

# Class Outline

## Healing Through Movement & Meditation

### Sun City West Yoga Club

#### Class Introduction

The class is designed to help individuals process and release the energy of loss from the body through movement, breath, and sound. Loss isn't only the death of someone we love. It can arrive in countless ways — the loss of routines, abilities, friendships, roles, the life we once knew, or even the quiet ache of loneliness. These experiences settle in the body as tension, heaviness, or emotional fatigue.

Healing happens from the inside out. But when we numb out, shut down, or push feelings away, the body can't release what it's holding. Softening — even just a little — is what makes healing possible.

In this class, participants explore gentle movement and mindful breathing to loosen emotional tension, support the heart, and invite a sense of ease back into the body. This is not about “moving on.” It's about allowing life to return, slowly and softly, in its own way.

Participants are invited to show up for themselves in a soft, compassionate way and when they do, something begins to shift. Each breath, each movement, makes space for life to return.

#### Targeted Level

- |  |                                       |
|--|---------------------------------------|
| <input checked="" type="checkbox"/> All Levels   | <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

- 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.
- Equipment:
  - A yoga mat (not a Pilates mat).
  - 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.
  - Other yoga accessories or props (e.g., knee pads, yoga socks, bolster, etc.) as you desire.

#### Studio 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 in

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these flows. Options and variations for each pose will be presented when they are available for those looking for less, or more, challenge.

The instructor will use a hands-on approach, lightly touching a participant to help achieve the proper pose alignment for maximum benefit and to prevent injury. Variations 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.