in this Level 1-3 class. No prior Ropes Wall experience is necessary.

### **YOGA MOVEMENT**

with Gay White

Saturdays, 11:15am-12:45pm

Join us for this practice of moving through connected asanas for relaxation, strength and balance. Using creative sequencing and slow, continuous pacing, we experience the joy of shared movement.

### **YOGA FOR HEALTHY BONES**

with Shari Ser, Sundays, 4-5:30pm

A beginner level class designed to foster the practice of yoga for individuals with osteoporosis or osteopenia. We will emphasize safe ways to practice yoga to build bone health.

### **RESTORATIVE YOGA**

with Bonnie Maeda

One Sat. per month, 3-5pm | Studio B  
Sep 23, Oct 28, Dec 9 | \$20

These 2-hour restorative practices begin in Savasana with breathing and body awareness, then continue with gentle stretches. The poses that follow will be held longer to support the relaxation response. All levels are welcome, and no yoga experience is needed.

### **YOGA FOR HEALTH**

with Bonnie Maeda and Shari Ser

Tuesdays, 3-4:15pm

A supportive environment for those living with a chronic health issue. Poses are individualized to meet each student's particular needs. Wheelchair accessible.

### **YOGA FOR 55+**

Deidre O'Brien w/ Herta Weinstein, M.D

Wednesdays, 11:00am-12:30pm

Yoga for 55+ is a gentle yoga program for seniors (or anyone with physical challenges) to enhance strength and flexibility. Poses will be modified to suit your individual needs. Anyone of any age is invited to join!

### **CHILDREN'S YOGA**

with Dalia Nazryan

Wednesdays, 4:00-5:00pm

This class is for 7-12 year old's to learn how to center themselves, and explore movement and breathing in a fun, supportive space. Students will safely learn (and make up!) basic yoga poses, play games that help develop strength, focus and balance, and finish each class with guided relaxation time. No previous yoga experience necessary.

### **YOGA ROOM BOOK GROUP**

with Debbie Gilman

Sundays, Sep. 24 & Nov. 19 | 2-3:30p

Come join other yoga practitioners who are interested in broadening their understanding of the ideas and traditions that underlie our modern yoga practice. For more information contact Debbie at: [d\\_gilman@sbcglobal.net](mailto:d_gilman@sbcglobal.net).

# THE YOGA ROOM

THE YOGA ROOM was founded in 1978 by Donald Moyer, a long-time student of B.K.S. Iyengar, author of *Light on Yoga* and *Light on Pranayama*. As a multi-generational community, we are concerned with encouraging proper alignment in the poses, maintaining a balance between strength and flexibility, and making yoga available to people of all ages and abilities. With our emphasis on personalized practice, we offer alternatives for almost anyone, from children and the elderly, to those dealing with health issues and disabilities, to those who want a truly deep and challenging experience.

## Intensives

### LABOR DAY INTENSIVE

with Debbie Gilman  
Monday, September 5,  
9:30am - 12:30pm & 2 - 4pm | \$85

This day-long practice is dedicated to the peaceful practice of yoga and building inner peace and serenity before the busy time of fall. We will focus on relieving neck and shoulder tension through our asana and breath work. The morning practice will be active, opening and strengthening and the afternoon practice quiet and restorative.

### THANKSGIVING INTENSIVE

with Mary Lou Weprin  
Fri & Sat, Nov 24 & 25, 10am-12 & 2-4pm  
Sun, Nov. 26, 10am-1pm  
\$150 (series); \$140 (4 classes)  
\$120 (3 classes); \$85 (2 classes)

Three-day Thanksgiving Yoga Intensive. Mornings will be devoted to dynamic asanas, such as standing poses and backbends, while the afternoons will be devoted to inversions, forward bends, and restoratives. For Level 2-4 and Level 3-5 students.

## Levels & Fees

### CLASS LEVELS

Level 1 - 2 Beginning  
Level 1 - 3 Beginning/ Intermediate  
Level 1 - 4 Mixed Level  
Level 2 - 4 Intermediate  
Level 3 - 5 Advanced

### FEES

1 hour - series \$12, drop-in \$14  
1¼ hour - series \$14, drop-in \$16  
1½ hour - series \$16, drop-in \$18  
2 hours - series \$18, drop-in \$20

### SERIES OR DROP-IN

Classes are always available on a series or drop-in basis, unless listed as full.

## No Regular Classes

Labor Day Weekend  
Sunday & Monday, September 3 & 4



Thanksgiving  
November 23-26



Winter Holiday  
December 21-January 1

*"Less effort, more movement!"*

*~ Donald Moyer*