

Class Outline

Energy Moving with Mindfulness

Sun City West Yoga Club

Class Introduction

The purpose of this class is to:

- Reduce tension while exercising
- Increase balance and muscle tone
- Combine breath, mind, and body into harmonious movement
- Have FUN!

Using a combination of slow, steady movements, breath, and stretches, all based on Qigong and Tai Chi movements, to create a unique exercise that's considered moving meditation. Each class will end with a few moments of quiet meditation.

Targeted Level

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> All Levels | <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): | |

Participants can do these exercises standing or seated. We will start at a beginner level and add on options to create a good workout for all levels. You can choose how much you want to do.

Student Prerequisites

- No mat or equipment required. Chairs will be provided.
- Wear comfortable clothing that allows you to stretch and bend, flat-soled shoes are preferred, or you can go barefoot.