

Class Outline

Yoga Stretch and Roll

Sun City West Yoga Club

Class Introduction

Yoga Stretch and Roll combines foam rolling with yoga stretches and upbeat music. Utilizing your own body weight on the roller (a large cylinder made of solid foam that comes in different sizes and densities) you'll massage the tissues of the body. Known as Self-Myofascial Release (SMR), foam rolling is a form of soft tissue therapy intended for pain relief and increasing range of motion.

SMR releases restrictions in the fascia, the connective tissue that surrounds the muscles and runs throughout the body. This release helps prevent injury, improves flexibility, and increases blood flow and circulation to the soft tissues. The foam rollers will assist to enhance core strength, stabilization, balance, and coordination.

Foam rollers have found their way from therapy clinics to professional sports teams, fitness centers, gyms, and yoga studios due to their many benefits.

The Yoga Club has six rollers to borrow for those who are new to SMR and trying the class for the first time. These rollers are available on a first come first, serve basis to try before you purchase your own.

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

- 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, Foam Roller, and water bottle.
 - Other yoga accessories or props (e.g., knee pads, yoga socks, etc.) as you desire.
 - 1 or 2 blocks (4"x6"x9" recommended).
 - 2 tennis balls, and a small (diameter approximately $\frac{3}{4}$ ") and large bouncy ball (diameter 1"). You may find these props help your practice progress and may be acquired over time.

Topics covered in this class.

- The fascial system and how it works
- How to foam roll
- Why foam rolling is important
- Types of foam rollers

Classroom Methodology

Foam rolling 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 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.