

Danville Yoga Center

125 A Town & Country St., Danville 94526

Upward Spiral Yoga

A yoga learning curriculum

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 Danville Yoga Center is offering a core curriculum of Yoga instruction with veteran Danville Yoga Center teacher Greg Riley on Monday, Wednesday, and Friday evenings. You are invited to participate in this weekly learning environment designed to accelerate your progress toward your highest physical, mental, and spiritual aspiration.



Mondays 5:30 - 6:45pm

A strong, challenging class, level 2-4, taught in a continuous flow style designed to incorporate all the elements of Upward Spiral Yoga for building strength, capacity, and stamina leading to skillful asana work, pranayama, and meditation. Modifications and options offered by the teacher to make this class “easier” are significantly limited, therefore, students participating in this class should have a committed, ongoing yoga practice and be prepared to work. Inversions will be given in this class.

Wednesdays 5:30 - 7pm (NEW CLASS!) begins 10/07

An ideal “preparatory” class, level 1-3, suitable for both beginners and ongoing students who are interested in building the skill set necessary to grow and sustain a healthy yoga practice and also for those wanting to build their capacity to participate in stronger, more advanced classes offered at the Center. While beginners are welcome, this is not “gentle” yoga. The purpose of this class is to restore lost range of motion, joint function, breath capacity, and strength through vigorous movement. Care will be given in this class to offer “mild, medium, and intense” options of all movements, thus making this class suitable for anyone committed to building a healthy practice of yoga for years to come. For any student wishing to participate in the advanced Monday class, this class is the logical prerequisite.

Fridays 6:00 - 7:30pm

This end of week class puts together all elements of practice in a quieter, more introspective manner. Time is allotted for both rejuvenating restorative poses and “Svadyaya”, the study of the inner, esoteric principles of Yoga through study and discussion of Spiritual texts, scriptures, and sutras. The Friday class offers extended instruction in pranayama and meditation and gives ample time for their application and practice. This class is a perfect transition into a relaxed, yet productive weekend.

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.

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