

Class Outline

Slow Flow and Stretch

Sun City West Yoga Club

Class Introduction

Slow Flow and Stretch is a mixture of deep stretching and creating mindful movements that hold postures longer while focusing on the breath, building resilience in muscle groups, and strengthening balance and coordination. Slow moving from ground to standing is required.

Targeted Level

- | | |
|--|--|
| <input checked="" 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 type="checkbox"/> Other (describe): |

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: Edit or delete as appropriate
 - 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.

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 stretched, stronger, more flexible, and more confident than when they entered the studio.