

Workshops

Large & Graceful: A Deepening
With Sally Pugh
Saturday Sept. 7th 2:00-5:00pm
RSVP: SallyPugh@gratefulspirit.net

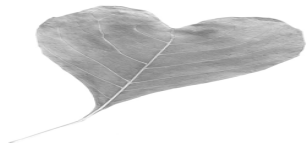
The Alexander Technique
With Don Tuttle & Mike McKenna
4 Class Sunday Series
Sept. 15, 22, 29 & Oct. 6
RSVP : Don Tuttle dontut@earthlink.net

Performance Lab
With Nina Wise
Thursdays, 7:30pm Sept. 5, 12, & 19
RSVP: NinaWise78@gmail.com

Motion Theater for All
With Sybil Meyer
Thursdays, 7:30pm Sept. 26th - Nov. 14th
RSVP: Sybil@SybilMeyer.com

Yoga for Renewal
With Julie Emden
Friday, Sept. 27th 1:30 - 3:30pm
RSVP: Jbemden@aol.com

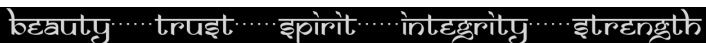
Senior Wellness Series
With Betty Aten
5 Class Thurs. Series Oct. 3rd -31st
2:00 - 3:30pm
RSVP: Bettymaten@gmail.com



New to 4th St. Yoga?
If it is your first time at our studio you can
purchase a
One Time Only Class Pass - A Great Way
To Sample Classes

5 passes \$60 10 passes \$120

Sliding Scale Rates:
Drop-In 1 Hour \$16 - \$18
1.5 Hour \$17 - \$20



Schedule of Classes



1809C 4th St., Berkeley CA 94710 510-845-9642
4thstreetyoga.com

Schedule of Classes Sept. into Fall 2019

Sunday

9:30-11:00am Level 1-3 Don Tuttle
11:15-12:30pm Tri Yoga Pam McKernan
6:00-7:30pm Vinyasa Flow Jonothon Gross

Monday

9:30-11:00am Level 1-3 Barbara Papini
12:00-1:15pm Level 1-3 Barbara Voinar
1:30-2:30pm Gentle Barbara Voinar
5:45-7:15pm Level 1-3 Barbara Voinar

Tuesday

9:30-11:00am Bone Health Betty Aten
11:30- 12:45pm Senior Yoga Betty Aten
5:15-6:30pm Restorative Anna Rich
7:00-8:15pm Large&Graceful Sally Pugh

Wednesday

9:30-11:00am Bone Health Betty Aten
12:00-1:15pm Yin Yoga Carla Koopal
2:00 - 3:00pm Beginner T'ai Chi Greacian Goecke
3:00 - 4:10pm T'ai Chi Greacian Goecke
4:30-5:45pm Yin Yoga Sally Pugh
6:00-7:15pm Beginner Yoga Barbara Steiber

Thursday

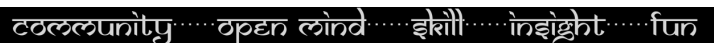
9:15-10:15am Gentle Barbara Voinar
10:30-11:30am Gentle Barbara Voinar
12:00-1:15pm Level 1-3 Barbara Voinar
5:45-7:00pm Gentle Deborah Saliby
7:30-9:00pm Motion Theater Sybil Meyer

Friday

9:30-10:45am Yoga in Balance Beth Greenfield
4:00-5:15pm Kundalini Jeremy Marshman
5:30- 6:45pm Kirtan Jam Jeremy Marshman

Saturday

8:00-9:15 am Level 1-3 Barbara Voinar
9:30-11: 00 am Level 1-3 Scotty McCaulley
11:15-12:30pm Level 1-2 Deborah Saliby





Class Descriptions.

Alexander Technique for Yoga

is intended for students of all levels of yoga practice. Focus on learning principals of the Alexander Technique and how to use this method to guide movement in asana.

Beginner Yoga

Whether you are new to yoga or looking for a refresher, this class covers the fundamentals of yoga with mindful breathing, relaxation and basic anatomy as it applies to yoga.

Gentle Yoga

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

Level 1-2

This class provides a full range of foundational postures. Each class is methodically sequenced, beginning with supine postures, moving into more active standing poses, continuing into a forward-bends, twists, backbend or inversion practice and ending in restorative's and relaxation. This class level 1-2 is structured for beginners and those continuing beyond.

Kundalini Yoga

In Kundlani we use repeated movement, breathwork and sound in specific combinations to cultivate vitality in the body, clarity in the mind, and deepen the experience of Self.

Kirtan Folk Jam

Combine the love of chant and spirited music with the form of the traditional folk jam.

Large & Graceful

Yoga designed for full bodied women and men in a community of support. An opportunity to begin, deepen and expand your yoga practice. Individual participant's needs are addressed.

Level 1-3

Level 1-3 classes include opening stretches, standing poses, learning the basics of backbends, forward bends and twists. You will gain a sense of confidence in learning the fundamentals of postural alignment and enjoy feeling your breath open and flow with each movement. All practices conclude with a guided rest period.

Motion Theater

Workshops with Nina Wise give you the physical and spiritual tools to translate your inner life into theater. Everyone has a story to tell. But few of us have the opportunity to express ourselves freely in a safe and supportive environment. What makes Nina's workshops unique is her emphasis on the integration of body, mind and spirit.

Restorative

Gentle and supported yoga poses designed to rejuvenate, heal, reduce stress and calm the mind. Appropriate for all levels, even absolute beginners.

Senior Yoga

This class explores yoga appropriate for older students. Focus is on balancer and coordination, as well as offering lots of gentle stretching to keep joints moving.

T'ai Chi Yang Style Short Form

Classes consist of standing meditation, strengthening warm-ups for balance and flexibility, and detailed instruction on the movement principles of each posture.

Tri Yoga

True to the concept of non-violence, TriYoga's meditative and transformative flows emphasize relaxation-in-action. The sequences unite asana with breath and focus to create a greater flow of life energy. Enabling one to gently progress in flexibility, strength and understanding. Breathing practices, concentration techniques and meditation are included.

Vinyasa Flow

A flowing sequence of stretching, strengthening and energizing postures that links movement with the breath. Emphasis is on cultivating and enjoying an inner calm throughout the practice.

Yin Yoga

Floor poses are held or 3-5 minutes targeting connective tissue, bones, and joints. Yin stimulates the flow of energy through the body removing blockages, nourishing and revitalizing the nervous system.

Yoga in Balance

Emphasizes a different alignment of the bones which reduces stress. Each class becomes a meditation of centering and sensory awareness. Particularly helpful for a pain free back & joints.

Yoga for Bone Health

Yoga for Osteoporosis certified teacher, Betty Aten, teaches this all-levels practice of 12 yoga poses shown to improve bone health based on the long-term study done by Loren Fishman, MD.

