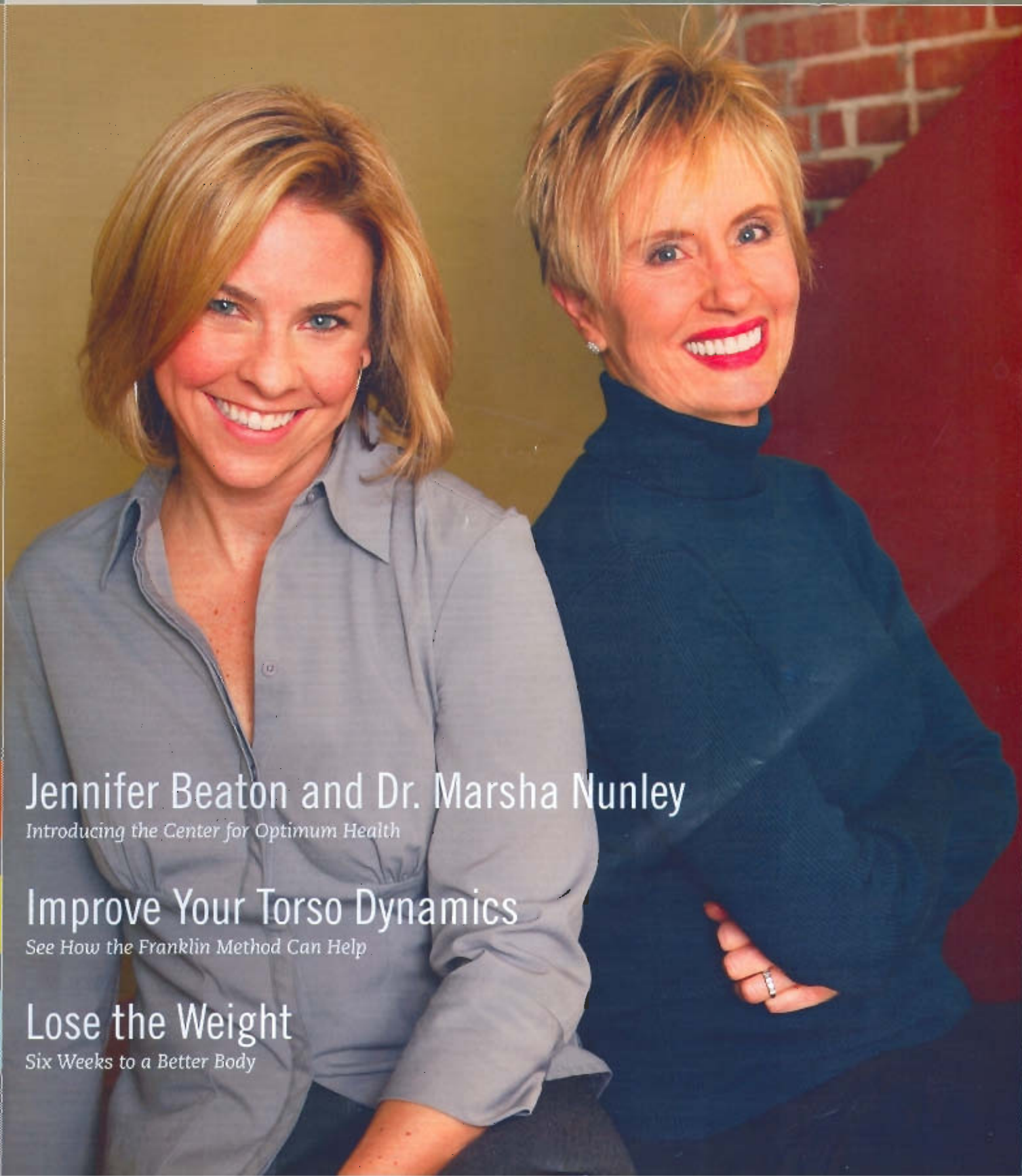


inside

The San Francisco Bay Club
Bay Club/Bank of America Center



Jennifer Beaton and Dr. Marsha Nunley

Introducing the Center for Optimum Health

Improve Your Torso Dynamics

See How the Franklin Method Can Help

Lose the Weight

Six Weeks to a Better Body



Yoga and Pilates for Back Care:

A Four-Week Series

Learn to realign yourself with the help of Yoga Director Jason Crandell and Pilates Director Elizabeth Larkam, as they share their extensive knowledge of mind/body exercises designed for back ailments and injuries. Tuesdays you'll meet with Elizabeth, where you'll learn Pilates mat movement sequences to harmonize the rhythms of your pelvis, lower spine, and hips along with Allegro® reformer sequences that develop balanced strength in your deep abdominal and spine muscles. On Thursdays, you'll join Jason for a complementary yoga practice designed to create openness and alignment in your back. The charge for the seven-session series is \$200 for members and \$225 for guests.

Tuesdays (Pilates), January 29 & February 5 and 12 (2 hr. session)

Thursdays (Yoga), January 31 & February 7, 14, and 21

6:00–7:00 pm

One-day Yoga Retreat and Renewal

at Green Gulch Farm With Jason Crandell

We'll begin our day in the tranquil hills of Southern Marin with a strong, well-rounded sequence of asanas, including: sun salutations, standing poses, backbends, twists, and forward bends. Then, in the afternoon, we'll move on to soothing and restorative practices to help calm and deeply relax the physical and emotional body, while we explore how the asana practice combined with yoga philosophy can help us weather the stresses and difficulties of everyday life. The charge is \$100 for members and \$110 for guests. Lunch is included.

Sunday, February 3

9:00–5:00 pm (with a two-hour lunch break)



Franklin Method Workshop: *Torso Dynamics*

Learn how the Franklin Method can help with breath, organ, and joint integration in this one-day workshop with the creator of the Franklin Method himself, Eric Franklin. He tells us, "The torso contains our most vital organs, the heart and lungs. And no area of the body boasts more joints."

In the morning session, we'll discover the dynamic action of the more than 140 thoracic joints in breathing and spinal movement through imagery and simple exercise. After a lunch break and special product expo sponsored by OPTP, we'll focus on the movement of the lungs, heart, and upper abdominal organs as they relate to breathing and posture. This session will also explore imagery supportive of sitting, standing, and walking, plus a range of different exercise techniques that will help us to have a sense of groundedness in motion within a flexibly aligned body.

Our day will culminate with a special reception featuring a talk by Eric Franklin on "The Power of Imagery to Improve Health and Fitness" and a discussion about opportunities to integrate Franklin work into personal fitness training, yoga practice, Pilates and Gyrotonic practice, and life. The charge for workshop is \$170 for members and \$190 for guests.

Saturday, February 2

9:00–5:00 pm (Reception 5:00–6:30 pm)