

Classes

Monday	9:30am – 11:00am	Sugi Yoga
Monday	6:00pm – 7:15pm	Tai Chi Gong
Monday	7:30pm – 8:45pm	Sugi Yoga
Tuesday	9:30am – 10:45am	Tai Chi Gong
Tuesday	5:30pm – 6:30pm	Beginner Sugi Yoga
Tuesday	7:00pm – 8:15pm	Sugi Yoga
Wednesday	6:00pm – 7:00pm	Feldenkrais ATM
Wednesday	7:30pm – 8:45pm	Sugi Yoga
Thursday	9:30am – 11:00am	Sugi Yoga
Thursday	5:45pm – 6:45pm	Sugi Fitness
Thursday	7:00pm – 8:15pm	Sugi Yoga
Friday	9:30am – 10:45am	Tai Chi Gong
Friday	5:30pm – 6:30pm	Beginner Sugi Yoga
Saturday	7:30am – 8:45am	Sugi Yoga
Saturday	9:00am – 10:00am	Feldenkrais ATM
Sunday	9:00am – 10:00am	Beginner Sugi Yoga

Fees

Introductory Rate: 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)

Cash or Check only.



1924 B Oak Park Blvd.
Pleasant Hill, CA 94523

Impossible is a temporary situation.

- Ofer Erez

Low Cost Feldenkrais Clinic

\$30

Every Thursday

12:00pm and 1:30pm

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, call Cynthia 925.283.4005.

To save trees, please join our email list.
Visit our website to add your name to
the email list – www.SugiHealth.com.

Sugi Health and Fitness

(Located at Sugi Studios)

1924 B Oak Park Blvd.

Pleasant Hill, CA 94523

Studio: 925.588.2727

Office: 925.934.3120

Directors:

Amy Erez

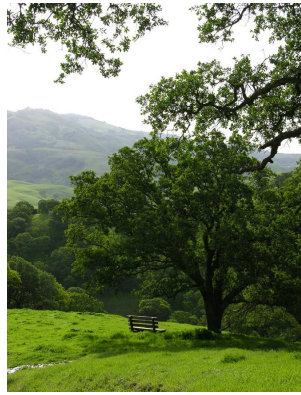
Amy@SugiHealth.com

Ofer Erez

Ofer@SugiHealth.com



Discover the missing piece of your wellness program



Reiki Workshops – with Amy 925.934.3120
Reiki II, Nov. 16, 18, 19, \$500
Reiki I, December 7 - 10, \$200

Jan's Yoga Hikes – donation, no minimum
Sun., Oct. 15, 8 – 11am, Black Diamond Mines

SoulTime - with Tambra Harck 707.746.8553
Sun. Dec. 3, 2 – 5pm

www.SugiHealth.com • 925.588.2727

Fall 2006

Sugi Yoga Featured in Body Sense Magazine

We are very excited to tell you about this fantastic article! *Body Sense* is a national magazine published by ABMP to educate the public about healthy living. Associated Bodywork and Massage Professionals is a well-known organization that supports the professional needs of all types of massage and bodywork therapists.

The article featuring Sugi Yoga is in the October issue. *Sugi Yoga - Being Comfortable Through Movement* is an informative look into the world of Sugi Yoga, founded by Ofer Erez of Sugi Health and Fitness. If you have been curious about what makes Sugi Yoga different or are practicing Sugi Yoga and want to share its uniqueness with friends, this article will assist you in gaining the answers you need!

You can find a copy of the article by going to www.SugiHealth.com or come by the studio (1924 B Oak Park Blvd.) and pick up your free copy. Tell your massage therapist that copies are available through ABMP!

Sugi School Offers Workshops for the General Public

Have you been looking for a deeper understanding of the Sugi approach? A place to explore your spirituality in a supportive community? Well, you're not alone. Many of our students are looking for an opportunity for deeper healing in their lives. These new workshops are designed for you! Gain the benefits of peacefulness, purpose and meaning.

Look for these topics in 2007!

- **SugiTouch™** - benefit from this simple method of hands-on healing
- **Sugi Fitness™** - gain skills of fitness training the Sugi way
- **A Sugi Foundation** – philosophical and practical applications of the Sugi way of living

Get Rid of Back Pain - The Sugi Way

Spend a day gaining a variety of skills for relieving your back pain – learn about the structure of the back and its weak points, practical exercises to relieve pain, increase strength and flexibility and take it all back to your daily life!

Saturday, November 18
10:30am – 4:30pm
\$75

Class is limited to 16 students



Gifts Galore at Sugi Store

Give a gift of peace and health.

The holidays are approaching quickly! The Sugi store has the best gifts for your co-workers, friends and family.

- **For meditation & yoga** – blankets, incense with holders, pillows, cotton mats and more
- **For contemplation and personal growth** – books, journals for inspiration or just doodling, music
- **For your altar** - handmade hangings with inspirational sayings, handmade yoga and tai chi sculptures, incense with holders
- **Gift certificates** for classes or store items