



Session Outline

Alignment (Iyengar) Yoga

Sun City West Yoga Club

Session Introduction

Students with prior yoga experience can participate in this class. We will be deepening our exploration and study of poses (asana), beyond standing poses with a focus on beginning backbends and inversions.

Poses may be held for approximately 10 to 20 seconds (if appropriate) to build core strength. Students will find the poses a huge boon to their daily life by teaching them a new lightness, body awareness, and freedom. These poses will be taught in stages. So, no matter what your flexibility & strength level is you will find success with each pose.

Students will be learning in a safe and secure environment by a certified Iyengar teacher who has more than 1500 hours of teacher training and more than 10 years of teaching experience. Students will also learn breathing control techniques (Pranayama).

Targeted Level

- | | |
|---|--|
| <input type="checkbox"/> All Levels | <input checked="" type="checkbox"/> Beginner |
| <input checked="" type="checkbox"/> Beginner / Intermediate | <input type="checkbox"/> Intermediate |
| <input type="checkbox"/> Intermediate / Advanced | <input type="checkbox"/> Advanced |
| <input checked="" type="checkbox"/> Other
(describe): | Advanced Beginner |

Student Prerequisites

- At least three months prior experience with yoga and/or Yoga Fundamentals
- Wear comfortable clothing that allows you to stretch and bend.
- Equipment
 - A yoga mat (not a Pilates mat)



- 2 yoga blocks (cork recommended)
- Two yoga blankets
- Yoga strap
- Other props, such as bolsters, yoga chairs are also welcome.

Methodology

Iyengar yoga is a tradition of Hatha yoga that follows the teachings of Sage Patanjali. Patanjali teachings are over 3,000 years old. Sri Krishnamacharya is considered to be the father of modern yoga, (1888-1989) and he was a disciple of Sage Patanjali. Sri Iyengar was a disciple of Sri Krishnamacharya (1918-2014). From this rich history, we (certified Iyengar teachers) teach poses with more exactitude and precision of movement than a general Hatha yoga class. Careful and mindful movement of the body is an entry point to learning meditation through learned concentration and focus.

These classes are taught twice a week. Each class is 90 minutes long. Once a month we will also study the art of breath control, or Pranayama.

To achieve best benefits from your yoga practice it is suggested that students attending two (2) yoga classes a week, plus have a daily home practice of at least 20 minutes.

Yoga is practiced in bare feet; shoes are not allowed unless medically necessary. The instructor will guide the class through a sequence of poses with transitional poses in between. Resting poses will be incorporated in these sequences. Options and modifications for each pose will be presented, as needed, for students who have physical limitations, injuries, or recent surgeries. Chairs will be used in class for many of the poses.

Upon approval of student, some hands-on modifications (if appropriate) may be used to help guide student to achieve better pose alignment. Upon completion of each class participant should feel stronger, more flexible, and well grounded.