

## WORKSHOPS & SPECIAL CLASSES

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### THE FOUR FOUNDATIONS OF MINDFULNESS

with Baruch Golden & Pauletta Chanco

**Saturdays: January 28, February 4, 11, 18, 12:30 to 2:30 pm**

**Offered on a Dana (donation) basis. Series only, no drop-ins.**

Join us to study a form of meditation practice which Buddha said was the direct path for the disappearance of pain and grief. We'll study the text that explains this path to gain a better understanding of the heart of Buddha's teachings, a working method for making life better. A four-session course with each week building on previous weeks. Participants are asked to commit to all four sessions. Enrollment is limited so please pre-register. To register email Pauletta at [alamedasangha@gmail.com](mailto:alamedasangha@gmail.com).

### HATHA YOGA IMMERSIONS

with Nancy Clarke

**President's Day Weekend**

**February 18, 19, 20, 9:00 to 11:00 am**

**Memorial Day Weekend**

**May 26, 27, 28, 9:00 to 11:00 am**

**\$100 pre-register/\$125 at the door**

A great opportunity to go deeper over the long holiday weekend: practice builds upon itself over the three consecutive mornings with postures, movement, breath, focus, exploration, and fun. All levels welcome. To register email Nancy at [nancy@nancyyoga.com](mailto:nancy@nancyyoga.com).

### FOAM ROLLING FOR MYOFASCIAL RELEASE

with Marcia Newlin

**Saturday, March 24, 3:00 to 5:00 pm**

**\$30 pre-register/\$35 at the door**

Learn and practice foam roller techniques to reduce muscle tension, increase flexibility and range of motion, and improve performance and body awareness. No yoga experience required. Wear comfortable clothing and bring your own foam roller (preferably the 36" long by 4" diameter cylinder), or contact Marcia to purchase one. To register or for more information email Marcia at [info@yogawithmarcia.com](mailto:info@yogawithmarcia.com), or call 510-864-9868.

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### SPRING LONG PRACTICE

with Ada Lusardi

**Saturday, April 14, 1:00 to 4:00pm**

**\$45 no drop-ins. Space limited to 12 students**

Let your body and spirit unfold and rejuvenate with a focused and gently energetic practice inviting ease, suppleness and freedom of movement. Our practice will include opening, standing, seated and inverted postures (modifications offered) as well as relaxation. Open to students with one year of practice. To register or for more information email Ada at [ada@adayoga.com](mailto:ada@adayoga.com), or call 501-552-0155.

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## MONTHLY CLASSES

**SUNDAYS, 4:00 TO 6:00 PM**

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### RESTORATIVE YOGA

with Marcia Newlin

**January 8, February 5, March 4, April 1**

**\$25 pre-register per class/\$30 at the door**

Take a break from your busy life to slow down and breathe, stretch, and tune in. Gentle openers combined with longer-held supported postures allow the body and mind to release and rest fully for deep relaxation and rejuvenation. Class size is limited: pre-registration recommended. Email Marcia at [info@yogawithmarcia.com](mailto:info@yogawithmarcia.com) to register.

### HATHA YOGA LONG PRACTICE

with Nancy Clarke

**January 22, February 26, March 18, April 15**

**\$25 pre-register per class/\$30 at the door**

Learn and practice an elegant movement sequence to regain freedom, fluidity, and strength. Stance work, leg pumping and folding, spiraling, coiling, gliding; asana/Vinyasa; breath work, meditation, relaxation. Not for beginners, but for those investigating the deeper practices in Yoga. Email Nancy at [nancy@nancyyoga.com](mailto:nancy@nancyyoga.com) to register.

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For more information please visit our website

[www.alamedaislandyoga.com](http://www.alamedaislandyoga.com)