



# A New Year's Retreat

with Sugi Yoga® founder,  
*Ofer Erez*

www.SugiHealth.com ♦ 925.934.3120

**Saturday, January 2**

**12:30 – 4:30 p.m.**

**\$80**

Earlybird Discount \$60 before December 15

Spend four luxurious hours doing Sugi Yoga with Ofer. Discover the benefits of Sugi warm-ups to revitalize your body, asanas to strengthen the Sugi way, movements to increase mobility, pranayama to enhance meditation.

Start the New Year refreshed and renewed with Sugi Yoga.  
No experience necessary!



## Surya Namaskar – Sun Salutation

**Sunday, March 7**

**2:00 – 5:00 p.m.**

**\$60**

Earlybird Discount \$40 before February 15

Explore the depths of this wonderful yoga series – the Sugi way. Sun Salutation is a full body practice that increases strength, flexibility and stamina. Some find the Sun Salutation challenging to do. The Sugi Yoga approach brings ease into the Sun Salutation while increasing its benefits.

Workshops held at :

**The Yoga and Movement Center**

**1379 Locust St.**

**Walnut Creek, CA**

925.938.9642

*Easy parking in the garage  
directly across the street.*

Registration Form – Make check to: The Yoga and Movement Center

Send to: 1379 Locust St., Walnut Creek, CA 94596

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Workshop \_\_\_\_\_