

Schedule of Yoga Classes on Wednesday

Intermediate 1 YOGA (former Yoga 2)

9:20 am - 10:50 am

Beginner 1 YOGA – Beginning 9/7/22

11:00 am - 12:30 pm

Beginner 2 YOGA

1:00 pm - 2:30 pm

Description of classes:

- **Intermediate 1:** this class is for those who have achieved some proficiency in yoga and are interested in deeper aspects of Yoga Science; pranayama (breathing exercises) are more advanced and asanas (postures) are more challenging)
- **Beginner 1:** this is the class for those who never had yoga and wish to give it a try or had few yoga classes many years ago; those who are inflexible, feel stiff, have some minor physical challenges, and would like to improve their physical health, learn to relax, and learn the correct breathing rhythm that may bring more peacefulness to their life. This class is very good for seniors – this class involves standing and sitting yoga.
- **Beginner 2:** this class is for those who graduated from the Beginner 1; it is more challenging & requires ability to work on the floor with ease, some flexibility, strength, & fair balance.

What is Yoga?

Using a combination of postures (asanas), breathing exercises, relaxation, and meditative techniques, yoga promotes overall health and well-being in a number of ways:

- **Strength** — Yoga helps to tone and strengthen every part of the body.
- **Flexibility** — A natural ease is established through correct stretching.
- **Agility** — Yoga improves coordination and balance.
- **Posture** — Balance, tone, and flexibility create an upright and effortless posture.
- **Energy** — Improved circulation and deep relaxation improve sense of well-being.
- **Heart** — Yoga helps with the regulation of blood pressure and improves cardiovascular health.
- **Mental Health** — Deep relaxation reduces stress and increases concentration.

People of all ages and physical abilities can practice yoga. If you have any questions or physical conditions that you believe might prevent you from doing yoga, check with your physician or the yoga instructor at the center before taking your first class. Modifications can be made for people with medical conditions or psychical limitations.

Postures taught:

- Standing
- Seated
- Supine
- Prone
- Balance

Postures are taught with emphasis on alignment and usage of yoga props (blocks, straps, bolsters, the wall) to facilitate a safe, thorough experience of the postures. Instruction follows the system of "Breathe, Feel, Observe, and Allow." Posture modifications are gladly offered.

Emphasis on mindful awareness is maintained throughout the class and instruction begins and ends with brief meditation practice.

Please note:

- Wear comfortable clothing
- It's preferred that you do not wear perfume or strong scents
- Mats and props are available for use
- Yoga is practiced barefoot

Please call the front desk at 412-623-3023 to sign up for a class.