

# Class Outline

## Mat Yoga

### Sun City West Yoga Club

#### Class Introduction

A movement filled class where participants coordinate one breath to one movement, linking the breath to physical flow. A specific sequence of poses, moving up from, and down to, the floor, use all of your major muscle groups and joints through their full range of motion.

#### 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 – Varies by class. |

#### Student Prerequisites

- Students must be able to get up from, and down to, the floor at a quicker pace than slow flow or general mat yoga.
- 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

Familiarity and experience with yoga poses will vary according to the class level.

In general, higher-level classes may perform the poses more quickly or with a higher degree of difficulty. Instructors teaching higher-level classes may offer fewer cues for basic level poses and cues for more challenging options with the understanding that those classes will be populated with more experienced and capable yogis.

#### Studio 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.