

Sugi Fitness™:  
Complete Fitness Without Effort™

**Ofer Erez**

Wondering what it means to do fitness without effort? Join Ofer for this informative workshop and discover how effective you can be. Learn exercises for strength, flexibility, and stamina.

**Saturday, November 3**  
**1:00 – 4:00 p.m.**

**Fee: \$55**

includes Sugi Fitness book

A great introduction for students interested in becoming Sugi Fitness Trainers.

Sugi Yoga® Retreats with Ofer

Join Ofer Erez, founder of Sugi Yoga, for an unforgettable experience. Gain relief from aches and pains, increase movement, enjoy deep relaxation, learn breathing and meditation. A great introduction for students interested in attending the Sugi Yoga training.

**Everyone welcome! No experience necessary!**

**Saturday, October 6**  
**10:30 a.m. – 4:30 p.m.**  
**Fee: \$90**

**Int./Adv.** Sugi Yoga practice. Enjoy a day of retreat with Ofer.

**Sunday, October 7**  
**10:30 a.m. – 4:30 p.m.**  
**Fee: \$90 or \$160 for both days**

**Both workshops held at Step It Up Studios. Call to register – 925.934.3120.**



2096 Hoover Avenue  
Pleasant Hill, CA 94523

To save trees, we will be publishing this newsletter only once a year. For more frequent updates, visit our website and sign up to receive monthly email newsletters - [www.SugiHealth.com](http://www.SugiHealth.com) - or call 925.934.3120 for current schedules.

"Design For Better Living"

Ofer Erez and Dave Buck

Gain practical tips on how to improve the quality of your life. Universal guidelines are used to create a healthy lifestyle that supports the environment and generations to come.

**Ygnacio Valley Library**  
**2661 Oak Grove Rd., Walnut Creek**  
**Tues. August 21, 7:00 - 9:00 p.m.**

Sugi Health and Fitness

Mailing Address:

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Pleasant Hill, CA 94523  
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"Impossible is a temporary situation." Ofer Erez



Discover the missing piece of your wellness program



**Reiki Workshops – with Amy Erez, Reiki Master**

All Reiki Workshops are held at the home office

**Reiki I** - \$200 (Th./Fri. 6:30 – 9:30pm, Sat./Sun. 1 – 4pm)  
September 27 – 30 in Pleasant Hill  
October 25 – 28 in Napa

**Reiki II** - \$500 (Th. 7 – 9pm, Sat./Sun. 11am – 4pm)  
October 18, 20, 21 Pleasant Hill Prerequisite audit Reiki I

**925.934.3120 • Amy@SugiHealth.com**

www.SugiHealth.com • 925.934.3120

Fall 2007

Sugi School of Health and Fitness

**New Programs Begin January 2008!**

Certification in:

- **Bodywork/Massage: 250 hour** certificate in SugiTouch™ (C.M.T.)
- **Personal Fitness: 150 hour** certificate in Sugi Fitness™ (S.F.T.)
- **Yoga: 200 hour** certificate in Sugi Yoga® (S.Y.T.)

California State Approved Programs

**For a complete brochure call 925.934.3120**

**Now located at Step It Up Studios  
2685 Pleasant Hill Rd. in Pleasant Hill, CA**

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SugiTouch Practicum  
**Sat. & Sun. Sept. 15 – 16**

You are invited to participate in the hands-on evaluation of our first graduating class in the SugiTouch™ (C.M.T.) program. We need people who have not experienced SugiTouch to come in for a free appointment with our graduates. To participate in the practicum, call 925.934.3120 and we will put you on the schedule.

SugiTouch is a unique array of simple techniques for increasing the communication between the mind and body. Light touch and gentle movements can easily create profound change.



**Location: Step it Up Studios**

Just For Today...

An Exploration of the Reiki Principles

Let's come together to deepen our relationship with the Reiki principles passed to us by Dr. Usui. We will explore each principle through a variety of ways – treating ourselves with Reiki, doing Reiki on each other, expressing our feelings through art, pondering the principles' existence in nature and more. Each day will be spent primarily in silence. So, please be prepared for speaking and hearing few words. Choose your words thoughtfully calling on the insights you gain during the explorations.

**Saturday & Sunday, November 10 - 11**  
**11:00 a.m. – 4:00 p.m.**  
**Fee: \$150**

**Prerequisite: Reiki training, any level**  
Registration deadline is: Monday, November 5

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Changing Family Patterns  
With Reiki

This workshop has been inspired by an article by Reiki Master, Marta Getty, in The Reiki Magazine International (June/July 2006) titled "**Healing the Family Tree**". Family patterns are passed on from generation to generation over centuries of time. The amazing ability of Reiki to travel across space and time allows us to access and create harmony in those patterns that cause pain and dysfunction through our family lineages. Please join me for a day of healing to fulfill the possibilities of creating a healthy family lineage.

**Saturday, December 15**  
**10:00 a.m. – 6:00 p.m.**  
**Fee: \$100**

**Prerequisite: Second Degree Reiki**  
Registration deadline is: Monday, December 10

**Both of these workshops are held at the home office.**