



A Place for Healing Through Movement™

# Wellness Wisdom™

## Schedule of Classes and Events

at Sugi Studios™ and Health Etc.®

April - June

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### It's Spring!

Even with all of the recent rain the blooms of spring brighten every day. We hope you are taking the time to enjoy the beauty of our region even if it is just by taking a stroll through your neighborhood to see what has started blooming. It is so easy to miss a few weeks wrapped up in busyness and suddenly realize that your favorite flower has already finished its bloom! So, don't let spring pass you by! Take advantage of our upcoming classes to slow down and enjoy life, while becoming more fit and healthy.

Take a **yoga hike with Jan Enderle (page 3)**, nurture your inner goddess through **Belly dancing with Selket (page 2)**, enjoy a deeper connection with your soul at **SoulTime workshops with Tandra Harck (page 3)**, take a **Journey Through the Chakras with Yogini Vashi (page 2)**.

Increase your self-healing abilities with a **Reiki workshop with Amy (page 2)** Fees for Reiki I will be increasing to \$200 after the April class.

Make a note: **Reiki Evenings are now on the third Sunday of the month** instead of on Fridays! See you there!

We are continuing the **Zen Meditation** classes on Saturday evenings – if you haven't tried this one yet, come by for an hour of peace.

#### New Sugi Yoga classes:

**Wednesdays, 9:30am – 10:45am** (begins June 7) with Jackie Wiggins

**Fridays, 7:00pm – 8:15pm** with Leilani Kirby

**Sundays, 9:00am – 10:00am** (for beginners) with Judy Bastin

Welcome Leilani and Judy!

See you soon! Amy and Ofer

### Sugi School of

### **NEW!** Health and Fitness

September 2006

- Learn the Sugi Way™
- Advanced Studies, Deeper Knowledge
- Improve Yourself, Help Others
- A Transformative Experience

#### Sugi Healing Arts™

Holistic Bodywork and Massage

#### Sugi Yoga®

A program for deepening the practice of Sugi Yoga

#### Sugi Tai Chi Gong™

A program for deepening the practice of Sugi Tai Chi Gong

#### Sugi Fitness™

A program for personal trainers and fitness enthusiasts

Instructors: Amy and Ofer Erez

Weekend retreats once a month – Each program varies in length.

For details contact Amy at 925.934.3120 or amy@sugistudios.com.,

See our website: www.sugistudios.com

Early Bird Specials and Extended Payment Plans available.

Upon completion of training students may be certified as teachers of Sugi Yoga, Sugi Tai Chi Gong and Sugi Fitness Personal Training. Sugi Healing Arts practitioners will have a certificate of completion as massage therapists (C.M.T.). Application to the State of California is pending.

Registered with the Yoga Alliance.

### Sugi Studios

1924 B Oak Park Blvd.  
Pleasant Hill, CA 94523

Studio: 925-588-2727  
Office: 925-934-3120

www.sugistudios.com

#### Sugi Studios Directors

Amy Erez  
amy@sugistudios.com

Ofer Erez  
ofer@sugistudios.com

**To register for workshops listed on the following pages, please fill out the registration form on page 5. Contact the workshop instructor for questions or to make special arrangements.**

**New day - now on Sundays!**

### Reiki Practice Evening

We have had many requests for an opportunity to practice Reiki with others on a regular basis. I am pleased to say that we now have a group of dedicated Reiki practitioners who are organizing this event for you!

**Sundays, 7:00pm – 10:00pm**  
**Mar. 19, Apr. 23, May 21, June 25**  
 (June is one week late due to Father's Day)

**Suggested donation: \$10**

On the third Sunday of each month (except when a holiday interferes), all Reiki practitioners are invited to gather together to give and receive Reiki. Please bring a pillow and a blanket and let us know if you have a table to bring.

To register: Call Bonnie Lawton at 925.686.3794 by Tuesday the week of the practice. This helps us to provide tables for everyone. Thank you!

### **NEW!** Tribal Goddess Belly Dance With Selket

In this women-only workshop, we will focus on "just the slow stuff" for temple/goddess dancing. Includes warmup, slow and sinuous bellydance moves, "bellydance traditions" primer and 10 minute performance by Selket.

**April 22 (Earth Day) 1:30 - 3:30pm**  
**May 13 1:30 - 3:30pm**  
**\$40 per session**

Attire: bare feet, lightweight clothing that allows you to move

### **NEW!** Journey Through The Chakras With Yogini Vashi

Learn about the chakra system by exploring the specific functions, characteristics, and lessons associated with each chakra. Learn how to get "in tune" with your chakras. We will conclude this journey with an empowering guided visualization through the chakras.

**Saturday, April 8**  
**10:00am – 1:00pm**  
**\$55**

Checks made payable to Yogini Vashi.  
 Please call 925.200.1632 to pre-register.  
 For more info about Yogini, go to [www.yogihealing.com](http://www.yogihealing.com)

### Reiki Workshop – Level One

With Amy Erez

Join Amy to learn the application of Reiki, a Japanese folk art similar to "laying on of hands." Using simple hand positions, Reiki transfers energy to the recipient. The regular use of Reiki stimulates positive changes in lifestyle habits, and helps balance mind, body and spirit. You may also benefit from pain relief, calmness, mental clarity, and increased health in all body systems. Self-treatment and assisting friends and family are emphasized in the workshop.



**Thu – Sun, April 6 - 9**

Thursday & Friday, 6:30 pm – 9:30 pm  
 Saturday & Sunday, 1:00 pm – 4:00 pm  
*Attendance at all 4 days is required.*

**Fees:** \$150 per person - Make checks to Health Etc.

**Location:** The Health Etc. office in Pleasant Hill (Erez home). You will be contacted with the address following registration.

**Registration:** Deadline is April 3, 2006.

### Reiki Workshop – Level Two

With Amy Erez

Reiki 2 is a continuation of training in using Reiki as a life-changing way to care for oneself and others. This class offers a deepening of ability in the use of mental/emotional balancing, distant treatment and other practical ways of using Reiki. Prerequisite: Reiki I audit with Amy.

**June 22, 24, 25:** Th. 7:00 – 9:00pm, Sat. 11:00am – 4:00pm, Sun. 11:00am – 4:00pm

**Fee:** \$500 - Make checks to Health Etc.

**To register:** contact Amy – 925.934.3120.

**Location:** The Health Etc. office in Pleasant Hill

### Zen Meditation and Talk

With Charles Swank

**Saturdays, 7:00 – 8:00pm**  
 Donation – no minimum

Every Saturday evening, you are invited to join experienced meditation teacher, Charles Swank in uncovering the mysteries of meditation and how it affects our lives. Answer your questions and gain inspiration for developing or deepening a practice in meditation.

Charles Swank began practicing Zen meditation with Mizumi Roshi in 1968 at the Zen Center in L.A. One of the last American successors to Korean Zen Master, Myo Bong.

**NEW!**

## Yoga Hikes with Jan

Join Jan Enderle local naturalist, hiker and Sugi Yoga teacher. Enjoy hiking the "Sugi" way to a serene destination to practice yoga – learning about plants, animals, geology and history along the way. Discover some of the most beautiful spots in our Contra Costa Open Space to practice asana, pranayama and meditation.

**Saturdays, 8:00am – 10:30am**

April 8 - Shell Ridge, Walnut Creek

May 13 - Black Diamond Mines, Antioch

June 3 – TBA

Donation – no minimum

No one will be refused for lack of money!

Contact Jan for more information at 925.876.9694  
or [janandtess@comcast.net](mailto:janandtess@comcast.net).

Look for a flier at Sugi Studios too!

### Rewards Program for Weekly Classes

- A. Finish a 10-class card in 10 weeks and get *10% off your next 10- or 20-class card* – this requires attending only one class a week.
- B. Finish a 10-class card in 5 weeks and get *15% off your next 10- or 20-class card* – this requires attendance in only two classes a week.
- C. Finish a 20- class card in 7 weeks and get *20% off your next 20- class card* – this requires attendance in only three classes a week.

**NEW!**

### Low Cost Feldenkrais Clinic

**May and June, every Thursday  
between 12:00pm and 3:00pm**

Feldenkrais is a wonderful method for regaining movements that have become restricted due to illness, injury or simply life itself. This Low Cost Clinic is an opportunity for you to experience the benefits of Feldenkrais.

To schedule an appointment, please call Edie Hedgecock at 916.688.9477. (Edie comes from Sacramento, so please don't be confused by the 916 area code!)

## SoulTime with Tambra Harck

Moving and listening from your inner world... SoulTime classes provide a time and space to connect with your inner world through breath, movement, gesture, sound and energy. This is the connection to soul.

"To live a rich life, we have to be in contact with our inner world."  
*Marion Woodman*

**Sunday, April 9**

**Opening, the Bud Becomes a Blossom**

**Sunday, May 21**

**The Joy of What Is**

2pm - 5pm

\$35 per person

Early Friend Discount: \$25 each  
when you pre-register with a  
friend 10 days in advance -  
save 20% each

**Call Tambra to reserve your spot!  
707.746.8553**

### Ofer's Insights



"Feldenkrais practitioners create the circumstance for people to make a change for themselves. The change usually brings increased flexibility or strength, and less effort or pain. An analogy would be a breathing coach who could:

- a) tell a person to take a deep breath, or
- b) use the Feldenkrais approach and tell a person to slowly empty out every last bit of air so the body is compelled to take a deep breath without the mind being so instructed."

"The most important part of the lesson is to notice what changes. If you do not notice, you will not keep the change for very long, and the lesson will be wasted."



## Ongoing Weekly Classes

All classes welcome beginners and experienced students alike unless otherwise noted. All classes on this calendar are available for students using class cards or by drop-in fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sugi Yoga</b> 7:30am – 8:30am Ofer				<b>Sugi Yoga</b> 7:30am – 8:30am Jan	<b>Sugi Yoga</b> 7:30am – 8:45am Kat	
<b>Sugi Yoga</b> 9:30am – 11:00am Ofer	<b>Tai Chi Gong</b> 9:30am-10:45am Amy	<b>Sugi Yoga</b> 9:30am – 10:45am Jackie  Begins June 7	<b>Sugi Yoga</b> 9:30am – 11:00am Ofer	<b>Tai Chi Gong</b> 9:30am – 10:45am Amy	<b>Feldenkrais – ATM</b> 9:00am – 10:00am Ofer	<b>Beginners Sugi Yoga</b> 9:00am – 10:00am Judy
<b>Tai Chi Gong</b> 6:00pm – 7:15pm Amy	<b>Beginners Sugi Yoga</b> 5:30pm – 6:30pm Jackie Begins Jan. 10	<b>Feldenkrais – ATM</b> 6:00pm – 7:00pm Ofer				
<b>Sugi Yoga</b> 7:30pm – 8:45pm Jan	<b>Sugi Yoga</b> 7:00pm – 8:15pm Jan	<b>Sugi Yoga</b> 7:30pm – 8:45pm Ofer	<b>Sugi Yoga</b> 7:00pm – 8:15pm Kat	<b>Sugi Yoga</b> 7:00pm – 8:15pm Leilani		

### Class Fees

**First class only \$10!**

**Drop in rate:**

**Adult - \$14**

**Senior/youth – \$10** (Senior 60+, Youth under 18)

**5 class card - Expires after 2 months:**

**Adult – \$60** (price per class \$12)

**Senior /youth – \$40** (price per class \$8)

**10 class card – Expires after 3 months:**

**Adult – \$100** (price per class \$10)

**Senior/youth – \$75** (price per class \$7.50)

**20 class card – Expires after 3 months:**

**Adult – \$160** (price per class \$8)

**Senior/youth – \$135** (price per class \$6.75)

See page two for Rewards and Specials that lower your cost per class even more! The more you attend and gain in health the more you save.

# Workshops and Class Series Calendar

Please see other pages for more details on these events.

Monday	Wednesday	Thursday	Saturday	Sunday
		<p style="text-align: center;"><b>Reiki I</b> <b>Amy Erez</b></p> <p style="text-align: center;">Thu – Sun. April 6 - 9 \$150</p> <p style="text-align: center;">Held at Health Etc.</p>	<p style="text-align: center;"><i>New!</i></p> <p style="text-align: center;"><b>Chakra Workshop</b> <b>Yogini Vashi</b></p> <p style="text-align: center;">Sat. April 8 10:00am – 1:00pm</p>	<p style="text-align: center;"><i>New!</i></p> <p style="text-align: center;"><b>Tribal Goddess Belly Dance</b> <b>Selket</b></p> <p style="text-align: center;">Sun. April 22 1:30pm – 3:30pm \$40</p>
			<p style="text-align: center;"><i>New!</i></p> <p style="text-align: center;"><b>Yoga Hike with Jan</b></p> <p style="text-align: center;">Saturdays, 8:00am – 10:30am</p> <p style="text-align: center;">April 8 - Shell Ridge, Walnut Creek</p> <p style="text-align: center;">May 13 - Black Diamond Mines, Antioch</p> <p style="text-align: center;">June 3 – TBA</p> <p style="text-align: center;">Donation – no minimum</p>	<p style="text-align: center;"><b>Tribal Goddess Belly Dance</b> <b>Selket</b></p> <p style="text-align: center;">Sun. May 13 1:30pm – 3:30pm \$40</p>
		<p style="text-align: center;"><b>Reiki II</b> <b>Amy Erez</b></p> <p style="text-align: center;">Th, Sat, Sun June 22, 24, 25 \$500</p> <p style="text-align: center;">Held at Health Etc.</p>		
			<p style="text-align: center;"><b>Zen Meditation and Talk</b> <b>Charles Swank</b></p> <p style="text-align: center;">An evening of inspiration</p> <p style="text-align: center;">Every Sat., 7:00 – 8:00pm</p> <p style="text-align: center;">Donation – no minimum</p>	



## Workshop Registration Form

*Make checks to Sugi Studios unless noted otherwise.*

*Mail to: Sugi Studios, 1924 B Oak Park Blvd., Pleasant Hill, CA 94523*

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Class \_\_\_\_\_ Date \_\_\_\_\_ Fee \_\_\_\_\_

Class \_\_\_\_\_ Date \_\_\_\_\_ Fee \_\_\_\_\_

Class \_\_\_\_\_ Date \_\_\_\_\_ **6** \_\_\_\_\_ Fee \_\_\_\_\_

Total Fees Enclosed: \_\_\_\_\_

## Sprucing Up The Corner Store

For those of you who enjoy shopping, we are sprucing up the corner store in Sugi Studios. We want to support you in your pursuit of health and fitness by providing a few items to enhance your journey. Please let us know what would be useful to you!

- \_\_\_ books
- \_\_\_ yoga blankets
- \_\_\_ magazines
- \_\_\_ neti pots
- \_\_\_ inspirational fitness clothing
- \_\_\_ tongue scrapers
- \_\_\_ artistic sculptures of yoga and tai chi
- \_\_\_ crystals
- \_\_\_ note cards
- \_\_\_ meditation pillows
- \_\_\_ other items: \_\_\_\_\_
- \_\_\_\_\_

## A Tai Chi Testimonial

By Larry Hines

"You can practice your Tai Chi while walking, standing, or lying down. You can always use Tai Chi principles and work on your Tai Chi principles"  
*Dong Ying Jie*

I have recently learned to apply this idea to vacuuming, routine tasks and repetitive motions are good opportunities practice natural flowing movement. Instead of bending forward, throwing the shoulder and arm out to push forward with the vacuum cleaner --- try taking a small step forward, leading with the hips, and while keeping an erect spine add a small rotation. This will cause you to vacuum in arcs of motion rather than straight back and forth. Explore and experiment!



Sugi Studios  
1924 B Oak Park Blvd.  
Pleasant Hill, CA 94523



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