

Yoga and Movement Center presents

1379 Locust St., Walnut Creek

Upward Spiral Yoga

A yoga learning system with Greg Riley

The most significant progress in yoga is made when a student deliberately selects a teacher and style of yoga that suits their temperament and makes a commitment to a long-term, ongoing practice. With this principle in mind, the Yoga & Movement Center is offering a core curriculum of Yoga instruction with veteran Yoga & Movement teacher Greg Riley on Monday & Thursday nights and Saturday mornings. You are invited to participate in this weekly learning environment designed to accelerate your progress toward your highest physical, mental, and spiritual aspiration.



Committed students now have the opportunity to attend up to 3 classes a week and build momentum by practicing the principle of “*vinyasa krama*”, the yogic term for integrated, step-by-step instruction that brings true progress and measurable results.

New Upward Spiral Yoga schedule:

Mondays 7:30 - 8:45pm

Thursdays 7:30 - 8:45pm

Saturdays 11:00 - 12:15pm

**NEW CLASS
Starts 7/15**

10 CLASSES - \$50.00

New students may purchase a 10 class package good for Monday and/or Thursday night's classes for \$50.00. Current students may purchase a 10 class pkg for the new Thursday night class for \$50.00. (limited time offer) (Saturday morning class is regular fee)

Contact Greg Riley for more information at upwardspiral yoga@yahoo.com or visit his website at www.upwardspiral yoga.com