

Summer 2008 Sub List

(Bio's at the bottom)

Thank you for being open to having new teachers come into your practice. There is always something you can learn from a new teacher. Many times they can give you a different way of practicing yoga that will open up doors to many stuck places.

Thanks you for giving them a try with an open mind and heart.

June

Tuesdays	Dates: 3,10,17,24	Time: 5:30-6:45pm	Level 1-2
	Deb Stone		
Wednesdays	Dates: 4,11,18,25	Time: 9:30-11am	Level 2-3
	Deb Stone		
Wednesday	Dates: 11,25	Time: 7-8:30pm	Yin & Med
	Laurie Krause		
	Date: 18 th		
	Kathleen Genereux		
Thursdays	Dates: 5,12,19,26	Time: 7:15-8:30pm	Level 1
	Deb Stone		
Saturday	Dates: 7,14,21,28	Time 9-10:45	Level 2-4
	Dannielle Smith	Time 11-12:30	Level 1-2

July

Tuesdays	Dates: 1,8,15,22,29	Time: 5:30-6:45pm	Level 1-2
	Deb Stone		
Wednesday	Dates: 2,9,16,23,30	Time: 9:30-11am	Level 2-3
	Deb Stone		
Wednesday	Dates: 9,16 30	Time: 7-8:30pm	Yin
	Laurie Krause		
	Kathleen Genereux	Date 23	
Thursday	Dates: 3,10,24,31	Time: 7:15-8:30pm	Level 1
	Deb Stone		
	Andrea	Date 17	
Saturday		Time: 9-10:45am	Level 2-4
	Deb Stone	Time: 11-12:30	Level 1-2
	Andrea Fournet	Date: 19	
	Dannielle Smith	Date:4	

August

Tuesdays	Dates: 5,12,19,26	Time: 5:30-6:45	Level 1-2
	Deb Stone		
Wednesday	Dates: 6,13,20,27	Time: 9:30-11am	Level 2-3
	Deb Stone		
Wednesday	Dates: 20,27	Time: 7-8:30pm	Yin
	Laurie Krause		
	Kathleen Genereux	Date: 13	
Thursday	Dates: 7,14,21,28	Time: 7:15-8:30pm	Level 1
	Deb Stone		
Saturday	Dates: 2	Time: 9-10:45am	Level 2-4
	Deb Stone	Time: 11-12:30	Level 1-2
	Dannielle Smith	Dates: 9,16,23,30	

September

Tuesdays Deb Stone	Dates: 3	Time: 5:30-6:45pm	Level 1-2
Wednesday Deb Stone	Date: 4	Time: 9:30-11am	Level 2-3
Thursday Deb Stone	Date: 5	Time: 7:15-8:30pm	Level 1
Saturday Dannielle	Dates: 6	Time: 9-10:45am Time: 11-12:30	Level 2-4 Level 1-2

The Yoga Movement Center
 Tuesdays June, July and August
[Beth Allen](#)
 The Yoga Company

Time: 7:15-8:30 Level 1-3

Friday mornings will be different class, check web site for information.

Bios for Teachers

Deb Stone

Deb brings a lot to the plate here, she assists with Aadvil Palkhivala which gives her an up close in depth, hands on with a master teacher, so she is also a master teacher herself!

Deb Stone -My inspiration as a teacher is to empower the student in their personal journey to self-discovery and healing. Classes focus on a physical foundation based in alignment and meditation with the intention of connecting oneself to the intuitive nature of the heart center. Classes are multi-leveled, suitable for beginners but layered with opportunity for challenge and growth for the intermediate student. A student and teacher of Yoga for 10 years, I feel honored to have received my education and in depth apprenticeship with world-renowned teacher Aadil Palkhivala. I teach publicly and privately throughout the Bay area as well as retreats internationally.

Contact Deb @ myfavoritethingz@comcast.net

Laurie Krause

I'm so glad that Laurie decided to take over this class. She is a wonderful teacher and will get you through these Yin classes with patience and a quick timer.

Laurie Krause is a certified yoga teacher that has been teaching in the Tri Valley area since 2001. She is a graduate of the Advanced Studies Program from our own Diablo Yoga Center and is currently studying at the Yoga Room in Berkeley.

Laurie's style has been influenced by the teachings of Mary Lou Weprin (of the Yoga Room) Lauren Davis of NYC and Debbie Gilman of NYC. Her exposure in the Yin Yoga tradition comes from recent workshops attended with Paul Grilley as well as being influenced by the writings of Bernie Clark and Biff Mithoefer.

Dannielle Smith

I met Dannielle many years ago in Tony Briggs class; we were the ones causing trouble. Her classes are challenging, informative and real fun.

Dannielle Smith has been practicing Iyengar yoga for over 16 years. She studied with Pam Field in Santa Rosa as a beginner and currently studies with Tony Briggs at Turtle Island Yoga in San Anselmo and at The Yoga Loft in San Francisco. She completed Tony's teaching apprenticeship in 2002 and has been

teaching since. She has been a high school teacher in public and private schools working with "at risk" teens for the past 15 years and has several years experience teaching yoga to adolescents of all backgrounds. She also teaches to recovering addicts in Marin County and San Francisco. Dannielle offers a serious commitment to the practice and teaching of yoga, yet maintains a light heart and sense of humor.

Andrea Fourent

Andrea is the sister of one of my students. As I checked out her web site and read about her, I thought how fun for you guys to have someone who had developed her own yoga community, and is doing really well. So welcome this great visiting teacher, and who knows she might just return.

Andrea Fournet E-RYT500, is the owner and director of the Arkansas Yoga Center, and head of the teacher training program. The Arkansas Yoga Center is a registered school with the Yoga Alliance.

Andrea has been practicing Hatha Yoga since 1983, and teaching since 1992. She has been teaching yoga in Northwest Arkansas since **moving from Hawaii in 1993**. Andrea is well known throughout Arkansas as the "Yoga Lady" through her TV series "Yoga with Andrea", seen on **PBS/AETN** and Jones Television. Andrea was the yoga coach for the University of Arkansas men's basketball team when they won the NCAA (national) championship.

Andrea Fournet is the co-creator of VariYoga™, which is the style taught in classes and teacher training sessions at AYC, and in workshops. VariYoga™ is a dynamic practice that is modified to meet the needs of the individual. The breath is used to link poses and sequences which range from gentle to vigorous, depending on individual's ability. In addition, VariYoga™ classes incorporate alignment, breathing techniques, and a philosophical understanding of Hatha Yoga.

Kathleen Genereux

Kathleen is was I calling the gentle side of yoga. She oozes grace and goodness, you will be well cared for with her has your instructor.

Kathleen teaches holistic, Iyengar influenced yoga with a strong emphasis in ahimsa or non-violence .Her instructions are safe, blissful, and personal for each student. A student of yoga for over 30 years, Kathleen has enjoyed teaching yoga for over 14 years. She studied at the Iyengar Institute of San Francisco and the Yoga Room in Berkeley, where she received her teaching certification to teach asana and pranayama. For the past 5 years, Kathleen has lived in Mendocino where she opened the first studio in Fort Bragg, Ca. Kathleen is now back at the Diablo Yoga Center. kathlyog@mcn.org

Beth Allen

Beth has graciously offered to teach the Tuesday evening classes at the Yoga Movement Center for me the whole summer. So please show up and keep this class alive. She is an excellent teacher; I leave you in good hands.

A move to California three years ago brought Beth into contact with the Iyengar method, which is popular in the Bay Area. The focus on alignment and precision

traditional to this method reduced the instances of minor injuries Beth had experienced in yoga, as well as other forms of exercise. Besides teaching her own class at The Yoga & Movement Center, and teaching elsewhere, Beth regularly assists classes at the studio and is the administrator of the studio's Advanced Studies/Teacher Training Program under the direction of Diane Valentine.