

Meet Dianne Bondy



Author, Motivator, Risk Taker, Educator, Yoga Teacher, and Leading Voice in the Diversity in Yoga and Yoga of Inclusion Movement.

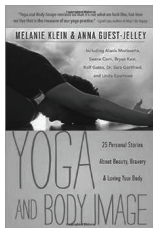
With over 1,000 hours of yoga training in diverse

modalities such as yoga therapeutics, restorative yoga, meditation, and Anusara Yoga – Dianne truly believes that yoga is for all! She is passionate about creating a more diverse playing field in the yoga community and is a highly recognized voice in the Diversity in Yoga and Yoga of Inclusion movements – where all shapes, sizes, ethnicities, and cultural backgrounds are recognized and embraced both on and off the mat.

Dianne Bondy is an E-RTY 500 with Yoga Alliance, with extensive training in yoga therapy. She is a regular columnist for Elephant Journal and Do You Yoga, has been featured in Yoga Journal magazine, and appears as a guest author in the books: Yoga and Body Image, and Yes Yoga Has Curves.

She is the founder and Managing Director of Yogasteya virtual online yoga studio that specializes in yoga for all shapes, sizes, and abilities. The goal of Yogasteya is to empower people through yoga. She developed and continues to teach the Abundant Bodied Yoga Teacher and Yoga for All yoga teacher training programs, runs retreats and workshops internationally and is a founding member of the Yoga & Body Image Coalition.

To learn more about Dianne, check out her website diannebondyyoga.com and connect with her on Facebook, Google+, Instagram, and YouTube.



Dianne Bondy is a contributing writer to "Yoga and Body Image" by Melanie Klein and Anna Guest-Jelley



314YOGA

314Yoga isn't a destination — but a community practice.

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314Yoga welcomes to St. Louis

DIANNE BONDY

YOGA
— for —
EVERY
BODY



AUTHOR
MOTIVATOR
YOGA TEACHER
LEADING VOICE IN
THE DIVERSITY IN YOGA
YOGA OF INCLUSION MOVEMENT

YOGA WORKSHOP INTENSIVE
FRI.-SUN., OCT. 9-11, 2015
Center of Clayton, 50 Gay Ave, 63105

INFORMATION AND REGISTRATION

DIANNE BONDY

**YOGA WORKSHOP INTENSIVE
FRI.-SUN., OCT. 9-11, 2015
Center of Clayton, 50 Gay Ave, 63105**

Friday Night, 7:00-9:00pm
Yoga For All: Yoga, Conversation,
Meditation and You
\$40 (price includes tax)

Join Dianne for conversation, meditation and an accessible yoga for all practice. All bodies and all levels of yoga will be accommodated and celebrated. Come let's talk about yoga. What does yoga mean to you? Explore the myths, barriers and benefits of yoga. What keeps us away what makes us keep coming back for more. How we all can experience from coming to the mat together.

Saturday Morning, 9:30am-12:00pm
Yoga for All: How to create and
teach an inclusive yoga class
\$40 (price includes tax)

Certificate of Completion Offered For Yoga Teachers

Discover expert insights on how to theme, sequence, and develop truly progressive and diverse mixed level yoga classes in which students of all sizes, ability, and ethnicity are celebrated, challenged, and empowered! Yoga teachers and studio owners will learn how to create a safe space for all students to learn yoga.

Evolve your teachings and practice to attract new students by expanding their offerings so that yoga is accessible for every body. This workshop is open to both students and teachers.

Saturday Afternoon, 2:00-4:30pm
Rest, Relax, Rejuvenate: Restorative
Yoga For All
\$40 (price includes tax)

Welcome to Rest, Relaxation and Rejuvenation: an introduction to the practice Restorative Yoga. The purpose of this practice is too explore stress reduction techniques and to learn how to breathe and truly relax. Learn why this style of yoga is beneficial to our bodies, minds, and lives. Students will be lead through a deep relaxing stress melting meditative practice.

Students will: learn to become comfortable with using props; explore how to comfortably access each pose; learn options for using furniture and blankets at home to set up their poses.

This class will include beautiful music and song by recording artist **Anu French**.

Sunday Morning, 11:00am-1:00pm
Yoga for All: Come as you are, use
what you have and do what you can
\$20 (price includes tax)

A class designed with you in mind. The physical practice will be suitable for all. Enjoy dynamic and interactive classes that offer modifications/adjustments/learning opportunities for every level of student. Come and explore yoga at your own pace and in your own time. NOTE: For this class, please bring a smart phone or digital camera to class.

Important note: For this weekend workshop, please bring props – **a mat, two blocks, two blankets, bolster, and strap**. NOTE: For the October 11 class, please bring a smart phone or digital camera to class.

Don't have props? Most bargain retail stores carry yoga supplies. Or a cotton belt or towel will work as a strap, and a thick blanket or a couple of rolled beach towels will make a bolster. Tupperware can work as blocks.

We will have a very limited number of chairs available for those who need them. **Don't forget to bring water and a towel.**

Registration Form for DIANNE BONDY YOGA Workshop Intensive



Friday, October 9 – Sunday, October 11, 2015
at Center of Clayton, St. Louis MO 63105

All four sessions \$130 total (price includes tax)
Email **pi@314yoga.com** for more information
about **group rates of 5 or more**.

Check all that apply:

- Friday Night, 7:00-9:00pm, \$40
- Saturday Morning, 9:30am-12:00pm, \$40
- Saturday Afternoon, 2:00-4:30pm, \$40
- Sunday Morning, 11:00am-1:00pm, \$20
- Entire weekend, all four sessions, \$130

Please make check payable to **314yoga**
and mail with this form to
314Yoga
c/o Jacob Kenner
3643 Hartford St.
St. Louis, MO 63116

(Please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

Phone (important) (_____) _____

Alt phone (_____) _____

Email (important) _____

Or register online at **314yoga.com/registration**



314Yoga | c/o Jacob Kenner | 3643 Hartford St. | St. Louis, MO 63116

(We will be filming parts of the workshop to promote this community effort.)

Cut here and return with check to: 314Yoga, 3643 Hartford St., St. Louis, MO 63116

For more information, including tips for first time workshop participants, visit **314yoga.com**