



ANTIOCH DHYANYOGA CENTER

a non-profit organization dedicated to yoga & meditation for inner peace & world peace

3306 Contra Loma Blvd. Antioch, CA 94509 925-779-9660 www.antioch.dyc.org

JAN 3— MAR 31, 2010



SPECIAL OFFER!

NEW YEAR'S WELLNESS CHALLENGE!

Purchase this very special unlimited pass for only \$160!

The Pass Includes:

- One month unlimited class pass (30 days)
- One 60-minute massage with participating therapist*
- One workshop (Wellness 101 or Yoga & Weight Loss)

The Challenge:

Attend 15 or more classes during the 30 days of your pass and earn a discounted rate of \$65 for an unlimited monthly passes for the rest of 2010!

Pass & Challenge Details:

Passes will be activated on first visit date.

First visit must occur between Jan 1 and Jan 31, 2010.

Massage must be booked within 60 days of activation.

No holds and no extensions permitted.

Massage, classes and workshop are not transferable.

No substitutions.

Discount cannot be used for any special programs, workshops, massages, retail or other services.

Discount cannot be combined with any other discount offers.

PRICES

Single Class

Drop In—\$9

Students/Teachers (K-12)/Seniors (60+)—\$5

NEW Student Introductory Special!

30 days for \$29.99 (offer valid to new students only)

Class Passes

Buddy Pass (2 unlimited monthly passes)—\$151

1-month unlimited (31 days)—\$99

10-class pass (valid 90 days)—\$90

SENIOR 10-class pass (valid 90 days)—\$50

YOGA SCHEDULE

SUNDAY

5–6:30 pm Restorative Yoga Janani

MONDAY

10–11:30 am Movement & Awareness Linda

5:30–7 pm Therapeutic Yoga Janani

TUESDAY

6:30–7:30 am Meditation—*Community Class* Kajal

5:30–7 pm Hatha Yoga—*Intermediate* Janani

WEDNESDAY

10–11:30 am Therapeutic Yoga Janani

6–7:30 pm Hatha Yoga Radhika

THURSDAY

6:30–7:45 am Hatha Yoga—*Community Class* Gopal

7–8:30 pm Restorative Yoga Janani

FRIDAY

10–11:30 am Hatha Yoga Maheshwari

Schedule is subject to change. Check www.antioch.dyc.org or call us.

Please Note: There will be no classes scheduled for March 28.

CLASS DESCRIPTIONS

Hatha Yoga—all levels

A traditional class that will focus on authentic postures, breathing and meditation. Hatha Yoga builds strength and flexibility and deepens concentration.

Restorative Yoga—all levels

Supported postures practiced with various deep breathing patterns that calm and cool the mind. A great way to decompress and loosen up your body!

Movement & Awareness—all levels

A class designed to help release chronic tightness from daily stress and gain greater freedom of movement through gentle floor and standing exercises.

Therapeutic Yoga—all levels

A class focused on creating a series of postures to reduce the symptoms of chronic pain, traumatic injury, migraines and spinal imbalances.

Meditation—Kundalini Maha Yoga—all levels

An opportunity for practitioners to experience the full spiritual path of yoga. Classes will be a combination of deep breathing & meditation.

FREE COMMUNITY CLASS!

We are offering our Tuesday & Thursday 6:30 am class as a FREE/by donation class as our way to support the community through their yoga practices in this tough economy! Beginners and experienced students welcome!

UPCOMING EVENTS

MARK YOUR CALENDARS!

Please note: The following groups meet weekly.

Meditation Group meets every Sunday 10:30 am– 12:30 pm

Book Club meets every Thursday 5– 6:30 pm

JANUARY

Jan 3	Yoga Classes Begin New Year's Challenge Begins	
Jan 8	Kirtan Night	7–9 pm
Jan 9	Creative Visioning <i>presented by Cynthia Hubbard</i>	9 am–1 pm
Jan 10	Talk & Meditation <i>The Effects of Meditation— presented by Ellen Balis</i>	7–9 pm
Jan 30	Tips on Meditating Series <i>Pranayama—presented by Anandi Ma & Dileepji</i>	9–11 am

FEBRUARY

Feb 5	Kirtan Night	7–9 pm
Feb 6	Yoga for Weight Loss <i>presented by Janani English</i>	10 am–Noon
Feb 7	Talk & Meditation <i>Creating Wellness—presented by Jen Jensen</i>	7–9 pm
Feb 12	Valentine's Day—Yoga & Chocolate <i>Partner Yoga—presented by Andreea Ichim</i>	6:45–9 pm
Feb 13	Spirituality & Psychology <i>Presented by Anandi Ma, Dileepji & Ellen Balis</i>	9 am–1 pm
Feb 20	Tips on Meditating Series <i>Mudras—presented by Anandi Ma & Dileepji</i>	9–11 am
Feb 28	No Group Meditation	

MARCH

Mar 5	Kirtan Night	7–9 pm
Mar 6	Wellness 101: Spring Cleaning <i>Presented by Jen Jensen & Phil Madden</i>	10 am–Noon
Mar 14	Talk & Meditation <i>Vision Quest: tools for focused intention— by Cynthia Hubbard</i>	7–9 pm
Mar 26	Student Appreciation Night <i>Free team-taught yoga class, followed by tea & treats</i>	7–9 pm
Mar 28	No Group Meditation or Yoga Classes	

STUDENT APPRECIATION NIGHT

MARCH 26 7–9 pm

In appreciation of your continued support and commitment to our center and your yoga practices, we would like to invite you to this special complimentary class that will be team- taught by all our teachers. Class will be followed by tea & treats.

GET INVOLVED! Here at Dhyanyoga Centers, our mission is to bring you the purest form of yoga to help you go within to know yourself, reach your own source, and ultimately find your internal truth.

We offer a rich selection of classes, workshops and special events for every mind, body & soul!

WORKSHOPS WITH ANANDI MA

TIPS ON MEDITATING SERIES

presented by Anandi Ma & Dileepji

Jan 30	Pranayama	9–11 am	\$40
Feb 20	Mudras	9–11 am	\$40
Apr 10	Tratak	9–11 am	\$40

Don't miss this opportunity to learn from a master. Join us for this new series of workshops designed to enhance and enable better meditations as we all get older.

SPIRITUALITY & PSYCHOLOGY

presented by Anandi Ma, Dileepji and Dr. Ellen Balis

Feb 13	9 am–1 pm	\$81
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Where does psychology end and spirituality begin? When do these two paths for understanding and transforming ourselves intertwine and when do they go their separate ways? Bringing together new discoveries about the brain and psychology with ancient wisdom about meditation and yoga, this workshop will help us to explore and differentiate between the spiritual and psychological journeys and how they can enhance each other. There will be meditation with Anandi Ma.

UPCOMING WORKSHOPS Each workshop requires a minimum of 3 registered students or it will be subject to cancellation.

CREATIVE VISIONING —Cynthia Hubbard

Jan 9 9 am–1 pm \$45/\$35 if you register by 1/5

Creative Visioning is a fun and interactive workshop that will explore the creative process, its challenges and solutions and give participants an opportunity to create a vision board to blueprint desired intentions and goals they would like to bring into reality in their lives.

YOGA FOR WEIGHT LOSS—Janani English

Flowers in the Kitchen

Feb 6 10 am–Noon \$35/\$25 if you register by 2/2

For long-term weight loss you need to go to the root of the problem and make changes in your life and lifestyle. In this workshop, you will learn tools to incorporate into your daily practice including asanas, pranayama, meditation, diet and much, much more.

YOGA & CHOCOLATE: Partner Yoga—Andreea Ichim

Feb 12 6:45–9 pm \$35/\$25 per couple if you register by 2/8

Bond and indulge with your other half by deepening your yoga practice and enjoying our sweet delights. You will explore the art of partner-style yoga that will help strengthen and support your relationship both on and off the mat, followed by sampling delicious artisanal chocolates. All levels welcome!

WELLNESS 101: Spring Cleaning—Jen Jensen & Phil Madden

Mar 6 10 am–Noon \$35/\$25 if you register by 3/2

Spring is the perfect time for healing and new growth; spiritually, emotionally, and physically. The phrase from Chinese Medicine that captures the energy of spring is: 'Come forth into display.' Join Jen & Phil as they teach us the best ways to spring clean our bodies. The focus will be on cleansing the liver and the blood, which express the movement of the chi in nature and in our physical bodies.