

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 | \$30

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 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 & Dec. 3 | 2:30-4pm

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: debbiegilman.yoga@gmail.com.