

Class Outline

Gentle Adaptive Yoga

Sun City West Yoga Club

Class Introduction

The purpose of this class is to:

- Improve balance, strength & maintain joint health
- Help prevent osteopenia/osteoporosis through holding poses longer and stronger
- Move with intention to increase spatial awareness, crucial for everyday tasks
- Cultivate a general feeling of wellbeing

Pam's classes are characterized by a "slow and deep" approach. She welcomes students who prefer to move with intention, allowing time to explore the nuances of each asana (posture). By focusing on alignment and strength-building, Pam helps her students cultivate a practice that supports long-term mobility and physical resilience.

Whether you are stepping onto the mat for the first time or are an experienced Yogi seeking to deepen your practice through mindful, deep work, Pam provides a welcoming and supportive environment for your journey.

Targeted Level

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

Student Prerequisites

- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear **comfortable clothing** that allows you to stretch and bend.
- Just bring a **yoga mat**. We have mats to borrow temporarily. (Do not bring a Pilates mat, please.) If you have a yoga block, blanket or strap, bring those. These props can be useful in time. No hurry.

Topics Covered in this Class

- Fundamental Yoga postures (Asanas), specifically how they work to benefit the body

- Understand how yoga benefits the whole body and its many systems, including the brain and internal organ function
- Learn how yoga can calm the brain through the endocrine system and mindful practice

Classroom Methodology

Yoga is traditionally practiced in bare feet or yoga socks to help you stay grounded and stable on your mat. As such, we kindly ask that shoes be left at the door. (If you have a specific need for footwear, please chat with your instructor before class.)

Your instructor will guide you through a thoughtful sequence of poses, transitional movements, and restorative resting periods. To ensure everyone feels supported, we offer modifications for every level—whether you are looking for a gentle stretch or a deeper challenge.

With your permission, instructor may provide gentle hands-on adjustments to help you find better alignment and prevent injury. We are also happy to suggest specific variations for those managing injuries or physical limitations.

Leave class feeling renewed, confident, and connected to a community dedicated to this time-honored tradition.