

Class Outline

Yoga Stretch

Sun City West Yoga Club

Class Introduction

This yoga stretch class is great for people who are just starting out with yoga, are advanced yogis, or anyone who is looking for a good stretch class. The class moves through a series of poses that stretch the entire body.

Yoga Stretch increases mobility, flexibility, and body awareness. Part of the class is on the floor and part standing. Yoga Stretch may also include Pranayama breathing techniques to aid in relaxing into a stretch. Each posture or stretch is entered with ease, working toward improving mobility and joint range of motion. Resting in a gentle hold will help the tissue relax for a deeper stretch.

Targeted Level

- | | |
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| <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

- Wear comfortable clothing that allows you to stretch and bend.
- You must be able to comfortably get up from, and down to, the floor unassisted.
- Equipment:
 - A yoga mat.
 - Other yoga accessories or props (e.g., knee pads, yoga socks, bolster, etc.) as you desire.
 - Optionally, 1 or 2 blocks (4"x6"x9" recommended); a yoga blanket; a yoga strap. You may find that these props help your practice progress and may be acquired over time.

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 into 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 may 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.