

Class Outline

Slow Flow Hatha

Sun City West Yoga Club

Class Introduction

The purpose of this class is for very mobile students and is structured as a flow class, with the tempo tremendously slowed down for more mindful movement from one pose to the next.

This slow flow class spends more time holding postures (5-8 breaths) to focus in on the breath / body / mind connection to create calm.

Targeted Level

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> All Levels | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced | <input checked="" type="checkbox"/> Other (describe): Beginner Plus – must be experienced with foundational yoga poses |

Student Prerequisites

- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.
- Equipment:
 - A yoga mat (not a Pilates mat).
 - Optionally, 1 or 2 blocks (4"x6"x9" recommended); a yoga blanket; a yoga strap. You may find these props help your practice progress and may be acquired over time.
 - Other yoga accessories or props (e.g., knee pads, yoga socks, bolster, etc.) as you desire.

Topics Covered in this Class

Slow, mindful movement from one pose to the next. The challenge is holding a pose for a longer period of time than in a Vinyasa, or other style, yoga class. Breath, mind, and body must connect to hold the pose, overcoming fatigue and building strength.

Classroom Methodology

Yoga is practiced in bare feet or special yoga socks; shoes are not allowed. The instructor will guide the class through a series of poses with transitional poses in between. Resting poses will be incorporated in these flows. Options and modifications for each pose will be presented when they are available for those looking for less, or more, challenge.

The instructor will use a hands-on approach, lightly touching a participant to help achieve the proper pose alignment for maximum benefit and to prevent injury. Modifications to poses will be suggested by the instructor to accommodate those with injuries or other physical limitations.

Upon the completion of each class participants should feel stronger, more mindful, and more confident than when they entered the studio.