



# Discover the missing piece of your wellness program

Making Improvement Easier For You!™

July – August 2006

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## Sugi Studios

1924 B Oak Park Blvd.  
Pleasant Hill, CA 94523

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Welcome to glorious summer! As you may have noticed, a lot of activity is happening at Sugi Studios! You will see over the next few months a continuing transformation. We are gaining clarity in the best way to present all of the various offerings we have for your continued pursuit of wellness. All of our programs fall under the title of **Sugi Health and Fitness**.

**Sugi Studios** is the physical location you go to for your chosen activity. Payment for weekly classes will continue to be made to Sugi Studios. Ofer will be offering a new class in **Sugi Fitness** on Thursdays – so if you want a taste of the Sugi Fitness Training Program join him in July!

*Continued on page 4.*



## Open House

**Thursday, July 20**  
**6:00pm – 8:00pm**

Announcing the grand opening of the new Sugi School of Health and Fitness! We are thrilled to invite you to join us at this exciting event. Many of you know we have been working long hours to create a new school to satisfy the interest of our clientele.

Amy Erez and Ofer Erez will be available to answer questions about the Sugi school and to give demonstrations of the various subjects offered in the programs.

Join us for a delightful evening of refreshments and information about the programs offered by the Sugi School of Health and Fitness. Bring your questions for Amy and Ofer to answer.

These programs are for everyone! All that's needed is the desire to improve with ease. Come check it out!

(The yoga and fitness classes normally at this time will not be held. Please join us at the Open House instead!)



September 2006

**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

Look for Amy and Ofer in **Body Sense**, a magazine published by Massage and Bodywork. Ask your massage therapist for a copy of the August issue!

## 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, July 13 - 16**

Thursday & Friday, 6:30 pm – 9:30 pm

Saturday & Sunday, 1:00 pm – 4:00 pm

*Attendance at all 4 days is required.*

**Fees:** \$200 per person - Make checks to Sugi Health. Mail to 1924 B Oak Park Blvd., Pleasant Hill, CA 94523. Please include a paper with your name, address, phone and the class you are registering for.

**Location:** The home office in Pleasant Hill. You will be contacted with the address following registration.

**Registration:** Deadline is July 8, 2006.



## Reiki Workshop – Level Two

With Amy Erez

Reiki II 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, 23, 25:** Th. 6:30 – 9:30pm, Fri. 7:30pm – 9:30pm, Sun. 10:00am – 4:00pm

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

**To register:** contact Amy – 925.934.3120. Mail to 1924 B Oak Park Blvd., Pleasant Hill, CA 94523. Please include a paper with your name, address, phone and the class you are registering for.

**Location:** The home office in Pleasant Hill.

“Rushing reduces results.”

Ofer Erez

## Yoga Hikes with Jan

**No hikes for July and August – join us in September!**

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.



Shell Ridge, Walnut Creek  
Black Diamond Mines, Antioch

Morning Side of Mt. Diablo and more!

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.

Join Jan Enderle local naturalist, hiker and Sugi Yoga teacher.

## 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.

## Low Cost Feldenkrais Clinic

**July and August, 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!)



## 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 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>Beginners Sugi Yoga</b> 9:00am – 10:00am Judy
		<b>New!</b> <b>Feldenkrais – ATM</b> 12noon – 1:00pm Camille Begins July 5				
<b>Tai Chi Gong</b> 6:00pm – 7:15pm Amy	<b>Beginners Sugi Yoga</b> 5:30pm – 6:30pm Jackie	<b>Feldenkrais – ATM</b> 6:00pm – 7:00pm Ofer	<b>New!</b> <b>Sugi Fitness</b> 5:45pm – 6:45pm Ofer  Begins July 6			
<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.

We are also adding a **Feldenkrais ATM** class at Noon on Wednesdays with Camille Clark. You may have met Camille at the Low Cost Feldenkrais Clinic. Welcome Camille!

We are preparing to open the new **Sugi School of Health and Fitness** this fall. This program is designed for those who want to be trained as a **professional and for people who want to improve their own health dramatically.** We provide a very supportive environment – ask us how a Sugi program can benefit you!

Registration packets will be available in the next few weeks when we get our temporary approval from the state of California. Registration checks will be made out to Sugi School of Health and Fitness (Sugi School for short).

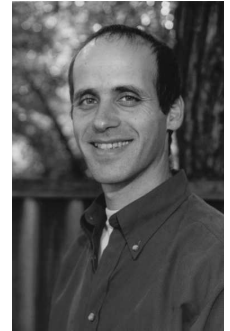
Ofer and Amy will continue to see **private clients** at the home office and payment for private sessions and **Reiki classes** will be made to Sugi Health instead of Health Etc.

“Relaxing reduces risk.”  
Amy Erez

Our newsletter and website are being improved to serve you better. A cleaner look will be easier to read and find the activities you want to participate in. The new website will be up in a few weeks and the newsletter will be having it’s debut in mid-August. We are committed to serving you in your quest for wellness – please let us know how we can assist you! Thank you for being part of Sugi Studios! Amy and Ofer

Ofer’s Insights

“Stretching is not in the language of muscles. Muscles know two things: tighten up and relax. Stretching too much elicits a “stretch response” where muscles tighten more. Talk to your muscles. The first thing to remember is not to threaten your muscles with injury. Move in a safe range and speed. And then you will find out how fast things can change.”



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Join us in celebration of the  
California State Approved  
Sugi School of Health and  
Fitness!  
See details inside.