

# Advanced Studies

January–February

## THE WISDOM OF YOGA\*

with Phid Simons

Mon, 5:45–7:15pm, 1/8–2/26

Introduction to the principles and common themes of Indian philosophy, as taught in *The Yoga Sutras* and the *Bhagavad Gita*.

## PRACTICE OF INVERTED POSES\*

with Gay White

Mon, 7:30–9pm, 1/8–2/26

The practice and sequencing of headstand, shoulderstand, handstand, and elbow balance with modifications and alternatives for those with injury and limitation.

## TEACHING OF INVERTED POSES

with Mary Lou Weprin

Tues, 5:45–7:15pm, 1/2–2/20

## TEACHING PRACTICE CLASS

with Debbie Gilman

Wed, 5:45–7:15pm, 1/3–2/21

March–April

## YOGA ANATOMY II

with Shari Ser

Mon, 5:45–7:15pm, 3/5–4/23

A study the major muscles of the spine, shoulders, arms and hands, pelvis, legs and feet.

## PRACTICE OF FORWARD BENDS\*

with Debbie Gilman

Mon, 7:30–9pm, 3/5, 12, 19 & 4/9, 16, 23 & Sunday, 3/25, 12–3pm

A focus on sequencing and practicing seated forward bends with modifications for limitations and injury.

## TEACHING OF BACKBENDS

with Mary Lou Weprin

Tues, 5:45–7:15pm, 2/27–4/17

## TEACHING PRACTICE CLASS

with Gay White

Wed, 5:45–7:15pm, 3/7–4/25



\*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

## NEW YEAR'S DAY PRACTICE

with Gay White

Monday, January 1, 11a–1pm | \$40

We will explore peaceful balance with an emphasis on relaxing and enjoying the basics of asana and breathing. We will practice to soothe the nerves. No experience necessary.

## ANATOMY, OXYGEN & ASANA

with Ellen Mossman

Saturday, January 13, 2–5pm | \$55

This accessible anatomy workshop focuses on the muscles and structures of breathing using images, models, breath work, and asana. We'll explore breath's influence upon asana, using it to open, support, and deepen our practice.

## YOGA & QI GONG: FIVE ELEMENTS

with Thara Srinivasan

Saturday, January 20, 2–4pm | \$40

Chinese sages described the dynamic patterns of nature using five fundamental energies: Wood, Fire, Earth, Metal, and Water. We will harmonize these energies in the body by learning the Five Elements qi gong set as part of a balanced yoga practice.

## YOGA & MYOFASCIAL RELEASE

with Ada Lusardi

Sat., Jan. 27, 2–5pm - Lower Body | \$55

Sat., Feb. 24, 2–5pm - Upper Body | \$55

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, relieve joint stress as well as enhance neuromuscular efficiency.

## LEVEL 2-4 ROPES PRACTICE CLASSES

with Mary Lou Weprin

Sunday, January 28, 2–4pm | \$40

Saturday, April 14, 2–4pm | \$40

We'll practice warmups for the chest and shoulders, abdominals, and hamstrings with the ropes, and then move to standing poses, inversions and some backbends. Working with the wall ropes allows us to take weight off the joints and achieve balanced traction.

## YIN, YANG & YOGA

with Arthur Kilmurray

Sat., Feb. 10 (2–5p) & Sun., Feb. 11 (1–4p)

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

We will balance energy while exploring the edges of practice. On Saturday we'll explore 'Yang' poses with the help of 'Yin' complementary poses. On Sunday we'll look at 'Yin' poses with the help of 'Yang' complementary poses. Both days will include backbends, forward bends and twists.

## FINDING YOUR DEEP FRONTAL LINE

with Ada Lusardi

Saturday, March 10, 2–5pm | \$55

In this workshop we'll practice yoga asana and self-myofascial release techniques to find and refine our deep frontal line and explore improved strength and balance moving from our deepest core structures.

## YOGA FOR THE WORKPLACE

with Margie Cohea

Saturday, March 17, 2–5pm | \$55

Whether standing or sitting or using computers and smart phones, our modern lifestyle can contribute to poor posture and weakened muscles resulting in head, neck, shoulder and back issues. This workshop will offer modified yoga sequences that can be done in the workplace to help alleviate stress and chronic pain. All are welcome.

## TWISTS

with Mary Lou Weprin

Saturday, March 24, 2–5pm | \$55

Mary Lou Weprin will lead a practice focusing on standing, seated and inverted twists. We will warm-up with preparations for the hips and hamstrings, and work with partners and props to deepen our practice of these invigorating poses.

# JAN – APR 2018

## SANSKRIT PRONUNCIATION

with Phid Simons

Saturday, April 7, 2 – 5pm | \$55

Learn the basics of the Sanskrit alphabet, phonetics, pronunciation, and yoga vocabulary. We'll practice hearing and pronouncing the names of common asanas and explore the meanings of common terms. The emphasis is on avoiding and correcting common pronunciation mistakes. Handouts provided.

## SPRING INTERMEDIATE PRACTICE

with Todd Jackson

Sat., Apr. 28 (2–5p) & Sun., Apr. 29 (1–4p)  
\$100 for both days | \$55 for one day

A well rounded intermediate practice sequence taught with accessible inner body language. Students should be familiar with headstand and shoulderstand and attend a level 2-4 class regularly.

## Special Classes & Series

### PRANAYAMA

with Gay White

One Thursday per month, 2 – 3:30pm

Jan. 18, Feb. 15, Mar. 15, Apr. 19

We will learn Pranayama techniques, exploring breathing practices that revitalize and enhance natural breathing. Contact Gay at [gay.yogagarden@gmail.com](mailto:gay.yogagarden@gmail.com) before attending.

### YOGA & ALEXANDER TECHNIQUE

with Don Tuttle & Mike McKenna

Wednesdays, 7:30–9pm

The Alexander Technique is a practical method for learning to live and act with more ease and effectiveness. It is known for improving posture, easing stress, reducing pain and improving general health and well being.

### 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 with 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!

### RESTORATIVE YOGA

with Bonnie Maeda

One Saturday per month, 3 – 5pm | Studio B  
Jan. 27, Feb. 24, Mar. 24, Apr. 21 | \$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.

### 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.

### YOGA MOVEMENT

with Gay White

Saturdays, 11:15am – 12:45pm

An intermediate practice of movement and asanas for relaxation, strength and balance. Composing sequences with slow, continuous pacing, we experience the joy of shared movement.

### ROPES WALL SERIES

with Bridget Frederick & Sandy Zirulnik

Saturdays, 2/3, 2/10, 2/17, 3/3

Sundays, 3/25, 4/1, 4/8, 4/15

2–3:30pm | Each 4 weeks series: \$ 64

Add a little hang-time to your Yoga practice. Gentle, playful, sometimes challenging, always fun, come experience the many facets of rope work. Space limited. Pre-registration required.

## Intensives

### WINTER INTENSIVE

with Mary Lou Weprin

Sat & Sun, Feb 17 – 18, Studio A  
9am – 12 noon & 2 – 4 pm | \$200

Morning sessions will focus on Standing Poses, Backbends and some Inversions, and afternoons will be more relaxing with Restoratives, Inversions and Forward Bends. Participants should be familiar with Headstand, Shoulderstand, and Urdhva Dhanurasana.

Open to students:

- ~who regularly attend a Level 2 – 4 or 3 – 5 class at the Yoga Room,
- ~are graduates or currently enrolled in the Advanced Studies Program,
- ~by permission of the instructor.

### ZEN MEDITATION

with Reb Anderson

Tuesdays, 7:30–9:15pm | \$126

March 6–April 24 (no class 3/27)

Tenshin Reb Anderson is Senior Dharma Teacher and former Abbot of San Francisco Zen Center. He is the author of *Warm Smiles from Cold Mountains*, *Being Upright: Zen Meditation and the Bodhisattva Precepts*, and *The Third Turning of the Wheel: Wisdom of the Samdhinirmocana Sutra*.

### 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.

### YOGA & QI GONG

with Thara Srinivasan

Wednesdays, 5:45 – 7:15pm

Join Thara for a yoga class incorporating qi gong movements and meditations. The softer, flowing, more circular movements of qi gong are an excellent complement to the clean lines of yoga asanas. All levels welcome.