

# Class Outline

## Chair Yoga

### Sun City West Yoga Club

#### Class Introduction

Chair yoga increases flexibility, strength, and body awareness, just like a regular yoga practice. When standing poses are included in a Chair yoga class, the chair is used to help with and improve balance. Chair yoga may also include pranayama breathing techniques and meditation to promote focus, mental clarity, and relaxation.

Just about any standard yoga pose can be modified for chair yoga, including backbends, twists, hip openers, and forward folds. For example, in the chair version of mountain pose, the yogi sits with the feet flat on the floor and the knees at a 90-degree angle. The arms are then raised to the sky with the palms facing. The gaze is between the palms. Forward fold – another basic yoga pose – can be performed seated in the chair or standing with the hands grasping the back of the chair for support.

Chairs are provided by the Club.

#### Targeted Level

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice                  |
| <input checked="" 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.
- Equipment:
  - A yoga mat (chairs rest on the mat to prevent the chairs from sliding).
  - 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.

#### Classroom Methodology

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.