



A Place for Healing Through Movement™

# Wellness Wisdom™

## Sugi Style

Events at Sugi Studios and Health Etc.®

Jan. – Mar. 2006

Sugi Studios • 1924 B Oak Park Blvd. • Pleasant Hill, CA 94523 • Studio: 925-588-2727 • Office: 925-934-3120 • www.sugistudios.com

### Inside this Issue

- Sugi Yoga Training.....1
- Sugi Healing Arts Program .... 1
- Rewards Program.....2
- Reiki Events..... 2
- Ribbon-cutting.....2
- Free yoga classes..... 2
- Deluxe Sugi Yoga.....2
- ATM Series ..... 3
- Free Feldenkrais..... 3
- Larry's Nature Tidbits ..... 3
- Tools for Healthy Living ..... 3
- Ofer's Insights ..... 3
- Healing Workshop.....3
- Weekly Classes, Fees..... 4
- Workshop Calendar.....5
- Registration Form.....5
- Yoga Day USA..... 6
- St. Jude's Fundraiser.....6
- Zen Meditation .....6

At Sugi Studios we are looking forward to an exciting new year with lots of changes. Take the time to read your newsletter thoroughly and **get out your calendar** to mark down the fun and interesting life-changing classes and workshops that you want to participate in!

To begin with, make note of the next **Sugi Yoga Training (pg. 1) beginning in March**. This is a great opportunity for those who want to create a meaningful yoga practice or move on to the next level of commitment in yoga.

**In September, the first Sugi Healing Arts (pg. 1) holistic training program begins**. Assuming all goes well, we will be able to provide all our graduates of this program a CMT – certification with the state of CA to practice bodywork and massage professionally. Also, this is a great way to go deeper into your own healing and learn many tools for healthy living!

New in January, a **meditation class** (pg. 6) with Zen meditation practitioner, Charles Swank. Charles is new to Sugi Studios and wants to offer our community a regular place to meditate together. Join him on Saturday nights!

**Deluxe Yoga** – a blissful afternoon of relaxation and joy – is continuing in the New Year! See pg. 3 for details.

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As always, **Reiki** is available throughout the year as an offering of Health Etc. If you have already taken Reiki, join us for a delightful practice evening to share with friends. If you are new to Reiki, classes are available on a regular basis (pg. 2).

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Our ongoing **Rewards Program** (pg. 2) helps you save money while improving your health. Take advantage of it today!

**Free yoga classes** by Sugi Yoga training graduates pg. 2 and at Yoga Day USA pg.6, **free Feldenkrais lessons** pg. 3, **a fundraiser** pg. 6 for children's wellness and our ribbon-cutting pg. 2 are all events of the new year. Join us and make a difference!

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**For changes at Health Etc. , please see Tools for Healthy Living on pg. 3.**

### Sugi Yoga® Training

March 2006

One weekend intensive a month for 12 months

- **Advanced Studies, Deeper Knowledge**
- **A Transformative Experience**
- **Learn the Sugi Way™**
- **Change the Course of Your Life**

Learn a new approach to yoga, melding traditional hatha yoga with Feldenkrais®. Expand your understanding of how the body moves and apply the Sugi attitude in your life. Sugi Yoga offers a life of health and well being.

Early Bird Specials and Extended Payment Plans available.

For details contact Ofer at 925.588.2727 or ofer@sugistudios.com., See our website: www.sugistudios.com

Students may be certified as teachers upon training completion.

Registered with the Yoga Alliance.

### Sugi Studios Offerings

- Trainings for Transformation™
- Wellness Wisdom™
- More Brain, Less Strain™
- Improved Mobility
- Peace of Mind
- Alleviation of Symptoms
- Personal Growth
- Classes, Workshops, Presentations

1

### Sugi Studios Directors

Amy Erez, amy@sugistudios.com  
Ofer Erez, ofer@sugistudios.com

### NEW! Sugi Healing Arts™

**Begins September 2006**

Weekend intensives

*Announcing a new holistic training program being offered by Sugi Studios' Amy and Ofer Erez.*

A practical course, Sugi Healing Arts training program provides the skills and knowledge necessary for deep healing. This transformational training gives you the tools you need to redefine yourself, the way you live in the world and a myriad of ways to support others in their own healing journey.

For more information, contact Amy - 925.934.3120

Application for CA State Certification (Certified Massage Therapist) in process.

**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.**

## 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!

**Fridays, 7:00pm – 10:00pm  
Jan. 20, Feb. 17, Mar. 17**

**Suggested donation: \$10**

On the third Friday 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!

## 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.

## Ribbon-cutting Event at Sugi Studios

Join us on Monday, January 23 from 11:30am – 1:00pm for an Open House and ribbon-cutting for Sugi Studios as new members of the Pleasant Hill Chamber of Commerce.

Meet our teachers and Pleasant Hill ambassadors. Enjoy some refreshments in our peaceful atmosphere.

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## Deluxe Sugi Yoga

**Treat yourself to two and a half hours of pure bliss! No experience necessary.**

Sun., Jan. 29 Kat  
Sun., Feb. 26 Kat  
Sat., Mar. 25 Jan

2:00 pm to 4:30 pm

**Only \$20** per class.

## 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, January 12 –15 and  
March 30 – April 2**

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 - *Please 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 January 10, 2006 for the January class and March 20, 2006 for the March class.



## 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.

**March 2, 4, 5:** Th. 7:00 – 9:00pm, Sat. 11:00am – 4:00pm, Sun. 11:00am – 3:00pm

**Fee:** \$500, make checks to Health Etc.

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

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

## Free Yoga Classes!

Please join us for the practicum of our graduating Sugi Yoga Teachers.

**Saturday, February 18:** 11:00am – 12noon  
1:00pm – 2:00pm  
3:00pm – 4:00pm

**Sunday, February 19:** 11:00am – 12noon  
1:00pm – 2:00pm

## Feldenkrais® ATM – New Time

With Cinzia Gloekler

Here's a great way to try some Feldenkrais and experience the wonderful benefits this modern movement method offers. *This class can be paid for with a class card.*

**Thursdays, Feb. 23 – March 30**  
**6 classes • 5:45pm – 6:45pm**

Cinzia is a certified ATM teacher and is completing her Feldenkrais training in April 2006. She is currently taking the Sugi Yoga Training at Sugi Studios.

**Free!**

### Feldenkrais Practicum

*Private lessons by aspiring practitioners*

Sugi Studios is offering an opportunity for people who would like to experience the benefits of the Feldenkrais method as provided in Functional Integration (FI) lessons. Students from a local Feldenkrais training are offering free lessons as a part of their required practicum. The lessons will be held at Sugi Studios on the following days –

Mondays, Jan. 9, 16, 23, 30      12:00 – 3:00pm  
Saturdays, Feb. 4, 25            10:30am – 1:30pm  
Thursdays, Mar. 2, 9, 16, 23, 30    12:00 – 3:00pm

To make an appointment, call Cinzia at 415.215.0471

### Larry's Nature Tidbits

There were many amazing Science news stories this year, here is one excerpt:

"A swath of space beyond Neptune is getting stranger all the time as astronomers find an ever-more diverse array of objects in various orbits and groupings....The outer solar system contains a dizzying array of round worlds on countless odd trajectories around the sun, often with multiple satellite systems. The problem is, current theories of the solar system's formation and evolution can't account for it all."

Any active inquiry is faced with the problem of reconciling your understanding, with observed reality, and the interesting and very human problem is that this is personally difficult for many. This is difficult because we would like to arrive at a result, a conclusion that frees us to settle a matter or, advance somewhere else. Seeking understanding, one hopes to reach a conclusion. Seeking is about finding, and finding is really about seeking.

## Tools for Healthy Living®

Amy Erez

Health Etc. is seeing some changes due to the flurry of activity at Sugi Studios. Ofer and Amy are streamlining client appointments in order to have better clarity and fewer mistakes in scheduling.

Beginning in January, Amy will be available on Tuesdays and Thursday. This will provide time in her schedule to focus on planning the new Sugi Healing Arts program and other office management work that she needs to do to keep things running smoothly.

Ofer will be available to see clients a variety of days and times, call him to inquire about specific times.

Also, we are going to be putting an addition on the house so we have more room for our business office and to see clients when we need to double-schedule. So, thank you for being patient with the building process – we believe the disturbance will be minimal. Please contact us with any concerns you may have about these changes. 925.934.3120

### Ofer's Insights

"Do not rush. There is a big distinction between moving fast and rushing. Rushing leads to mistakes and diminished ability."

"The body changes while you rest. It knows what you're asking it to do, and it says, 'Sure, you are asking me nicely, and I'm happy to oblige. Give me a moment to figure it out.' And it does."

"As you repeat a movement it becomes easier because it becomes more familiar. It is useful to take breaks when you are practicing a movement. When you stop, your brain has a chance to build new synaptic connections. When you start again, it seems like you have done it before, because you have!"

### Healing Workshop with Ofer Erez

Come and explore what healing means. Ofer will discuss healthy ways and techniques to cope with Fear, Anger, Resentments and Stress that may block us from leading a full and balanced life.

**Sun., Jan. 22**

**12:00 – 4:00pm**

**\$35 (\$30 if paid by January 15)**

Class limited to 25. Minimum students: 15 - fee will be refunded if not enough people register.

Make checks to Ofer Erez.

Mail to: Judy Bastin

P.O. Box 6506, Concord, CA 94524

For more info, call Judy at 925.682.3831



# 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
<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 – 11:00am Ofer	<b>Tai Chi Gong</b> 9:30am -10:45am Amy	<b>Feldenkrais – ATM</b> 9:00am – 10:00am Ofer
<b>Tai Chi Gong</b> 6:00pm – 7:15pm Amy	<b>New!</b> <b>Beginners Sugi Yoga</b> 5:30pm – 6:30pm Jackie Begins Jan. 10	<b>Feldenkrais – ATM</b> 6:00pm – 7:00pm Ofer	<b>New!</b> <b>Feldenkrais – ATM</b> 5:45pm – 6:45pm Cinzia  Feb. 23 – Mar. 30		
<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		

## 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
<b>Feldenkrais Practicum –</b> private lessons by aspiring practitioners  Mon., Jan. 9, 16, 23, 30 12 – 3pm <b>Free</b>		<b>Reiki I Amy Erez</b>  Th – Sun. Jan. 12 – 15 \$150  Held at Health Etc.	<b>Yoga Day USA</b>  Sat., Jan. 28 11:00am – 4:00pm  <b>Free</b>	<b>Healing Workshop Ofer Erez</b>  Sunday, Jan. 22 12:00 – 4:00pm \$35
		<b>Feldenkrais Practicum –</b> private lessons by aspiring practitioners  Every Th. in March 12 – 3pm <b>Free</b>	<b>Feldenkrais Practicum –</b> private lessons by aspiring practitioners Sat., Feb. 4 and 25 10:30am – 1:30pm <b>Free</b>	
		<b>Reiki II Amy Erez</b>  Th, Sat, Sun Mar 2, 4, 5 \$500  Held at Health Etc.	<b>St. Jude’s Children’s Research Hospital Fundraiser</b>  Sat. Mar. 11 1pm – 5pm Suggested donation: \$15 per class	<b>Deluxe Sugi Yoga</b>  Sun., Jan. 29 Kat Sun., Feb. 26 Kat Sat., Mar. 25 Jan  2:00pm – 4:30pm \$20 each class
		<b>Reiki I Amy Erez</b>  Th – Sun. Mar. 30 – Apr. 2 \$150  Held at Health Etc.	<b>Zen Meditation and Talk</b> An evening of inspiration Every Sat., 7:00 – 8:00pm Begins January 14  Donation – no minimum	



## 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 \_\_\_\_\_ Fee \_\_\_\_\_

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

## St. Jude's Children's Research Hospital Fundraiser

Saturday, March 11

"Helping children live throughout the world."

Support this wonderful organization in assisting children in their quest for health. This fundraising effort focuses especially on children with cancer.

Sugi Yoga classes:

1:00pm – 2:00pm, 2:30pm – 3:30pm, 4:00pm -5:00pm

Minimum Donation - \$10 per class

*All donations go directly to St. Jude's.*

**Free!**

### Yoga Day USA

Saturday, January 28, 2006

11:00 am – 4:00pm

Join Sugi Studios and other yoga studios around the nation for the Yoga Alliance's *Yoga Day USA*. This is a great opportunity to try a Sugi Yoga class – no experience necessary. Sugi Studios provides a safe environment for people of all abilities.

Classes will be held throughout the day – contact us for a specific schedule. Or look at [www.sugistudios.com](http://www.sugistudios.com).

**New!**

### Zen Meditation and Talk

With Charles Swank

Saturdays, 7:00 – 8:00pm

Begins January 14, 2006

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 Roshe in 1968 at the Zen Center in L.A. One of the last American successors to Korean Zen Master, Myo Bong, Charles has taught periodically around the Bay Area for many years.



Sugi Studios  
1924 B Oak Park Blvd.  
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A Health Etc.® company



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