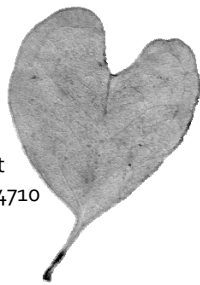


4th Street 4yoga

1809 C 4th Street
Berkeley, CA 94710

(510) 845-YOGA
4thstreetyoga.com



Schedule of Classes

September-December 2009

<i>Sun</i>	8:00 – 9:15 am	Tom	mindful yoga
	9:30 – 11:00 am	Clare	1-3
	11:15 – 12:45 pm	Tamara	gentle yoga for mindfulness
	6:00 – 7:30 pm	Jonothon	vinyasa flow
<i>Mon</i>	8:00 – 9:00 am	Beth	yoga in balance
	9:30 – 11:00 am	Margie & Barbara P	1-3
	12:00 – 1:00 pm	Barbara	1-3
	1:30 – 2:30 pm	Barbara	gentle
	5:45 – 7:15 pm	Barbara	all levels
<i>Tue</i>	7:30 – 8:30 am	Scotty	1-3
	9:00 – 10:30 am	Vickie	1-3
	1:00 – 2:15 pm	Cheryl	living with cancer
	4:00 – 5:15 pm	Anja	restorative back care
	5:45 – 7:15 pm	Beth	yoga in balance
<i>Wed</i>	8:00 – 9:00 am	Erin	1-3
	9:30 – 11:00 am	Anja	prenatal
	11:15 – 12:45 pm	Anja	postnatal
	4:00 – 5:00 pm	Ellen	yoga for teens
	5:45 – 7:15 pm	Scotty	1-3
<i>Thurs</i>	<i>NEW!</i> 8:00 – 9:00 am	Mimi	vinyasa flow
	9:15 – 10:15 am	Barbara	Gentle
	10:30 – 11:30 pm	Barbara	Gentle
	12:00 – 1:00 pm	Barbara	1-3
	4:00 – 5:30 pm	Clare	all levels
<i>NEW!</i>	5:45 – 7:15 pm	Anja	restorative back care
	7:30 – 9:00 pm	Francesca	awakening the spine
<i>Fri</i>	7:00 – 8:15 am	Marie	yoga movement
	9:30 – 10:30 am	Beth	yoga in balance
	<i>NEW!</i> 12:00 – 12:45 pm	Erin	little kids yoga
	<i>NEW!</i> 4:15 – 5:30 pm	Deborah	intro to yoga
	<i>NEW!</i> 6:00 – 7:00 pm	Mayra	Yogalates (starts in Oct)
<i>Sat</i>	8:00 – 9:15 am	Barbara	1-3
	9:30 – 11:00 am	Scotty	1-3

Please refer to Studio Holidays for cancelled class dates.

Faculty

Vickie Russell Bell, Anja Borgstrom, Cheryl Fenner Brown, Margie Cohea, Erin Collom, Clare Finn, Francesca Genco, Jonothon Gross, Marie Hart, Mayra HuaQiao, Mimi Lee, Alan Leon, Scotty McCaulley, Barbara Papini, Tamara Perkins, Beth Greenfield Rodgers, Deborah Saliby, Ellen Toomey, Barbara Voinar, Tom Williams

Yoga in the Heart of it all

Class Descriptions

Although most of our teachers have been influenced and trained in the Iyengar style, each teacher's development may reflect other traditions as well.

Awakening the Spine

We will spend time exploring each posture, paying close attention to how the alignment and freeing of the spine releases tension throughout the whole body. This class is appropriate for all levels.

Beginning Iyengar

In an Iyengar class you could expect to focus on the details and alignment in postures. Yoga props, developed by Iyengar, are used to teach the students to do the poses safely and with understanding. In this class we will combine classical yoga with innovative refinements.

Gentle Yoga

A soothing practice for all ages and body types. Focused attention on breathing, stretching, gentle strengthening and refinement of balance.

Gentle Yoga for Mindfulness

Whether returning to Yoga or beginning your practice, this gentle and therapeutic class offers an accessible and fun Sangha for nourishing your mind, body and spirit. Proceeds support prison and community Yoga programs. Contact: tamara.perkins@gmail.com

Intro to Yoga

The class teaches the basic principles of yoga poses, yoga philosophy, relaxation and breathing practices. \$60 pre-reg, \$70 at door for 4 classes. Contact: deborahsaliby@comcast.net

Level 1-3

A mixed level class for beginners and intermediate students.

Little Kids Yoga

Age of students should be 3-5 years. Session 1: 9/18-10/23 \$70 Session 2: 11/6-12/18 \$70 PARENTS GRATIS Contact: erincollom@gmail.com

Living with Cancer

A class for anyone who is living with any type of cancer. It blends restorative asana, mudras and pranayama for stress-relief and self healing. Class is offered on a sliding scale to meet the needs of the community. Contact: yoga.cheryl@yahoo.com

Mindful Yoga

A class which includes mindful stretching, pranayama, and vipassana meditation. Ideal for anyone interested in combining an asana practice with sitting meditation.

Prenatal

A beginning yoga class for pregnant women who want to increase awareness and health of their bodies. Contact: anjayoga@gmail.com

Postnatal for Mom & Baby

A wonderful transition class for moms to attend with their babies. The practice is geared toward restoring the body back to its original health and tone; with emphasis on asanas for chest opening, back care, and healthy alignment while feeding your baby. Contact: anjayoga@gmail.com

Restorative/Back Care

Maintain a healthy back with gentle floor work for alignment, lengthening, strengthening and range of motion. Contact: anjayoga@gmail.com

Vinyasa Flow

A vigorous flowing sequence of postures linked together by focuses attention on the breath and on proper alignment. Emphasis is on cultivating and sustaining an inner calm throughout the challenging practice.

Yoga for Teens

A yoga practice offers life-long benefits of balance, calm, strength and flexibility. Contact: yoga@toomeydesign.com.

Yogalates

A combination of Yoga with Pilates; two disciplines complimenting each other. The class is fluid and dynamic in order to achieve strength, flexibility and coordination through the effective control of breathing. Contact: mayrarte@gmail.com

Yoga in Balance

A yoga class that incorporates healthy postural alignment and movement patterns through the practice of basic yoga poses. Balance realigns your skeleton with gravity, heals or prevents back and joint pain and is appropriate for beginning thru intermediate students. Contact: artibeth@pacbell.net

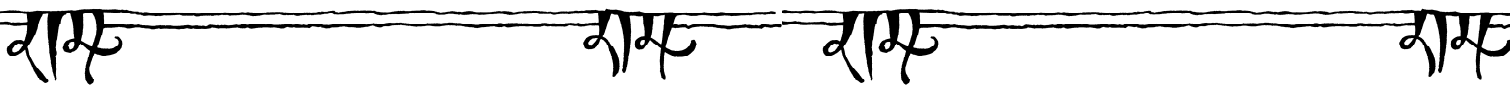
Yoga Movement

A mixed level class, combining the flow of dance and music with the precision of an Iyengar yoga practice. Contact: mariehartyyoga@hotmail.com

Studio Holidays

- Thursday, September 3 – Clare, all levels
- Sunday, September 6 – Clare, 1-3
- No classes Monday, September 7 for Labor Day
- Thursday, September 17 – Mimi, vinyasa flow
- Monday, November 23 – All of Barbara's classes
- No classes Thursday, Nov. 26, Friday Nov. 27 or Sunday, Nov. 29 for Thanksgiving
- No classes December 21-January 1 for Holidays
- Tom will teach Sunday, December 27
- Classes resume Friday, January 2, 2010

Check website for up-to-date info...



Workshops

All workshops payable to individual teacher directly or send to 4th Street Yoga.

Being Serene in the Midst of Life with Delphine Hano

Saturdays September 5, October 3, November 14 & December 5
3:00 - 4:00 pm
Sliding scale \$25-45 per class.

You will learn how to establish a rejuvenation practice to counteract the detrimental effects of stress on the physical and mental health, using gentle movements (Qigong), guided relaxation Register: Delphine at (510) 526-8467, www.EmotionalSerenity.com.

The 3 Myths That are Causing your Back Pain with Dana Davis

Tuesday, September 15 from 7:30-9:30 pm
No charge; RSVP required

Are you tired of having back or joint pain? You can learn how to be free of pain! Learning what is the underlying cause of your pain will enable you to make changes that eliminate your pain. Almost everyone in highly industrialized countries has adopted a modern posture that is misaligned and so pervasive we can't even see it. Learning a set of simple, specific guidelines can bring you relief from pain anytime, anywhere. The same guidelines that take away your pain also straighten your spine. Register: dana@sonomabodybalance.com, (707) 658-2599

Singing the Body - Finding Your Voice in Chant and Sound Healing

A Three-Part Series with Francesca Genco

Saturdays: October 10, November 21 & December 12 from 2:30-5:30 pm
\$150 for the series, \$120 for two workshops, \$70 for single

Part One (10/10): Become familiar with the most versatile and beautiful instrument you'll ever play - your body!

Part Two (11/21): Building on our explorations of our bodies as instruments, we will create duets.

Part Three (12/12): Integrating our experiences of the solo body and the duet body, we will come together as a collective of song and sound. Register: Francesca at info@songofthebody.com.

Chanting and Sound Healing Circle with Francesca Genco

2nd Fridays: October 9, November 13, December 11 from 7:30 - 9:30 pm
\$10-20 Suggested donation

Join us as we come together to CELEBRATE and EXPRESS GRATITUDE through song! We will chant and explore vocal improvisation in a supportive and joyous space. You do not have to consider yourself to be a "singer" to participate! Everyone is welcome to come and jump into vocal play.

Register: Francesca at info@songofthebody.com.

The Alexander Technique: A Release from Pain and Tension with Amira Alvarez

Saturday, October 17 from 3:00-5:00 pm
\$30 registration

The Alexander Technique is about releasing the tension we put into everything we do so that we can help ourselves out of pain. It is especially helpful for back, neck and shoulder pain, jaw pain, sciatica and repetitive stress injuries. This workshop will give you tools that you can start using immediately for freer and easier movement. Personalized evaluation of movement habits and hand-outs to take with you. Register: Amira (510) 528-3109 or amira.alvarez@gmail.com, www.amiraalvarez.com

Angela Farmer & Victor Van Kooten at UC Berkeley campus Lipman Room

Fund Raising Workshop Benefits for Niroga Yoga for Youth

Saturday, October 17 & Sunday, October 18 (We expect this workshop to fill, register early)
1 day only workshop \$175; 2 day workshop \$300

Angela and Victor are world-renowned Yoga teachers, having influenced many of the leading Yoga teachers in the West today. Seeking a more internal and meditative approach, they offer a wealth of poetic Imagery, playful exploration and creative movement.

Register: 4th Street Yoga, contact Barbara at yogamaya@lmi.net

RESTorative Yoga for Women with Deborah Saliby

Saturday, October 24 from 3:00-6:00 pm
\$50 pre-registered; \$60 at the door

In this 3 hour workshop we will explore a series of poses designed for healing, receiving energy, and nourishing the female body and glandular system, leaving you feeling restored and balanced in body, mind and emotions. Register: deborahsaliby@comcast.net, (510) 541-1395

Letting Go/Holding On: A Seasonal Workshop Balancing the Meridians through Yoga, Breath & Meditation with Britta Kathmeyer

Sunday, October 25 from 2:30-5:30 pm
\$35 by 10/17; \$45 thereafter

Through a balanced yin and yang yoga practice we'll explore the role of the meridians, the cause and signs of imbalance, and ways to encourage harmony and health. Appropriate for all levels.

Register: brittka@sbcglobal.net, (510) 965-1180

Opening the Heart with Barbara Voinar & Jennifer Berezan

Saturday, November 7 from 2:00-5:00 pm
\$50 registration

Join us in an afternoon of yogic and sound practices designed to open, heal and strengthen our hearts. Come practice together to help awaken and nurture our innate inner qualities of love, compassion, courage and joy. Register: barbara@4thstreetyoga.com, jennifer@edgeofwonder.com

Rejuvenate Your Spirit: Holiday Yoga Workshop with Susan Andrea Weiner

Sunday, December 13 from 2:00-4:00 pm
\$25 pre-register by 12/6, \$30 thereafter

Take a break from the stress of the season and join us as we explore core yoga principles, relax in restorative yoga poses, and use proven techniques to lift our mood and restore energy. Leave this basic yoga class with an increased vitality, a renewed spirit, and a sense of celebration!

Register: susanandrea2@comcast.net.

Retreats

Maya Tulum Retreat with Barbara Voinar

March 20-27, 2010

- See website for flier and details



Welcome to **4th Street Yoga**

Now celebrating our 16th year, we welcome you to the 4th Street Yoga community. Our beautiful sun lit studio in the heart of Berkeley offers a rich variety of classes for all to join. Our highly qualified and gifted teachers are committed to offering the expert guidance in the practice of yoga.

Prices

CLASS RATES based on sliding scale

A set of classes may be purchased with each individual teacher. Each teacher has a set time within which classes are to be taken.

CLASS	DROP-IN	4-CLASS SERIES	8-CLASS SERIES
1 Hr.	\$14-17	\$44-60	\$88-120
1.5 Hr.	\$16-20	\$54-70	\$108-136

